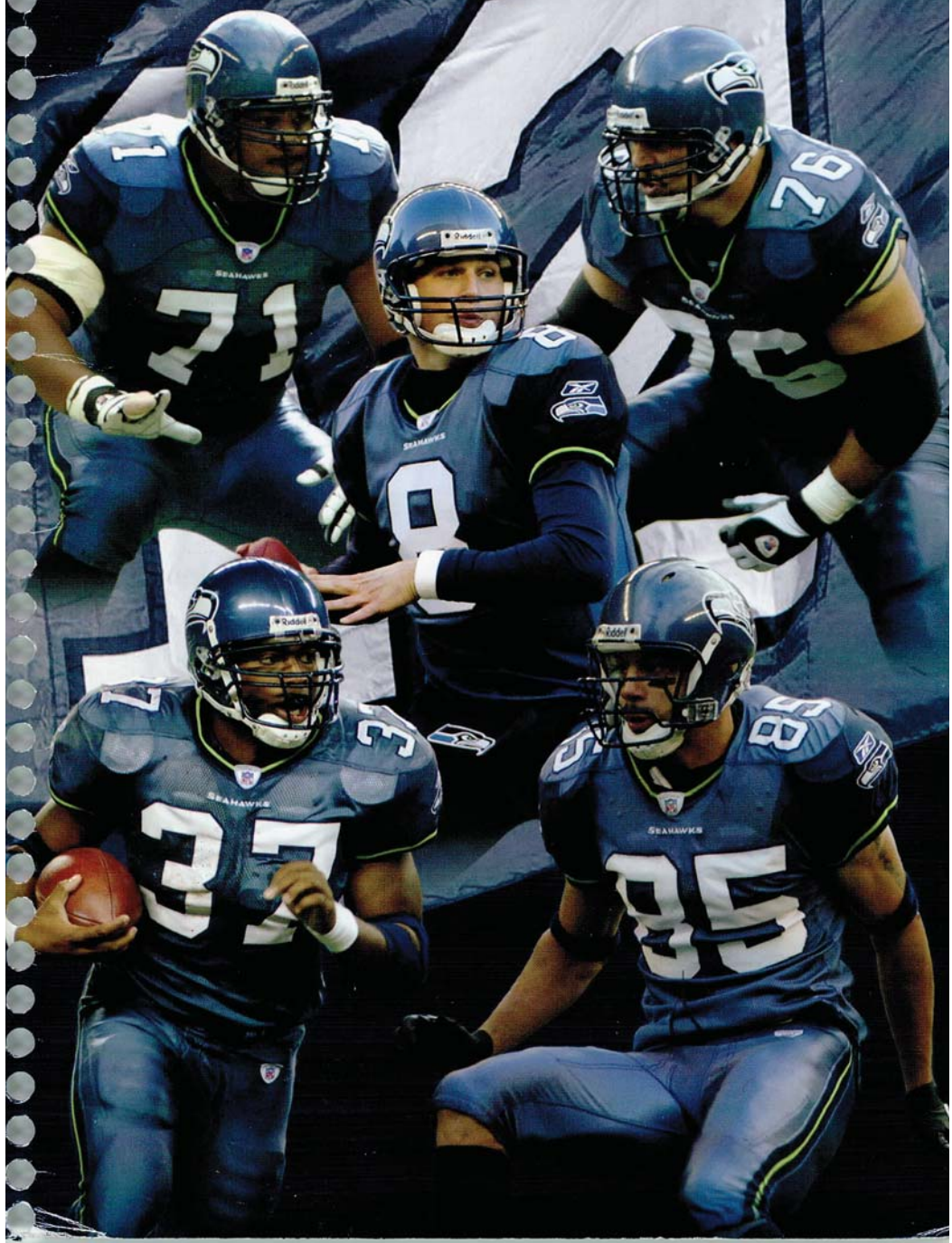


SEATTLE
SEAHAWKS

2004 MEDIA GUIDE



2004 SEATTLE SEAHAWKS SCHEDULE

PRESEASON SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>GAME</u>	<u>TIME (PT)</u>	<u>TV</u>
Monday	Aug. 16	at Green Bay	5:00 p.m.	ABC
Saturday	Aug. 21	Denver	7:00 p.m.	KONG
Friday	Aug. 27	San Diego	7:00 p.m.	KONG
Thursday	Sept. 2	Minnesota	6:00 p.m.	KONG

REGULAR SEASON SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>GAME</u>	<u>TIME (PT)</u>	<u>TV</u>
Sunday	Sept. 12	at New Orleans	10:00 a.m.	FOX
Sunday	Sept. 19	at Tampa Bay	1:05 p.m.	FOX
Sunday	Sept. 26	San Francisco	1:15 p.m.	FOX
Sunday	Oct. 10	St. Louis	1:15 p.m.	FOX
Sunday	Oct. 17	at New England	10:00 a.m.	FOX
Sunday	Oct. 24	at Arizona	1:15 p.m.	FOX
Sunday	Oct. 31	Carolina	1:05 p.m.	FOX
Sunday	Nov. 7	at San Francisco	1:05 p.m.	FOX
Sunday	Nov. 14	at St. Louis	10:00 a.m.	FOX
Sunday	Nov. 21	Miami	1:05 p.m.	CBS
Sunday	Nov. 28	Buffalo	1:15 p.m.	CBS
Monday	Dec. 6	Dallas	6:00 p.m.	ABC
Sunday	Dec. 12	at Minnesota	10:00 a.m.	FOX
Sunday	Dec. 19	at New York Jets	10:00 a.m.	FOX
Sunday	Dec. 26	Arizona	1:15 p.m.	FOX
Sunday	Jan. 2	Atlanta	1:05 p.m.	FOX

RIGHT AT HOME

The Seahawks found the "12th-Man" advantage last season going a perfect 8-0 at home for the first time in franchise history. Dating to 2002, Seattle has won nine consecutive at home, longest current streak in the NFL behind New England's 11. The nine straight wins at home eclipsed the team record, previously eight from 1983-84. The home-win total helped Seattle to a 10-6 overall record, the first time since 1986 the Seahawks posted as many wins in a season. Although the Seahawks are still settling into their new stadium home, the support from the "12th Man" was evident in 2003 eclipsing Qwest Field's inaugural season attendance total. Total attendance for 2003 was 512,150, second-largest attendance in a season since 1999 (530,520).

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CREDITS

The 2004 Seahawks media guide has been produced by the club's public relations department, under the direction of Dave Pearson, Director of Communications & Broadcasting. Information contained herein was compiled by the current and previous public relations staffs. Writing, layout, design and editing by Asst. Director of Public Relations Lane Gammel using QuarkXPress™. Writing and editorial assistance provided by Pearson and public relations assistants Rich Gonzales, Jeremy Young and Julie Barber. Special thanks to Don Anderson, Gary Wright, Dave Neubert, former public relations directors, and Steve Wright. Printing by Cenveo Graphic Arts Center in Portland, Oregon. **Photography:** Photos contributed by Corky Trewin (team photographer), Lane Gammel, Rich Gonzales, Sandy Gregory, Paul Johns, Kathleen King (Allen and Patton), and Michael Lipman. Thanks to Crissy Trewin (cover design) and Chuck Garrity (proofing).

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Assistant Strength & Conditioning.....	Darren Krein
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Defensive Line/Quality Control	Zerick Rollins
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Administrative Assistants/Coaching.....	Jane Lin, Tom Headlee
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Team Physicians	Dr. Stan Herring, Dr. Ed Khalfayan, Dr. Brad Shoup

PAUL G. ALLEN

Chairman, Seattle Seahawks and First & Goal Inc. Founder & Chairman, Vulcan Inc.

Philanthropist and investor Paul G. Allen creates and advances world-class projects and high-impact initiatives that change and improve the way people live, learn, work and experience the world through arts, education, entertainment, sports, business and technology. He co-founded Microsoft with Bill Gates in 1976, remained the company's chief technologist until he left Microsoft in 1983, and is the founder and chairman of Vulcan Inc. and chairman of Charter Communications (a broadband multimedia company). In addition, Allen's multibillion dollar investment portfolio includes large stakes in DreamWorks SKG, Oxygen Media, Digeo and more than 40 other technology, media and content companies. Allen also owns the Seattle Seahawks NFL and Portland Trail Blazers NBA franchises. Named one of the top 10 philanthropists in America, Allen gives back to the community through the Paul G. Allen Foundations, which strengthen communities and support vulnerable populations in the areas of arts, health and human services, medical research and technology in education. Allen is also founder of Experience Music Project, Seattle's critically-acclaimed interactive music museum, the Science Fiction Museum and Hall of Fame, and Vulcan Productions, the independent film production company behind Todd Haynes' *Far From Heaven*, the 2001 "Evolution" series on PBS, and this year's "The Blues," executive produced by Martin Scorsese in conjunction with Allen and Jody Patton. Learn more about Allen online at www.vulcan.com.



JODY PATTON

President & CEO, Vulcan Inc.

Since co-founding Paul G. Allen's management company with Allen in 1986, Patton has developed and led a wide variety of Allen's business and charitable. In addition to serving as a senior advisor to Allen and directing the ongoing strategic and corporate development of the organization and its broad portfolio of projects and investments, Patton's responsibilities include serving as president of Vulcan Productions (the independent film production company behind *The Blues* and *Far From Heaven* and *Evolution* acclaim), vice-chair of First & Goal Inc. (the developer and manager of Seahawks Stadium and Exhibition Center), and executive director of Experience Music Project, Seattle's one-of-a-kind interactive music museum and is co-founder of the Science Fiction Museum and Hall of Fame. In addition, Patton serves as executive director of the Paul G. Allen Foundations, and is on the board of Charter Communications. An active member of the arts and education communities, Patton serves on the board of directors of the University of Washington Foundation, the International Glass Museum, the Oregon Shakespeare Festival and the Theatre Communications Group.



TOD LEIWEKE

Chief Executive Officer

Tod Leiweke begins his second season with the Seattle Seahawks and 22nd season in professional sports after being named to the position June 25, 2003. He serves as chief executive officer for the club and assumes responsibility for all business operations, sales and marketing, sponsorship, administration and operations functions of the Seattle Seahawks. In addition, he oversees First and Goal Inc., the organization that manages Qwest Field and Qwest Center for the state of Washington. Before joining the Seahawks, Leiweke served as president of the Minnesota Wild and chief operating officer of Minnesota Sports & Entertainment (MSE). Under Leiweke's leadership the Sports Fans of America Association, Inc. awarded its 2003 NHL Sports Fan's Quality Award to the Wild as the league's "Fan Friendliest" team. In an ESPN survey conducted in 2003, the team was ranked number one for stadium experience and number two for fan relationships among 123 sports franchises. The

Wild played to sellouts for every game in each of its first three seasons. A true believer in community, Leiweke's vision is a Seahawks organization whose engagement in community is renowned in the NFL. Established this season, Leiweke was instrumental in forming the Blue Ribbon Partners. Teaming with Qwest Communications, the partnership will benefit Big Brothers Big Sisters of King & Pierce Counties, Camp Fire USA, Treehouse and YMCA of Greater Seattle. At the Wild, he supported the development of the Wild's 10,000 Rinks Foundation which raised over \$1 million in cash and in-kind donations in its first year for youth hockey and other community groups. Prior to joining the Wild, he served as Executive Director of The First Tee, the charitable arm of the World Golf Foundation (PGA TOUR, USGA, PGA of America, LPGA, Augusta National) and has also held executive positions at Orca Bay Sports and Entertainment, the NBA's Golden State Warriors and the PGA TOUR. Leiweke, 44 (1/12/60), is a native of St. Louis, Mo. and is married, Tara, with two children, Tyler and Tori.



Warren Moon, Tod Leiweke, and Qwest President Kirk Nelson announce the stadium naming rights partnership.

BOB WHITSITT

President

Bob Whitsitt is in his eighth season as President of the Seahawks and second with a focus on the football operations aspect of the organization. Whitsitt, who negotiated the original Seahawks purchase and was instrumental in the development of Qwest Field since 1996, played a key role in the selection of Mike Holmgren as the franchise's sixth head coach in 1999. Since focusing primarily on football, he added Bob Ferguson in 2003 to handle the franchise's general manager duties. He has become more involved with player negotiations and was instrumental in continuing to add talent to the Seahawks playoff caliber team by retaining Darrell Jackson and adding Grant Wistrom and Bobby Taylor. Before leaving the National Basketball Association's Portland Trail Blazers in 2003, Whitsitt spent 17 years as a president and general manager in the NBA, earning NBA executive of the year honors in 1994. The Trail Blazers, during Whitsitt's tenure were among the league leaders in attendance,

having sold out 119 of 141 regular season games, including 104 consecutive over his last four seasons. Additionally they produced the NBA's longest streak of consecutive playoff appearances at 21, the second longest in all of professional sports. The club advanced to the Western Conference finals twice in the past five seasons and posted a .603 winning percentage (426-280) during his tenure – an average of 50 wins a season. Prior to joining the Blazers on July 12, 1994, he served eight seasons as the President and General Manager of the Seattle SuperSonics. Whitsitt joined the SuperSonics at age 30, making him the youngest President in the NBA, and took over a team that had won only 31 games in each of the previous two seasons and ranked last in the league in attendance. He turned the franchise into one which won 58 percent of their games (377-279) and made seven postseason appearances, including two trips to the Western Conference finals, over the next eight seasons. In his last season, the team won a franchise record and NBA-high 63 games and sold out every game, earning him NBA Executive of the Year honors. His 17 years as a general manager produced 16 playoff appearances, an 803-559 record (59% winning percentage) and 16 consecutive years without a losing record. In addition to his NBA and NFL experience, Whitsitt has served as president of Portland's Rose Garden, Memorial Coliseum, KXL AM/Jammin' 95, WNBA Fire, Action Sports Media, and Qwest Field and Qwest Center. He graduated from the University of Wisconsin-Stevens Point with a degree in Communications and earned a Master's Degree in Sports Administration from The Ohio State University. He and wife, Jan, have two children, daughter, Lily (21) and son, Sean (17).

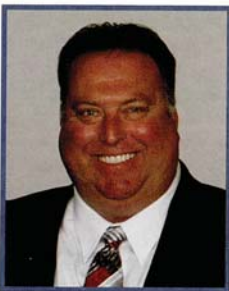


Bob Ferguson and Bob Whitsitt take in practice during an offseason minicamp.

BOB FERGUSON

General Manager

Northwest native Bob Ferguson re-joined the Seahawks family as general manager February 10, 2003.



Hired to oversee the Seahawks college and pro scouting departments, Ferguson works closely with Head Coach Mike Holmgren and Vice President of Football Operations Ted Thompson in making personnel decisions. Ferguson, 52, has 30 years of NFL experience, including seven with the Arizona Cardinals (1996-2002). There he was promoted to general manager, the club's senior football official, in 1999. His first selection in 1999 as general manager was Pro Bowl receiver David Boston, the NFL's leading receiver in 2001. While with Arizona he was a member of the NFL's prestigious Competition Committee that oversees competitive aspects of the game on the field and recommends rules and policy changes to the clubs. He resigned his position after joining the Seahawks since Holmgren currently serves on the committee. Before joining the Cardinals he spent 11 seasons in Buffalo and Denver where

his helping hand led to six Super Bowl appearances. Ferguson joined Buffalo in 1985 and held a variety of personnel positions before being promoted to assistant general manager/director of pro personnel in 1989. The Bills proceeded to win four consecutive AFC titles and make four Super Bowl appearances from 1990-93. His personnel guidance and decisions contributed to the acquisition of players such as running back Thurman Thomas and linebacker Cornelius Bennett. After his time in Buffalo, Ferguson was named director of player personnel for the Broncos from 1993-95. While with Denver, Ferguson was instrumental in drafting and acquiring such players as sixth-round gem running back Terrell Davis, wide receiver Ed McCaffrey, kicker Jason Elam, center Tom Nalen and guard Mark Schlereth who helped provide the foundation for Broncos' consecutive Super Bowl titles in 1997 and 1998. Ferguson handled performance testing for the Dallas Cowboys from 1984-85, before joining the Bills, and after working as an esteemed talent evaluator from 1981-83. A Federal Way, Washington native, Ferguson returns to where his career started. He served as director of sales and special events for the Seahawks from 1975-79. Ferguson lettered three times at linebacker at the University of Washington, garnering second team All-Pac-8 Conference accolades as a junior and senior. He earned a 1973 bachelor's degree in radio/television communications from the Seattle school before free agent tryouts with the San Diego Chargers (1973), Los Angeles Rams (1974), and Portland Storm of the World Football League (1974). Ferguson and his wife, Colleen, have three daughters--Vanessa (Rute), Nathalie, and Allison.

MARTHA FULLER

Chief Financial Officer

Martha Fuller embarks upon her first year in the NFL as the Seahawks Chief Financial Officer. Her



responsibilities will be the financial oversight of First & Goal and the Seahawks, political affairs and long-term strategic planning. Fuller, 41, comes to Seattle after two years as Director of Planning & Economic Development for the City of St. Paul, overseeing the city's housing and economic development portfolio. In 1997, she was appointed the CFO of the NHL's Minnesota Wild, becoming the first female to hold that position in the league's history. At the Wild, she was responsible for negotiation of the Xcel Energy Center lease with the City of Saint Paul, related loan agreement with the State of Minnesota, various contracts relating to construction of the Xcel Energy Center, the purchase of the Minnesota Club building (home of the organization's offices), and the agreement under which an affiliate of the Wild manages the Xcel Energy Center and adjacent city convention facility. Fuller also developed and implemented the team's equity and debt financing arrangements, and oversaw the financial and legal transactions necessary for consummating the team's expansion agreement with the NHL. She began her career working for Arthur Andersen from 1984-1995, before moving on to become the Director of Finance for the City of St. Paul from 1995-97. A Certified Public Accountant and summa cum laude graduate of Drake University, Fuller is married to former St. Paul Fire Chief Tim Fuller.

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MIKE FLOOD

Vice President/Community Relations

Mike Flood enters his eighth season with the Seahawks after joining the staff on July 1, 1997. Flood served as Community Outreach Director for Football Northwest prior to joining the Seahawks. He helped spearhead the state-wide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition complex. A Seattle native, Flood attended Blanchet High School for three years before graduating from McLean High School in McLean, Virginia. He received a B.A. Degree in Industrial Education from Washington State University and a Masters Degree in Education from the University of North Carolina. Flood owned and operated an agricultural flying service in Fort Scott, Kansas, before joining the Coast Guard. He served as a pilot and Civil Engineering Officer in the Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He managed Public Relations for the Coast Guard in Kodiak, Alaska. From 1994-1996 he was the Air/Sea Rescue Operations Officer for coastal Oregon and Washington. Flood retired as a Commander in 1996 after 20 years in the service. He and his wife Marty, have a son Dan and a daughter, Shannon.



LANCE LOPES

Vice President/Corporate Partnerships/Legal Affairs

Lance Lopes enters his fourth season with the Seahawks after being hired March 16, 2001. Lopes served as general counsel for the club before taking a leading role in corporate partnerships in 2003. He joined the Seahawks after serving seven years as general counsel for the Green Bay Packers from 1993-2000, adding the title of Assistant Vice President from 1998-99 and Vice President from 1999-2000. While with the Packers, he assisted with the salary cap from 1993-98 before managing the cap in 1999. With Seattle, Lopes also assists in contractual negotiations and administers the overall legal affairs of the club. After leaving Green Bay and before joining the Seahawks, he served as Director of Corporate Development/Sports for LiquidSeats, an internet-based secondary ticketing marketplace. Prior to working for the Packers, he worked at the law firms Hellsell, Fetterman, et. al in Seattle and Cades, Schutte, et. al. in Honolulu. A graduate from the University of Oregon School of Law in 1989, he obtained a bachelor's degree from Linfield College in 1985. A three-year starter at Linfield (Oregon), he played tight end on the 1982 and 1984 NAIA national championship football teams. Lance and wife, Mari, have three children Katie, Sydney and Peter.



SCOTT PATRICK

Vice President/Partnership Development

Scott Patrick enters his eighth season with the Seahawks and has made key contributions in building an expanded corporate sales department that is responsible for the sales and marketing of Qwest Field and Qwest Center signage, pre-season television, print, Seahawks.com, cause marketing and special events (Seahawks Training Camp). Patrick joined the Seahawks after 11 seasons with the Seattle SuperSonics, including the last five as the Sonics Vice President of Corporate Sponsorship and Broadcast. Prior to joining the Sonics, he served as the tournament coordinator for the PGA SAFECO Classic in Seattle. He was active in the GTE Northwest Classic, a Senior PGA Tour event, while an account manager with Andersen Sports Marketing in Bellevue, Washington. While at Andersen, he assisted with the marketing and regionalizing of the University of Oregon's sports radio network, as well as developing syndicated coaches shows for the University of Washington, Washington State University, and the Seahawks. Patrick has also served in the past as the Vice President of Corporate Sales of Action Sports Media, a Paul Allen owned affiliate that is in its sixth year of a major sports marketing contract with the University of Washington athletic department. A native of Ellensburg, Washington, Patrick has a B.S. Degree in Communications from the University of Washington. He and his wife, Ronda, live in Bellevue with their two children, Brooks and Bailee.

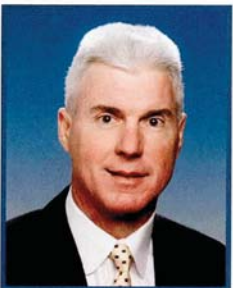


JOHN RIZZARDINI**Vice President/Marketing & Customer Sales**

John Rizzardini was hired August 22, 2003, to oversee all ticket and suite sales, advertising and branding, retail operations and customer service aspects for the Seahawks. He joined the club's front office after serving three years as Senior Vice President of Sales & Marketing for the National Hockey League's Vancouver Canucks and Orca Bay Sports & Entertainment. Prior to joining the Canucks, Rizzardini was Executive Vice President of the Los Angeles Arena Corporation, parent company of the Staples Center, the Los Angeles Kings and the Los Angeles Galaxy of Major League Soccer. His professional career began with the Golden State Warriors where he served in a number of capacities from 1986 to 1995, including the last four as Vice President of Marketing and Ticket Sales. He is a graduate of Cornell College and holds a Masters Degree in Sports Management from Western Illinois.

**TED THOMPSON****Vice President/Football Operations**

Ted Thompson joined the Seahawks in his current position on January 28, 2000. He enters his 13th year in an NFL front office capacity. Previously he played 10 years with the Houston Oilers, before joining the Green Bay Packers in 1992. In his current position, Thompson works closely with Seahawks General Manager Bob Ferguson in overseeing all aspects of the team's football operations department, including college and pro scouting, and the college draft. Under his coordination the club has drafted 47 players, and 35 of those players will report to camp in August including Shaun Alexander, Darrell Jackson, Koren Robinson, Steve Hutchinson and Marcus Trufant. Those players have helped form the core of Seattle's playoff caliber team. After just one year with the Packers, Thompson was named Director of Pro Personnel in 1993. He remained in that position until 1997, when he was named the Packers' Director of Player Personnel. A linebacker for the Oilers from 1975-84, Thompson played in 146 games, missing just one contest in his entire career. Born in Atlanta, Thompson was a three-year starter at Southern Methodist University where he earned a bachelor's degree in business administration. He earned Academic All-Southwest Conference honors.

**GARY WRIGHT****Vice President/Administration**

Gary Wright enters into his 29th season and his 17th as a vice president. Named to his current position in June 1995, after serving as Vice President/Administration and Public Relations since 1992. Wright, who originally joined the Seahawks in 1976, as director of publicity, was named public relations director in 1982 and added the title of vice president in 1987. Wright was chosen by Hall of Famer Steve Largent to be his presenter at Largent's July 1995 induction ceremonies. Wright has assisted the league's media relations staff at 19 Super Bowls. He spent two seasons prior to joining the Seahawks as the publicity director for the Southern California Sun of the World Football League and as league publicity director. Also served as vice president of operations for the Phoenix Racquets of World Team Tennis. Wright was the sports information director at Long Beach State University and coached football and basketball while teaching history and journalism in high school after graduating from Long Beach State. Recently, he has instructed at the University of Washington in the Sports Management program. Gary and his wife, Ann have two grown sons, Larry and Steve, and a grandson, Owen, and granddaughter Fiona.



SEATTLE SEAHAWKS BOARD OF DIRECTORS



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Chairman, Seattle Seahawks,
First & Goal



Buster Brown
Vice President, CFO
Vulcan Inc.



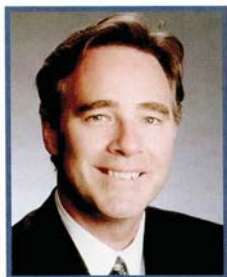
Hoon Cho
Managing Director, Private
Equity, Vulcan Capital



Bert Kolde
COO, Digeo



Tod Leiweke
CEO, Seattle Seahawks &
President First & Goal



Steve Patterson
President, Portland
Trail Blazers



Jody Patton
President & CEO, Vulcan Inc.

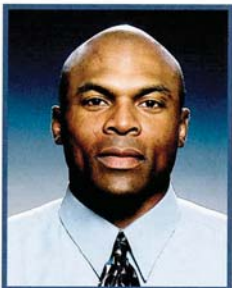


Bob Whitsitt
President, Seattle Seahawks

WILL LEWIS

Director of Pro Personnel

Will Lewis joined the Seahawks football operations staff as the team's Director of Pro Personnel on



May 20, 1999, following three years with the Green Bay Packers (1997-99) scouting department. With the Packers, he worked closely with Seahawks' Executive Vice President of Football Operations & Head Coach Mike Holmgren. From 1998-99, Lewis served as the Packers' Assistant Director of Pro Personnel, following one year as a pro scout. Prior to his work with the Packers, Lewis was a defensive assistant coach for the Atlanta Falcons, under June Jones, from 1995-96. Lewis, signed by the Seahawks as an undrafted free agent cornerback in 1980, out of Millersville State (Pa.), played in 26 games returning 45 kickoffs for a 21.4-yard average and 56 punts for an 8.0-yard average, including a 75-yard touchdown, as a rookie versus the Denver Broncos. Following his Seahawks career, Lewis played three seasons with the Houston Gamblers of the USFL from 1983-85, and three seasons (1986-89) in the Canadian Football League. Lewis began his

coaching career in the NFL Europe League with the New York/New Jersey Knights from 1991-92. He also coached defensive backs at his alma mater, Millersville State, from 1992-93, before brief stints at the University of Maine (1994) and the University of West Virginia (1995). Lewis and his wife, Kimmerly, have three sons; Ryan (5/15/94), and twins Drew & Troy (9/7/95).

SCOT MCCLOUGHAN

Director of College Scouting

Scot McCloughan joined the Seahawks staff as Director of College Scouting on May 10, 2000. Since



his first draft in 2001, 25 of 28 total draft choices remain on the team and will report to training camp in July, including six projected starters (WR Koren Robinson, G Steve Hutchinson, CB Ken Lucas, LB Orlando Huff, T Pork Chop Womack and TE Jerramy Stevens). Prior to accepting his position in Seattle, McCloughan worked five years in the scouting department of the Green Bay Packers. He played baseball at Wichita State before joining the Toronto Blue Jays minor league system for three years. His older brother, Dave, played safety for the Seahawks from 1993-94, and his father, Kent, played six years for the Oakland Raiders, and has been a member of their scouting staff the last 29 years. Scot and his wife, Kelli, have a two-year old son, Caden, and twin girls Adison and Avery (10/22/03).

JAY NIENKARK

Director of Player Administration

Jay Nienkark begins his first season with the Seahawks where he will be responsible for overseeing



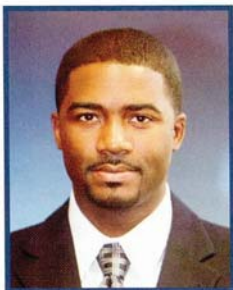
day-to-day management of the salary cap while assisting with player contract negotiations. Nienkark previously spent 12 seasons with Arizona, the last 10 as the Cardinals' "capologist." He served as an assistant in the football personnel department from 1992-2001, and was Director of Player Administration from 2002-03. Nienkark worked closely with former Cardinals general manager and current Seahawks GM Bob Ferguson from 1997-2003. With the Cardinals Nienkark also served as the Cards' training camp coordinator and was one of seven members of the NFL Management Council's Club Services Committee, which has helped develop new systems for player contract reporting salary cap management, and information. Born and raised in Lost Nation, Iowa, population 500, Nienkark served in the U.S. Air Force from 1986-90. Prior to joining the NFL, he held positions with Lamson

(Ariz.) Junior College, Valley National Bank, and Circle K Corporation. Nienkark holds an associate's degree in applied science in microcomputer operations from Lamson. He and wife, Julie, have two daughters, Brooke and Lauren.

CHARLES FISHER

Area Scout (Northeast)

Charles Fisher enters his second season with the Seahawks after being hired June 16, 2003, as an area scout. Fisher joined Seattle after serving one season as an intern in the Green Bay Packers player personnel department. Before joining the Packers, he spent two and a half seasons in the NFL with the Cincinnati Bengals. Originally drafted in the second round (33rd overall) in the 1999 draft, won the starting left cornerback job his rookie season. Suffered three torn ligaments in the season opener which eventually ended his playing career. Remained with the Bengals during the 2000 season and part of 2001 before being released. A second-team All-Big East performer, he majored in Sports Management. Single and a native of Aliquippa, Pennsylvania.



SCOTT FITTERER

Area Scout (West)

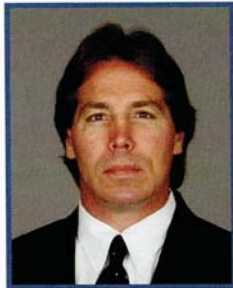
Scott Fitterer joined the Seahawks staff on June 25, 2001, as an area scout. Spent the previous three seasons with the New York Giants, 1998-99 as a part-time scout before being assigned to the West Coast region for the 2000 season. Was a 1995 draft pick of the Toronto Blue Jays and worked his way up to Double-A ball as a closer in the Blue Jays farm system (1995-97) before his promising career was ended by three shoulder injuries that resulted in three separate surgeries. Was a two-sport athlete in college, playing quarterback in football and pitcher in baseball at UCLA (1992-94) and LSU (1994-95). He was second-string quarterback on the 1994 UCLA Rose Bowl team. In 1998, Fitterer returned to UCLA to earn his undergraduate degree in history. Born in Seattle on 11/4/73, he is a graduate of Kennedy High School in Seattle. Married to Cherish.



DERRICK JENSEN

Area Scout (Southwest)

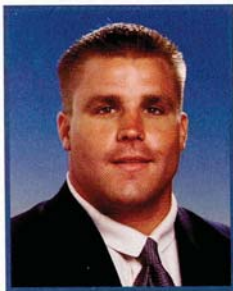
Derrick Jensen begins his 12th year with the Seahawks scouting staff having been hired in 1991 after a seven-year NFL playing career as a fullback. Jensen was a third-round draft choice of the Oakland Raiders in 1979 and played in 106 games, starting 21, in his career, including a streak of 105 straight. Served as the captain of the Raiders special teams for five seasons and contributed a blocked punt, which he recovered for the first touchdown, in the Raiders 38-9 win over the Washington Redskins in Super Bowl XVIII. Also part of the Raiders Super Bowl XV championship team. Finished his Raiders career with 780 yards on 224 carries, with five touchdowns. Added 44 receptions and three scores and returned an onside kick 33 yards for a touchdown against the Giants in 1980. Two-time Southland Conference MVP while at Texas-Arlington. Finished his career with 3,346 rushing yards, the first player in conference history to top 3,000 yards. Attended Oswatomie High School in Oswatomie, Kansas. Derrick and his wife, Amanda, have a son, Davis.



MATT MALASPINA

Area Scout (Southeast)

Matt Malaspina joined the Seahawks staff on June 1, 2000. Malaspina landed in the Northwest after having spent 1999 with the Carolina Panthers in a similar capacity. Prior to the Panthers, he spent one year with National Football Scouting. Prior to joining National, he was an assistant offensive coach at Jacksonville University in Florida in 1997 and '98. Matt entered college coaching at the University of Central Florida where he worked as a coaching intern in 1997. A 1993 graduate of Central Florida, he had a brief playing career as a center for the Shreveport Pirates of the Canadian Football League, playing in 1994 and attending training camp in 1995 before owning and operating his own business in Orlando. Married to Jennifer and lives in Oviedo, Fla.



MIKE MURPHY

Area Scout (Midwest)

Mike Murphy joined the Seahawks scouting staff on May 15, 2000. A native of Vancouver, British Columbia, Murphy spent four years as a pro personnel assistant with the Kansas City Chiefs, before joining the Seahawks. A veteran coach, Murphy began his career as an assistant at Iowa State (1990-91) before joining the staffs at Arizona Western (1992) and Bethel College (1993-94). He entered the professional ranks as the linebackers coach of the Ottawa Rough Riders from 1995-96.



JOHN PETERSON

Area Scout (Midlands)

John Peterson begins his seventh season having joined the staff in July 1997. Brings 29 years of college and professional experience to the Seahawks. Has worked in both the Canadian Football League and World League with the Ottawa Rough Riders (1989-91) and Toronto Argonauts (1994-96) as Director of Player Personnel of the CFL and with the San Antonio Riders of the World League as Vice President/ General Manager from 1991-92. Served as the head coach at Bemidji State University from 1983-89, and was also athletic director from 1982-84. Head coach at Frostburg State University from 1977-81 and served as an assistant coach at Northern Illinois, Westminster College, and Holy Cross College. Attended Pioneer High School in Ann Arbor, Michigan, and attended Northern Michigan University and Eastern Michigan University where he played defensive end and tackle. Earned his B.S. degree from Eastern Michigan, an M.A. from Michigan State, and a Ph.D. from the University of Utah. Taught at Northern Illinois University, the University of Utah, Frostburg State, and Bemidji State. He and his wife, Wendy, have six children--four girls, Nissa-Lynn (7/24/77), Elyse (5/14/79), Hayley (10/31/89) and Brianne (6/22/93), and two boys, Preston (4/24/82) and Blair (11/8/86).



SAM RAMSDEN

Head Athletic Trainer

Ramsden begins the 2004 season as the franchise's fourth head athletic trainer having originally joined the Seattle Seahawks as an associate athletic trainer in February of 1999. Although his primary area of expertise for much of his 12 seasons in the NFL has been centered on physical rehabilitation and conditioning of professional football players, Ramsden is now charged with coordinating the healthcare provided for Seahawks players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. Ramsden was recently elected to the Professional Football Athletic Trainers Society's executive board and is recognized for his contributions to the PFATS Sponsorship Committee. As a student athletic trainer at the University of Wisconsin at La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers staff. He received a bachelor's degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minnesota native, he and his wife, Lisa an elementary school teacher, live near Snoqualmie, Washington in the foothills of the Cascade Mountains.





Mace Aluia
Partnership Development



Chuck Arnold
Director of Ticket
Sales/Operations



Kevin Auld
Head Team Physician



Julie Barber
Admin. Asst./Comm.



Ryan Barefoot
Customer Sales
Representative



John Behrens
Facilities Manager



Blitz
Team Mascot



Bill Boehlke
Web Manager



Jeff Bower
Equipment Assistant



Melissa Boyle
Account Coordinator



Will Brawley
Customer Sales
Representative



Sarita Carter
Human Resources Manager



Rick Crawford
Broadcast/Gameday
Operations Manager



Chris Culmer
Scouting Assistant



Lake Dawson
Pro Personnel Assistant



Jeanne Denkmann
Executive Asst./
Head Coach



Due Dinh
Fields/Maintenance Coor.



Eric Engberg
Customer Account
Representative



Thom Fermstad
Director of Video



Lane Gammel
Asst. Director of
Comm./Publications



Nesby Glasgow
Director of Player
Programs/Alumni



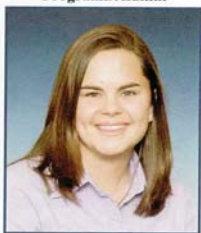
David Glass
Videographer/Editor



Tina Godfrey
Accounting Administrator



Rich Gonzales
Communications Assistant



Stephanie Gray
Marketing & Sales
Coordinator



Sandy Gregory
Dir. of Comm. Outreach



Kevin Griffin
Fan Development Manager



Brent Hanson
Fields/Projects Coor.



Sue Harris
Dir. of Retail Operations



Karen Harrison
Director of Finance



Tom Headlee
Admin. Asst./Coaching



Bethany Hensley
Payroll Specialist



Dr. Stan Herring
Team Physician



Kristina Howell
Sponsorship Bus. Manager



John Jamison
Pro Personnel Asst./
Special Projects



Ron Jenkins
Director of Marketing/
Suite Sales & Service



Paul Johns
Assistant Director of
Community Outreach



Michael Johnson
Director of Info. Systems



Nick Johnson
Internet/Mail Order Rep.



Brian Jones
Partnership Development



Cindy Kelley
Dir. of Human Resources



Erik Kennedy
Equipment Manager



Dr. Ed Khalfayan
Team Physician



Vikki Knopf
Retail Operations Mgr.



Charlotte Kores
Executive Assistant
VP Football Ops



Kim Kwock
Client Services Coord.



Suzanne Lavender
Director of Fan
Development



Chris Lawrence
Customer Account
Representative



Jane Lin
Admin. Asslt./Coaching



Kim Lindbeck
Executive Assistant/
President



Kristy Ludwig
Account Coordinator



Steve Lund
Customer Sales
Representative



John Mallory
Video Assistant



Gina Martinez
Sponsorship Client Service
Manager



Mark McDaniel
Equipment Assistant



Richard McDonald
Customer Account
Representative



Mac McNabb
Team Executive Chef



Brad Melland
Asst. Equipment Manager



Anne Mitsakos
Executive Assistant/CEO



Mike Moses
Customer Account
Representative



Mike Naehr
Customer Sales
Representative



Bill Nayer
Football Ops Coordinator/
Team Travel



Joseph Nicoletti
Applications
Developer/DBA



Rick Ninomiya
Director of Security



Brian O'Connell
Asst. Director of
Broadcasting



James Oglesby
Asst. Athletic Trainer



Allen Olson
Information Systems
Administrator



Carlos Oseguera
Season Ticket Coordinator



Nate Oziel
Warehouse Associate



Kirk Parrish
College Scouting Admin.



Dave Pearson
Director of
Comm./Broadcasting



Mike Peterson
Scouting Assistant



Bob Pletka
Customer Account
Representative



William Saguilla
Accounting Supervisor



Janice Schweitzer
Travel Coordinator



John Shanker
Senior Accountant



Casey Shaw
Customer Sales
Representative



Dr. Brad Shoup
Team Physician



Patti Sipes
Corporate Hospitality
Manager



Ken Smith
Asst. Athletic Trainer



Amy Sprangers
Suite Sales Manager



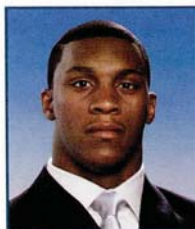
Heather Stamp
Receptionist/Mail Clerk



Steve Steensma
Information Systems
Administrator



Kristen Stocking
Receptionist/Admin. Asst.



Eric Stokes
Pro Personnel Assistant



Joan Sullivan
Customer Relationship/
Ticket Service Mgr.



Stacey Terry
Customer Account
Representative



Garrett Thiemens
Fan Development Coor.



Natalie Thomas
Receptionist



Sherri Thompson
Director of Sea Gals



Sarah Tompkins
Box Office Coordinator



Robert Ullman
Database Administrator



Todd Walkenhorst
Asst. Dir. of Video



Teresa Widner
Admin. Asst./Pro Personnel



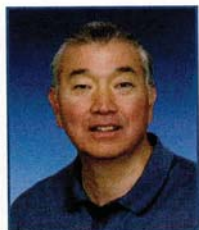
Arleatta Williams
Executive Assistant/
General Manager



Erin Wilshusen
Box Office Manager



John Wright
Director of Fields &
Facilities



James Yoshida
Security Assistant



Jeremy Young
Comm. Asst./Accounting
Clerk



Seahawks in the Community

Clockwise from top left: Seahawks equipment assistant Jeff Bower volunteered to help at Matt Hasselbeck's football camp. Seahawks retail operations team of Sue Harris and Vikki Knopf volunteered to help at Marcus Trufant's Rookie Year Celebration. (top L to R) Seahawks Human Resource Director Cindy Kelley, community relations intern J.P. Shin, Community Relations Director Sandy Gregory, and (bottom L to R) executive assistants Jeanne Denkman and Char Kores took a day off work to help out with Jacob Green's Charity Golf Classic.



SEATTLE SEAHAWKS QUICK FACTS

WWW.SEAHAWKS.COM

KIRKLAND HEADQUARTERS
11220 NE 53rd Street
Kirkland, Washington 98033
425/827-9777
PR Fax 425/893-5108

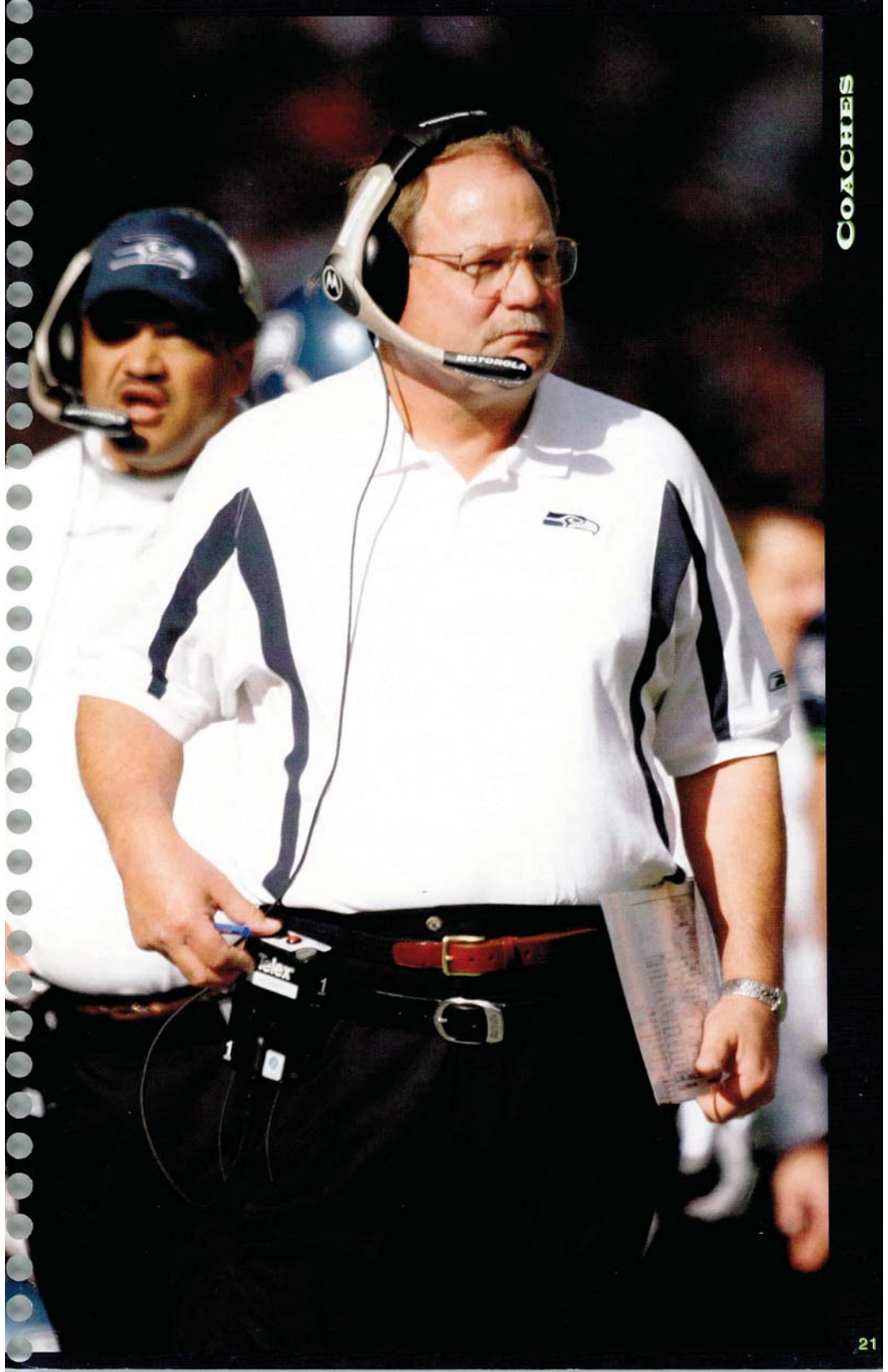
QWEST FIELD
800 Occidental Avenue South
Seattle, Washington 98134
206/381-7555

CORPORATE PARTNERSHIP
Suite 500
206/381-7800

PRO SHOP
Suite 300
206/682-2900
Fax 206/808-8314

SEASON TICKETS
Suite 200
1-888-NFL-HAWK
Fax 206/381-7857

BOX OFFICE
Suite 600
206/381-7889
Fax 206/381-7832



MIKE HOLMGREN**EXECUTIVE VICE PRESIDENT
& HEAD COACH**

**SEAHAWKS
EXPERIENCE:
6TH YEAR
TOTAL NFL
EXPERIENCE:
19TH YEAR
NFL HEAD
COACHING:
13TH YEAR**

Mike Holmgren enters his sixth season as head coach of the Seattle Seahawks after joining the club as Executive Vice President/General Manager and Head Coach on January 9, 1999. Following the 2002 season, Holmgren decided to focus exclusively on coaching and relinquished his duties as general manager.

"The goal of the decisions we made is to finish what we started," said Holmgren following the 2002 season. "If that means moving some responsibility around to give us a chance to get to the Super Bowl, then let's do it. The biggest title you can have is that of Super Bowl Champ."

The Seahawks made significant strides toward that ultimate title last season after making the playoffs for the first time since 1999, and reaching at least 10 wins for just the third time in franchise history and first time in 17 years (1986). The 10-6 record earned Seattle a second place finish behind the St. Louis Rams (12-4) in the NFC West and a Wild Card Playoff berth. An 8-0 record at Qwest Field marked the first time in club history that the Seahawks went undefeated at home. In fact, the Seahawks enter the 2004 season having won nine consecutive regular-season matchups at home dating to 2002. A streak currently second only to the Super Bowl Champion New England Patriots (11).

Holmgren's offense ranked sixth in the NFL and produced four Pro Bowlers in 2003 (Shaun Alexander, Matt Hasselbeck, Steve Hutchinson, Walter Jones) along with Alex Bannister who earned a trip for his special teams play. The club finished seventh in scoring, third in total first downs while leading the league in third-down percentage.

After a slow start in 2002, Holmgren kept his club focused and finished the season winning five of the last eight games, including three con-

secutive to finish the season for the first time since 1986. His offensive unit finished the year ranked seventh in total offense and third in passing while compiling more yards than any other club over the last six weeks of the season. Trent Dilfer and Hasselbeck combined for a franchise-record five 300-yard passing games, and Koren Robinson became only the second receiver (Steve Largent) in Seahawks history to surpass the 1,200-yard receiving mark.

In his first season with the Seahawks, Holmgren helped guide the club into their first postseason since 1988, breaking a 10-year playoff drought. The 9-7 regular season record by the 1999 Seahawks was the best mark since posting a similar record in 1990.

By leading Seattle into the postseason, he became just the second coach in team history to take the Seahawks to the playoffs, and just the third coach in NFL history to guide a team to at least seven straight postseasons, joining Tom Landry (nine years, and eight years) and Chuck Noll (eight years).

The 2000 campaign saw Holmgren continue to mold the Seahawks into his vision, revamping the roster and adding players that would be the backbone of the team for seasons to come. He suffered his first losing season as a head coach, posting a 6-10 record with his young roster (AFC-high 17 rookie or first-year players) while shaping the team financially for years to come.

It is that financial foundation that has allowed the club to retain key unrestricted free agents Anthony Simmons and Chris Terry in 2003 and Darrell Jackson this season while adding key free agents Dilfer, Grant Wistrom and Bobby Taylor over the last couple of seasons. Those acquisitions have provided the club with a strong leadership base while complementing highly regarded drafts which include first-round choices Alexander, Robinson, Hutchinson and Jerramy Stevens during his four seasons as general manager. Alexander and Hutchinson earned their first trip to the Pro Bowl in 2003.

In 2001, Holmgren guided his young roster back to winning form and bounced back to post a 9-7 record. That was good for second place in the AFC West and equalled the team's best mark since 1999 and 1990. The team won three of its last four contests and just missed the playoffs, being eliminated in the final week of the regular season.

Holmgren took control of the Seahawks following one of the most successful coaching stints in league history as head coach of the Green Bay Packers from 1992-98 that included a 75-37 (.670) regular season record, a 9-5 (.643) postseason mark, and two Super Bowl appearances, including a 35-21 victory over the New England Patriots in Super Bowl XXXI played in New Orleans. By winning at least one game in five consecutive postseasons (1993-97) Holmgren joined John Madden (1973-77) as the only coaches in league history to accomplish the feat.

From 1995-98, Holmgren's Packers posted an NFL-best 48-16 (.762) record, finished first in the NFC Central Division three times, second once and posted a 7-3 mark in the playoffs.

By taking the Packers to six consecutive postseasons (1993-98), Holmgren established a franchise record, with a team that had recorded just two winning seasons in the 19 years before he was hired.

In 18 NFL seasons (1999-2003 head coach Seattle, 1992-98 head coach Green Bay, 1986-91 assistant coach San Francisco) Holmgren's teams posted a 187-99-1 (.655) record, hit double digits in the win column 11 times, made the postseason 13 times, won three Super Bowls (XXXI, XXIV, XXIII), and reached another (Super Bowl XXXII).

Holmgren's 1996 team that won the Super Bowl, led the NFL in scoring with a team-record 456 points and also led the league in defensive scoring, a feat that had not been accomplished since 1972.

Before becoming the Packers head coach, Holmgren served as an assistant coach of the San Francisco 49ers from 1986-91. He coached the 49ers quarterbacks from 1986-88, under Head Coach Bill Walsh, and was the team's offensive coordinator from 1989-91 under

George Seifert. During his tenure in San Francisco, the 49ers posted a 71-23-1 (.753) regular season record to reach the postseason each year, and won Super Bowl XXIII over Cincinnati and Super Bowl XXIV over Denver. As offensive coordinator in 1989, the 49ers boasted the NFL's top-ranked offense.

Prior to joining the 49ers staff, Holmgren coached the quarterbacks at Brigham Young University from 1982-85, including a national championship in 1984. He also served as the offensive coordinator/quarterbacks coach at San Francisco State in 1981.

As a quarterback at San Francisco's Lincoln High School, Holmgren was named 1965's "Prep Athlete of the Year," before continuing his playing career at the University of Southern California from 1966-69. He was drafted by the St. Louis Cardinals in the eighth round of the 1970 draft and went to camp with both the Cardinals and the New York Jets that year.

Holmgren's coaching career began in 1971 at his alma mater Lincoln High, where he also taught history. One year later, he moved to San Francisco's Sacred Heart High as a teacher and assistant coach. He also coached at Oak Grove High from 1975-80.

He received a Bachelor of Science Degree from USC in 1970.

Holmgren returned to the NFL's influential Competition Committee February 6, 2002, after a three-year layoff. He served as co-chair of the Committee along with former Buccaneers and current Falcons General Manager Rich McKay, having taken over for Don Shula, from 1996-98.

Mike and his wife, Kathy, have four daughters—twins Calla and Jenny (9/27/73), Emily (1/24/77), and Gretchen (7/14/81), and two granddaughters, Emma and Emerson.

ACTIVE COACHES WITH 100 CAREER WINS

	Regular Season				Postseason				Career			
	W	L	T	Pct.	W	L	T	Pct.	W	L	T	Pct.
1. Schottenheimer, Cle, KC, Wash, SD	164	112	1	.594	5	11	0	.313	169	123	1	.579
2. Bill Parcells, NYG, NE, NYJ, Dal	148	106	1	.582	11	7	0	.611	159	113	1	.584
3. Joe Gibbs, Wash	124	60	0	.674	16	5	0	.762	140	65	0	.683
4. Mike Holmgren, GB, Sea	116	76	0	.604	9	7	0	.563	125	83	0	.600
5. Bill Cowher, Pit	115	76	1	.603	7	8	0	.467	122	84	1	.592
6. Dick Vermeil, Phi, St.L., KC	103	94	0	.523	6	5	0	.545	109	99	0	.524
7. Mike Shanahan, Raiders, Den	99	65	0	.604	7	3	0	.700	106	68	0	.609
8. Dennis Green, Min, Ariz	97	62	0	.610	4	8	0	.333	101	70	0	.591

HOLMGREN'S HEAD COACHING RECORD

YEAR	TEAM	W	L	T	PCT.	FINISH
1992	Green Bay	9	7	0	.563	2nd, NFC Central
1993	Green Bay	9	7	0	.563	3rd, NFC Central <i>Wild Card victory over Detroit, 28-24</i> <i>Divisional Playoff loss to Dallas, 27-17</i>
1994	Green Bay	9	7	0	.563	2nd, NFC Central <i>Wild Card victory over Detroit, 16-12</i> <i>Divisional Playoff loss to Dallas, 35-9</i>
1995	Green Bay	11	5	0	.688	1st, NFC Central <i>Wild Card victory over Atlanta, 37-20</i> <i>Divisional Playoff victory over San Francisco, 27-17</i> <i>NFC Championship loss to Dallas, 38-27</i>
1996	Green Bay	13	3	0	.813	1st, NFC Central <i>Divisional Playoff victory over San Francisco, 35-14</i> <i>NFC Championship victory over Carolina, 30-13</i> <i>Super Bowl XXXI victory over New England, 35-21</i>
1997	Green Bay	13	3	0	.813	1st, NFC Central <i>Divisional Playoff victory over Tampa Bay, 21-7</i> <i>NFC Championship victory over San Francisco, 23-10</i> <i>Super Bowl XXXII loss to Denver, 31-24</i>
1998	Green Bay	11	5	0	.688	2nd, NFC Central <i>Wild Card loss to San Francisco, 30-27</i>
1999	Seattle	9	7	0	.564	1st, AFC West <i>Wild Card loss to Miami, 20-17</i>
2000	Seattle	6	10	0	.375	4th, AFC West
2001	Seattle	9	7	0	.564	2nd, AFC West
2002	Seattle	7	9	0	.438	3rd, NFC West
2003	Seattle	10	6	0	.625	2nd, NFC West <i>Wild Card OT loss at Green Bay, 33-27</i>
REGULAR SEASON (12 YEARS)		116	76	0	.604	
POSTSEASON (EIGHT YEARS)		9	7	0	.563	
COMBINED RECORD		125	83	0	.600	

HOLMGREN'S COACHING CAREER

1971	Lincoln High School (San Francisco, Ca.): <i>Assistant Coach</i>
1972-74	Sacred Heart High School (San Francisco, Ca.): <i>Assistant Coach</i>
1975-80	Oak Grove High School (San Jose, Ca.): <i>Assistant Coach</i>
1981	San Francisco State University: <i>Offensive Coordinator/Quarterbacks</i>
1982-85	Brigham Young University: <i>Quarterbacks Coach</i>
1986-88	San Francisco 49ers: <i>Quarterbacks Coach</i>
1989-91	San Francisco 49ers: <i>Offensive Coordinator</i>
1992-98	Green Bay Packers: <i>Head Coach</i>
1999-02	Seattle Seahawks: <i>Executive V.P. of Football Operations/General Manager & Head Coach</i>
2003-	Seattle Seahawks: <i>Executive V.P./Head Coach</i>

ALL-TIME SEAHAWKS COACHING RECORDS

		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-	Mike Holmgren	41	39	0	.513	0	2	.000

* Patera was replaced by Mike McCormack after two games of the 1982 season.

HOLMGREN VS. NFL

	TEAM	REGULAR SEASON		POSTSEASON	TOTAL
		W	L	T	Pct.
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	1	1	---	1-1
	Buffalo Bills	3	2	---	3-2
	Cincinnati Bengals	4	1	---	4-1
	Cleveland Browns	3	1	---	3-1
	Denver Broncos	4	5	0-1	4-6
	Houston Texans	---	---	---	---
	Indianapolis Colts	0	2	---	0-2
	Jacksonville Jaguars	3	0	---	3-0
	Kansas City Chiefs	4	5	---	4-5
	Miami Dolphins	1	3	0-1	1-4
	New England Patriots	1	1	1-0	2-1
	New York Jets	1	1	---	1-1
	Oakland/L.A. Raiders	4	4	---	4-4
	Pittsburgh Steelers	4	1	---	4-1
	San Diego Chargers	7	2	---	7-2
	Tennessee/Houston	2	0	---	2-0
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	3	1	---	3-1
	Atlanta Falcons	3	1	1-0	4-1
	Carolina Panthers	2	1	1-0	3-1
	Chicago Bears	14	2	---	14-2
	Dallas Cowboys	3	4	0-3	3-7
	Detroit Lions	10	6	2-0	12-6
	Green Bay Packers	1	1	0-1	1-2
	Minnesota Vikings	6	10	---	6-10
	New Orleans Saints	4	0	---	4-0
	New York Giants	2	3	---	2-3
	Philadelphia Eagles	3	5	---	3-5
	St. Louis/L.A. Rams	7	4	---	7-4
	San Francisco 49ers	4	2	3-1	7-3
	Seattle Seahawks	1	0	---	1-0
Tampa Bay Buccaneers	11	4	1-0	12-4	
Washington Redskins	0	3	---	0-3	
CAREER TOTALS		116-76		9-7	125-83

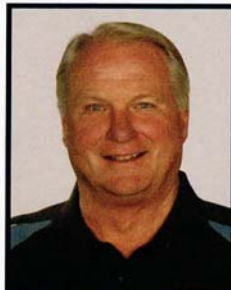
HOLMGREN IS IN RANGE OF CATCHING

	Regular Season				Postseason				Career			
	W	L	T	Pct.	W	L	T	Pct.	W	L	T	Pct.
1. Don Shula	328	156	6	.676	19	17	0	.528	347	173	6	.665
15. Hank Stram	131	97	10	.571	5	3	0	.625	136	100	10	.573
16. Weeb Ewbank	130	129	7	.502	4	1	0	.800	134	130	7	.507
17. Mike Ditka	121	95	0	.560	6	6	0	.500	127	101	0	.557
18. Mike Holmgren	116	76	0	.604	9	7	0	.563	125	83	0	.600
Jim Mora	125	106	0	.541	0	6	0	.000	125	112	0	.527
19. George Seifert	114	62	0	.648	10	5	0	.667	124	67	0	.649

ASSISTANT COACHES

GIL HASKELL

OFFENSIVE COORDINATOR



**SEAHAWKS
EXPERIENCE:
5TH YEAR
NFL
EXPERIENCE:
22ND YEAR**

Named to his current position on January 20, 2000, Haskell joined his long-time friend and peer Mike Holmgren. As the team's offensive coordinator, Haskell works closely with Holmgren in implementing an innovative and precise offensive scheme. His sole responsibility is guiding the offense.

In his first year as offensive coordinator for Seattle, Haskell oversaw the AFC's top-ranked (2nd NFL) red zone offense, scoring 60.9% of the time. His offense gained 292.5 yards per game, threw for 185.0 yards and rushed for 107.5 yards, ranking 11th in each category in the AFC.

Haskell's 2001 offensive plan was tailored to the running style of second-year back Shaun Alexander. His schemes helped Alexander enjoy a breakout year and rush for the NFL's fourth-best performance with 266 yards vs. Oakland. Add Ricky Watters in the mix and Seattle ranked fifth in the AFC (9th NFL) with 121.0 yards per game. Overall, Seattle's offense increased to 298.3 yards per game.

In 2002, Haskell guided a Seattle aerial attack that ranked third in the NFL averaging 254.9-yards a game. Seattle also set a franchise record gaining 5,818 total offensive yards that included a franchise-record three 500-yard games of total offense. Haskell coordinated an offense that allowed QB Matt Hasselbeck to finish the season ranked first in the NFC with a 63.7 completion percentage and second in the NFC with a 87.8 passer rating. Not only did the offense excel through the air, Haskell kept Alexander on track setting a franchise record with 16 rushing and 18 total touchdowns.

Haskell's 2003 offense was highlighted by sending four offensive players to the Pro Bowl

(Alexander, Hasselbeck, Steve Hutchinson, Walter Jones). Seattle's offense ranked 6th in the NFL (4th NFC) and led the League in first downs/game (21.1) and third-down conversions (46.8%). He helped Hasselbeck set a franchise record for passing yards (3,841) and tie the record for most completions in a season (313). He's also helped Hasselbeck become the highest-rated passer in club history (84.1).

Haskell joined the Seahawks after serving in the same capacity for the Carolina Panthers (1998-99) where his offense finished sixth in the NFL in 1999, with 355.4 yards per game in total offense, including the second ranked passing attack in the NFL with 260.1 passing yards per game. He orchestrated an offense in 1999 that set team records in total yards (5,686), points (421) and passing yards (4,161), and also sent three players (QB Steve Beuerlein, WR Muhsin Muhammad and TE Wesley Walls) to the Pro Bowl.

The 22-year NFL coaching veteran rejoined Holmgren after serving six seasons (1992-97), three as wide receivers coach (1995-97) and three as running backs coach (1992-94), for the Green Bay Packers.

While receivers coach under Holmgren, Haskell coached the Packers record-setting Pro Bowl receiving duo Antonio Freeman and Robert

HASKELL'S COACHING CAREER

- 1978-82 University of Southern California
Special Teams & Wide Receivers
- 1983-86 Los Angeles Rams
Special Teams
- 1987-90 Los Angeles Rams
Running Backs
- 1991 Los Angeles Rams
Tight Ends/Special Teams
- 1992-94 Green Bay Packers
Running Backs
- 1995-97 Green Bay Packers
Wide Receivers
- 1998-99 Carolina Panthers
Offensive Coordinator
- 2000- Seattle Seahawks
Offensive Coordinator

Brooks.

Before his tenure with the Packers, Haskell entered the NFL in 1983 and served nine seasons with the Los Angeles Rams (1983-91), the first four as special teams coach, four seasons as running backs coach, and one as tight ends/special teams coach. Haskell coached three 1,000-yard rushers (Eric Dickerson, Greg Bell and Charles White) and sent two to the Pro Bowl (Dickerson, White) during his four years coaching the position.

Directing special teams, Haskell's unit was ranked number one. Led by 1984 Pro Bowl punt returner Henry Ellard, Haskell's units ranked first in the NFL in 1984 and 1985. After the 1985 season, Ellard's 13.51 punt return average was an NFL record for highest career average. Haskell also sent KR Ron Brown and P Dale Hatcher to the 1985 Pro Bowl.

Prior to a distinguished NFL career, his late uncle, Dr. William O'Grady, was part owner of the San Francisco 49ers, and before leaving for the University of Southern California in 1978, Haskell worked for the 49ers for 22 years.

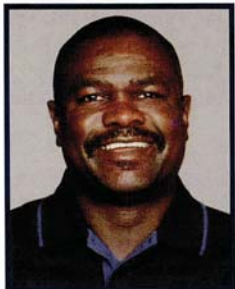
Haskell spent five seasons as wide receivers and special teams coach for USC (1978-82) and nine years at San Francisco's St. Ignatius High School (1969-77), serving as head coach the final five seasons.

He was reunited with his former St. Ignatius assistant coach, Bill Laveroni, in 2002 who was hired at the time to be the Seahawks assistant offensive line coach.

Haskell and his wife, Nancy, have four grown daughters, Paula, Patty, Jenny and Julie. The couple lives in Kirkland.

RAY RHODES

DEFENSIVE COORDINATOR



**SEAHAWKS
EXPERIENCE:
2ND YEAR
NFL
EXPERIENCE:
24TH YEAR**

When Ray Rhodes joined the Seahawks as defensive coordinator February 5, 2003, he knew the task that lay ahead. His job was to continue a trend he's enjoyed throughout his career, of taking defenses that ranked toward the bottom statistically before his arrival and turn them around. Rhodes wasted no time working to achieve that goal spending hours upon hours watching film and evaluating the 2002 Seattle defense the very day he was hired.

He led the defense down the right path improving from 28th in total defense to 19th. The Seahawks run defense improved from last in the NFL in 2002 to 14th, the second-greatest turnaround in the league behind Super Bowl Champion New England.

It was Rhodes' defensive vision and motivation that helped retain LB Anthony Simmons in 2003, and acquire FS Damien

Robinson, DE Chike Okefor, DE Grant Wistrom, and CB Bobby Taylor over the last two offseasons.

Rhodes has 23 years of NFL experience as a coach, including 11 as either defensive coordinator or head coach. As a coordinator, only two of his defensive units has finished outside of the top 10.

Rhodes and Holmgren reunited after Rhodes served in the same position for the Green Bay Packers from 1992-93. While in Green Bay, Rhodes improved the Packers defense to second in the NFL in his two seasons, and in 1993, helped the Holmgren-led Packers to their first playoff appearance since 1982. He produced a pair of Pro Bowlers his second season (S LeRoy Butler and DE Reggie White), the first time that had happened in 15 seasons. Safety Chuck Cecil earned a Pro Bowl nod under his tutelage in 1992.

Prior to joining the Seahawks, Rhodes spent two seasons in Denver as defensive coordinator where he took a 24th ranked defense in 2000 and improved it to eighth in 2001, and sixth in 2002. Three players received Pro Bowl invitations following his first season (CB Deltha O'Neal, DT Trevor Pryce and LB Al Wilson) while Pryce and Wilson repeated in 2002.

In 2000 with Washington, Rhodes

improved the Redskins defensive ranking to fourth in the NFL after inheriting a unit that ranked 30th the previous year. His defense allowed the fewest first downs (254), total net yards (4,474), and points (269) by a Redskins team since 1992, and produced more sacks than any Washington club since 1991. In addition, two of his standouts—DE Marco Coleman and CB Champ Bailey—made the Pro Bowl.

Rhodes was head coach in Green Bay for the 1999 season when he led the Packers to an 8-8 record his only season at the helm.

Before Green Bay, Rhodes spent four seasons as head coach of the Philadelphia Eagles earning NFL Coach of the Year honors in his initial season, 1995. He guided the Eagles to the playoffs with a 10-6 record that season and advanced to the NFC Divisional Playoff round. It was the first of two consecutive postseason trips for Rhodes' Philadelphia club, making him the only head coach in the Eagles' 67-year history to qualify for the playoffs in each of his first two seasons. His overall record as a head coach is 37-42-1 (.469).

Before joining Philadelphia in 1995 and his short tenure in Green Bay from 1992-93, Rhodes was defensive coordinator for San Francisco's 1994 World Championship team. His arrival saw a defensive improvement from ranking 15th in 1993 to eighth in 1994. He orchestrated a stellar defense filled with new faces. In fact, of that unit's 11 starters, six were new to the team in 1994. That reshaped unit went on to log 35 takeaways and five defensive touchdowns. His squad shut down the San Diego Chargers in the Super Bowl. A unit led by four Pro Bowlers: S Merton Hanks, S Tim McDonald, CB Deion Sanders, and DT Dana Stubblefield.

Rhodes, 53, began his coaching career in 1981, spending two seasons as assistant secondary coach before being promoted to defensive backs coach for the 1983-91 seasons. He went on to become one of only four men to serve on the coaching staff of all five of the 49ers' Super Bowl winning teams (George Seifert, Bob McKittrick and Bill McPherson). In Rhodes' 12 seasons as a 49ers assistant, the team earned postseason berths 10 times and advanced to the NFC Championship Game on seven occasions.

In 1981, his first season as an assistant, Rhodes helped the 49ers win Super Bowl XVI with three rookies starting in the defensive

backfield—CB Ronnie Lott, CB Eric Wright and S Carlton Williamson. As the 49ers secondary coach through 1991, he also saw those same three players, plus S Dwight Hicks, reach the Pro Bowl, among the 16 total Pro Bowl invitations earned by his defensive backfield pupils.

Born October 20, 1950, in Mexia, Texas, Raymond Earl Rhodes graduated from Mexia High School where he earned all-state honors in football as a running back and defensive back. He also lettered in track and field, helping the school reach the state basketball finals.

As a collegian, Rhodes spent two years as a running back at Texas Christian University (1969-70) before transferring to the University of Tulsa (1972-73).

Selected by the New York Giants in the 10th round of the 1974 NFL Draft, he played wide receiver in his first three NFL seasons, including 1975 when he led all NFC receivers with a 20.7 yards-per-catch average. Two years later, however, Rhodes was switched to defensive back by the Giants and won a starting job at cornerback. In 1979, he was sent to San Francisco as part of a four-player trade that also saw Tony Dungy (presently the head coach of the Indianapolis Colts) sent from the 49ers to the Giants.

Rhodes and his wife, Carmen, have four daughters: Detra, Candra, Tynesha and Raven.

RHODES' COACHING CAREER

1981-82	San Francisco 49ers <i>Assistant Secondary</i>
1983-91	San Francisco 49ers <i>Defensive Backs</i>
1992-93	Green Bay Packers <i>Defensive Coordinator</i>
1994	San Francisco 49ers <i>Defensive Coordinator</i>
1995-98	Philadelphia Eagles <i>Head Coach</i>
1999	Green Bay Packers <i>Head Coach</i>
2000	Washington Redskins <i>Defensive Coordinator</i>
2001-02	Denver Broncos <i>Defensive Coordinator</i>
2003-	Seattle Seahawks <i>Defensive Coordinator</i>

TERYL AUSTIN

DEFENSIVE BACKS



SEAHAWKS

EXPERIENCE:

2ND YEAR

NFL

EXPERIENCE:

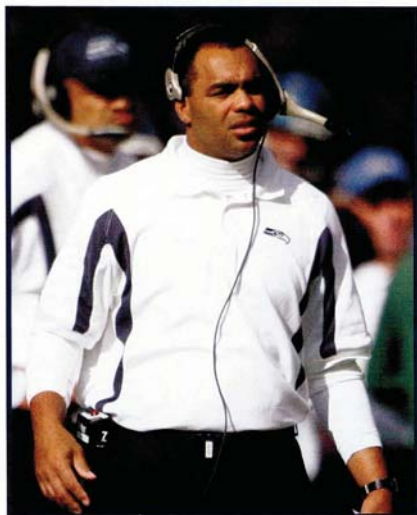
2ND YEAR

Named to his current position on February 7, 2003, Teryl Austin enters his second NFL season as Seattle's defensive backs coach.

Austin welcomed the opportunity to work with Seattle's top two draft choices from 2003 (CB Marcus Trufant and S Ken Hamlin), who started a collective 30 of 32 games last season. The addition of Pro Bowl CB Bobby Taylor this offseason adds to the talent level of Seattle's defensive backfield.

Before joining the Seahawks, Austin served 12 seasons at the collegiate level. Most recently, he enjoyed four seasons as defensive backs coach at the University of Michigan (1999-2002).

Austin, 39, is no stranger to NFL caliber talent. Before moving on to Michigan while coaching at Syracuse from 1996-98, he men-



tored All-Americans Donovan Darius and Kevin Abrams. Darius was also named the 1997 Big East Conference Player of the Year, and went on to become a first-round NFL Draft pick with fellow defensive back Tebucky Jones—the first time in Syracuse history that two Orangemen were selected in the first round. Also coached NFL-caliber talent in Will Allen (Giants) and Keith Bulluck (Titans) at Syracuse.

Austin helped lead teams to seven consecutive bowl births from 1996-2002—three consecutive with Syracuse and four with the Wolverines.

Before his three-year tenure at Syracuse, Austin spent three seasons as the secondary coach at Wake Forest from 1993-95.

Austin broke into the coaching ranks as a graduate assistant at Penn State in 1991.

A 1988 graduate of Pittsburgh with a bachelor's degree in communications, Austin was a three-year starter and four-year letterman (1984-87) for the Panthers football team. He played in both the 1984 Fiesta and the 1987 Bluebonnet Bowls.

After graduation, Austin competed in the training camps of the Washington Redskins and Hamilton Tiger-Cats before playing for the Montreal Machine of the World League of American Football in 1991.

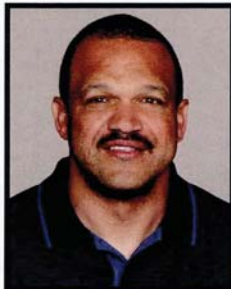
Austin and his wife, April, are the parents of five children—three sons, Tyler, Trey and Torin, and two daughters, Alexa and Alivia.

AUSTIN'S COACHING CAREER

- 1991-92 Penn State
Graduate Assistant
- 1993-95 Wake Forest University
Defensive Backs
- 1996-98 Syracuse University
Defensive Backs
- 1999-02 University of Michigan
Defensive Backs
- 2003- Seattle Seahawks
Defensive Backs

DWAINE BOARD

DEFENSIVE LINE



SEAHAWKS
EXPERIENCE:
2ND YEAR
NFL
EXPERIENCE:
15TH YEAR

Seattle made significant moves prior to the 2003 season to shore up a defense that had ranked last against the run in 2002. One of the most important moves was hiring former San Francisco 49ers defensive line coach Dwaine Board on January 29, 2003.

Board made an immediate impact with the defensive line helping improve Seattle's run defense from last in the NFL in 2002 to 19th in 2003, the second-greatest turnaround in the NFL behind New England. He also helped the club rank fourth in the NFC (7th NFL) with 41 sacks.

Board was part of a 49ers defensive staff in 2002 that schemed a defense that ranked second in the NFC (7th NFL) against the run allowing an average of 103.3-yards/game. Board's line also contributed to a defense that ranked fourth in the NFC (7th NFL) in sacks, while coaching DT Bryant Young to his fourth Pro Bowl.

Before joining Seattle, Board previously served 23 years in the 49ers organization, 10 as a player (1979-88) and 13 as a coach. He began his coaching career in 1990 as a San Francisco defensive line assistant before being promoted to defensive line coach in 1994.

In 14 seasons as a coach, Board has sent players to 10 Pro Bowls, including Dana Stubblefield who was named 1997 NFL Defensive Player of the Year.

Board and Mike Holmgren were on the same 49ers coaching staff from 1990-91.

In 2001, Board's defensive line was anchored by three-time Pro Bowler Young and the return of Stubblefield. He also tutored rookie lineman Andre Carter, who

led the team in sacks with 6.5.

The 2000 season was led by Young and Brentson Buckner, who combined for 16.5 sacks.

Young was the bright spot of Board's 1999 defensive line. Returning to the starting line-up after a career-threatening injury in 1998, Young recorded 11 sacks, was voted Comeback Player of the Year by *Associated Press* and was invited to his second Pro Bowl. Under Board, the 1998 defensive unit recorded 51.0 sacks to rank second in the NFL including Chris Doleman's 15.0 that ranked second in the NFC (3rd NFL). Board was a factor in the development of Stubblefield in 1997, who was named NFL Defensive Player of the Year after a career-high 15.0 sacks.

A member of four world championship 49ers teams as a player and coach, Board recorded 61.0 career sacks and eight more in the postseason from 1979-88. His four tackles, two sacks and constant pressure in Super Bowl XIX, earned him Defensive Player of the Game honors in San Francisco's 38-16 win over Miami.

A graduate of Franklin County (VA) High, Board was a three-time All-America selection at North Carolina A&T and a fifth-round draft choice of the Steelers in 1979.

Following his release by Pittsburgh, Board signed with the 49ers and registered a team-leading seven sacks as a rookie in 1979. He retired following the 1988 campaign, after joining the Saints midseason.

Born in Rocky Mount, Va., "Pee Wee" and his wife, Lynne, have three daughters, Camille, Allie and Tessa Raine.

BOARD'S COACHING CAREER

1990-93	San Francisco 49ers <i>Defensive Line Assistant</i>
1994-02	San Francisco 49ers <i>Defensive Line Coach</i>
2003-	Seattle Seahawks <i>Defensive Line Coach</i>

MIKE CLARK

HEAD STRENGTH & CONDITIONING



**SEAHAWKS
EXPERIENCE:
1ST YEAR
NFL
EXPERIENCE:
1ST YEAR**

Named to his current position on January 22, 2004, Mike Clark joins the Seahawks in his first stint in the National Football League after 25 years of service coaching collegiate athletes in strength, conditioning and nutrition.

Clark comes to Seattle from Texas A&M, where he spent the last 14 seasons as the head strength and conditioning coach, adding the title of assistant athletic director in 2000. During his tenure with the Aggies, Clark helped develop current Seahawks defensive linemen Rocky Bernard (1997-2001) and Brandon Mitchell (1993-96), along with Seahawks defensive line/quality control coach Zerick Rollins.

A 2003 inductee into the USA Strength and Conditioning Coaches Hall of Fame, Clark was twice named Strength Coach of the Year in 1993 and 2000. Also in 2000, he was the president of the Collegiate Strength & Conditioning Coaches Association.

Before joining the Texas A&M coaching staff, he was head strength and conditioning

coach at Southern California (1988-89), Oregon (1983-87), Kansas (1982), and Wyoming (1981). After two years as a graduate assistant at Kansas (1977-78), Clark coached linebackers and served as defensive coordinator at Topeka (Kansas) High School (1979-80).

A graduate of Ottawa University where he played linebacker, Clark earned his B.S. in Physical Education/Biology in 1977.

Born August 22, 1954 in Wichita, Kansas, Mike and his wife, Kris, have three children, Matthew, J.J. and Alicia.

CLARK'S COACHING CAREER

1977-78	University of Kansas <i>Graduate Assistant</i>
1979-80	Topeka (Kansas) High School <i>Defensive Coord. & Linebackers</i>
1981	University of Wyoming <i>Head Strength & Conditioning</i>
1982	University of Kansas <i>Head Strength & Conditioning</i>
1983-87	University of Oregon <i>Head Strength & Conditioning</i>
1988-89	University of Southern California <i>Head Strength & Conditioning</i>
1990-2003	Texas A&M University <i>Head Strength & Conditioning</i>
2004-	Seattle Seahawks <i>Head Strength & Conditioning</i>



Strength & Conditioning Coach Mike Clark stretches players before a morning practice.

NOLAN CROMWELL

WIDE RECEIVERS



**SEAHAWKS
EXPERIENCE:
6TH YEAR
NFL
EXPERIENCE:
14TH YEAR**

Named to his current position on January 14, 1999, Nolan Cromwell enters his 25th NFL season; the first 11 as a Pro Bowl-caliber safety and the last 13 as an assistant coach.

Cromwell has been instrumental in the development of Seattle's exciting tandem of Darrell Jackson and Koren Robinson. Jackson, who led all rookie receivers in catches, yards and touchdowns in 2000, followed with a 70-catch season in 2001 and became the first Seahawks receiver to eclipse the 1,000-yard mark since Joey Galloway (1998). Despite missing three games in 2002 (concussion), Jackson still finished second on the team with 62 catches for 877 yards.

With Jackson's absence in 2002, Robinson turned potential into reality becoming the only Seahawks receiver beside Hall of Famer Steve Largent to go over the 1,200-yard mark leading the team with 78 catches, 1,240 yards and five touchdowns while finishing second in the NFC with a 15.9-yard/catch average (at least 60 receptions).

Cromwell's 2002 receiving corps helped set franchise records for most 300-yard (5) and 400-yard (2) passing games and in 2003 helped QB Matt Hasselbeck set a franchise record with 3,841 passing yards.

In 1999, he helped Derrick Mayes have a career year, leading the team in receptions (62) and touchdowns (10).

In 1998, Cromwell coached the Green Bay Packers' wide receivers under Mike Holmgren, after serving as special teams coach from 1992-97.

Cromwell's receiving corps included Pro Bowl standout Antonio Freeman who established career-highs leading the NFL with 1,424 yards on 84 receptions. Overall, the Packers passing game accounted for 33 touchdowns

that year, while helping guide the team to a sixth-consecutive postseason appearance.

Before taking over the wide receivers, Cromwell coached Green Bay's aggressive special teams units. One of the league's most feared punt return teams, the Packers paced the NFL in 1996 with a 15.1-yard return average. That year, his group of field position warriors also led the league by scoring 24 points, and adding another two touchdowns in the postseason en route to a Super Bowl XXXI victory. On five different weekends in the 1996 season, one of Cromwell's players was honored as Special Teams Player of the Week.

Prior to taking on duties with the Packers, Cromwell coached on John Robinson's Los Angeles Rams staff as a defensive and special teams assistant in 1991.

A second-round draft choice by the Rams in 1977, Cromwell played his entire 11-year career for Los Angeles, earning four Pro Bowl berths, an NFC Defensive Player of the Year award (Kansas City Committee of 101) in 1980, and an NFL Defensive Back of the Year award (*Football Digest*) in 1984.

He ended his Rams career as the team's all-time leader in interception return yardage with 671 yards on 37 picks. He was also a member of the Rams' Super Bowl XIV team following the 1979 season.

An All-America wishbone quarterback at Kansas, Cromwell established an NCAA single-game rushing record for quarterbacks with 294 yards as a junior, after playing safety his first two collegiate seasons. He also was an accomplished decathlete in track.

Born on January 30, 1955, in Kansas, Nolan and his wife, Mary, have two children, Lance (6/15/86) and Jennifer (4/13/88).

CROMWELL'S COACHING CAREER

1991	Los Angeles Rams <i>Defense/Special Teams Assistant</i>
1992-97	Green Bay Packers <i>Special Teams</i>
1998	Green Bay Packers <i>Wide Receivers</i>
1999-	Seattle Seahawks <i>Wide Receivers</i>

BILL GILLESPIE

STRENGTH & CONDITIONING ASSISTANT



**SEAHAWKS
EXPERIENCE:
2ND YEAR
NFL
EXPERIENCE:
2ND YEAR**

Named to his current position on March 11, 2003, Bill Gillespie begins his second year in the professional ranks after 20 seasons as a collegiate strength and conditioning coach.

Gillespie takes the lead role in maximizing players' strength and explosion. He instructs a variety of lifting exercises including various forms of bench and squat.

After leaving the University of Washington in the spring of 2002, Gillespie coached the defensive line and served as the strength coach for Decatur High School.

Gillespie spent 11 seasons at Washington from 1991 through September 2002, being pro-

GILLESPIE'S COACHING CAREER

- 1983 Heritage H.S. (Lynchburg, Va.)
- 1983-91 Liberty University
Assistant Strength & Track
- 1991-98 University of Washington
Assistant Strength & Conditioning
- 1999-01 University of Washington
Director of Strength & Conditioning
- 2002 Decatur H.S. (Decatur, Wash.)
Defensive Line & Strength Coach
- 2003- Seattle Seahawks
Assistant Strength & Conditioning

moted to director of strength and conditioning in 1999. After taking over the program, the Huskies made three consecutive bowl appearances, including a Rose Bowl victory in 2000. Gillespie was named National Strength Coach of the Year that season after the Huskies finished 11-1 (3rd AP/Coaches Poll) and eight of 11 games were either come from behind or fourth-quarter victories. Was a finalist for National Strength Coach of the Year in 2001.

Before Washington, he served as the assistant strength and conditioning and track coach at Liberty University from 1983-91, with one year (1986) as head track coach.

Spent one season as an assistant track coach at Heritage High School in Lynchburg, Virginia, before making the jump to college.

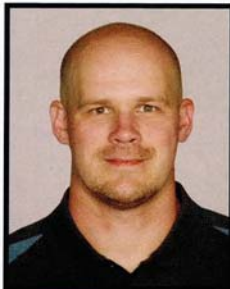
Gillespie is also a 22-time world record holder in the bench press after a lift of 749.5 at the Great Northern Bench Press and Deadlift Championships in June 2004. He is also a nine-time World Champion in the bench press.

A Tacoma, Washington, native Gillespie was a four-time All-America in the shot put at Liberty and was a two-time small college National Champion.

Gillespie and his wife Anita have two children, son Cameron (8/26/87) and daughter Rachel (6/4/90).



Bill Gillespie explains proper technique.

DARREN KREIN**ASSISTANT STRENGTH & CONDITIONING**

**SEAHAWKS
EXPERIENCE:
6TH YEAR
NFL
EXPERIENCE:
6TH YEAR**

KREIN'S COACHING CAREER

1997-98 Seattle Seahawks
Strength & Conditioning Asst.
2001- Seattle Seahawks
Asst. Strength & Conditioning

Krein, who originally joined the Seahawks strength and conditioning staff March 1, 1997, as an assistant, was promoted to first mate in 2003.

The first ever assistant hired by the Seahawks to help in the weight room, Krein has worked on a daily basis with players' weight training, as well as help coordinate the team's offseason conditioning program.

Krein plays an integral role in players' rehabilitation process. He works with players that

were previously injured and helps build strength and flexibility to become game ready.

One of Krein's greatest achievements is the physical development of Pro Bowl QB Matt Hasselbeck. After an injury plagued 2001 season, and a 2002 season that saw him as a backup for most of the year, Hasselbeck's offseason training allowed him in 2003 to become the first Seahawks quarterback since Rick Mirer in 1993 to start all 16 games.

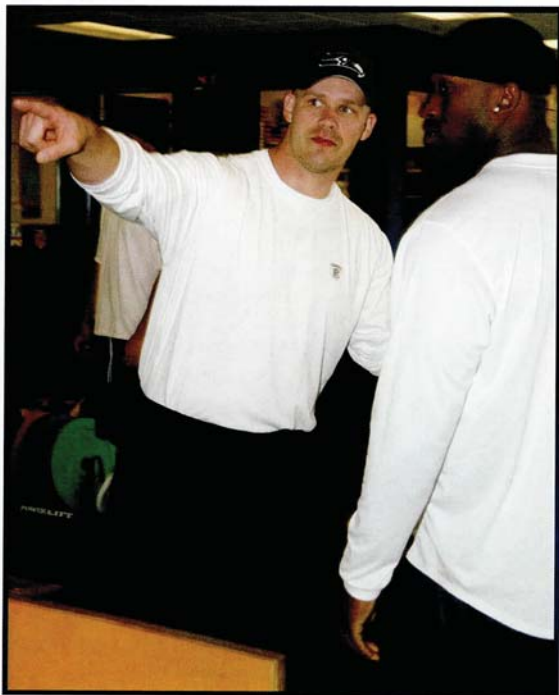
Before joining the Seahawks, Krein was a 1994 fifth-round draft choice by the Super Bowl Champion San Diego Chargers. He missed his rookie season due to a knee injury. Claimed on waivers by the Green Bay Packers

on June 17, 1995, but did not play. While there, he trained under former Seahawks head strength and conditioning coach Kent Johnston who was head strength and conditioning coach for the Packers.

Krein played the 1996 World League season with the Barcelona Dragons, but re-injured his knee and retired.

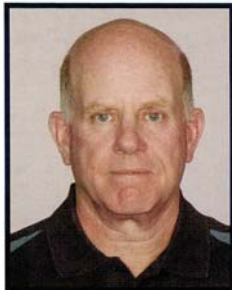
Was a four-year letterman under former Seahawks and current San Francisco 49ers Head Coach Dennis Erickson at the University of Miami. Was a unanimous first-team All-Big East defensive end as a senior. Had 190 career tackles and 17.5 sacks as a defensive end after beginning his career as an outside linebacker. Graduated with a degree in Business Management.

Attended Smoky Hill High School in Aurora, Colorado. Born July 7, 1971, he lives in Kirkland with wife, Jennifer, daughter Ella and son Aiden.



BILL LAVERONI

OFFENSIVE LINE



SEAHAWKS
EXPERIENCE:
3RD YEAR
NFL
EXPERIENCE:
3RD YEAR

Laveroni has taken full control of the offensive line this season with the retirement of longtime NFL offensive line coach Tom Lovat. Named assistant offensive line coach April 2, 2002, Laveroni was being groomed to create a smooth transition upon Lovat's retirement.

Laveroni has helped fashion one of the finest left sides of any offensive line in the NFL with a pair of Pro Bowlers in T Walter Jones and G Steve Hutchinson.

He helped coordinate Seattle's 2002 offensive line that helped a record-setting offensive performance despite a rash of injuries to the line.

The 33-year coaching veteran has coached offensive linemen for the past 20 years, most recently at Vanderbilt University (2001) before joining the Seahawks staff.

Laveroni broke into coaching as offensive line coach for the freshman team at California before coaching offensive line at the University of San Francisco. After two collegiate seasons, he became an assistant coach at St. Ignatius High from 1972-76, where he and current offensive coordinator Gil Haskell coached together. He then became head coach at Piedmont High for one year before rejoining the college ranks.

He coached linebackers and tight ends at his alma mater, California (1978), before leaving for Utah State to coach the linebackers and offensive line from 1979-82.

His third tour of duty at California saw him lead the offensive line from 1983-89 followed by the same position coupled with special teams coordinator for San Jose State from 1990-92. From 1993-94 he coached only the

offensive line for the Spartans.

Laveroni joined the Arena League's San Jose Sabercats in 1995 and coached for one year leading to a five-year career at Rutgers where he served as offensive line coach and run game coordinator (1996-2000).

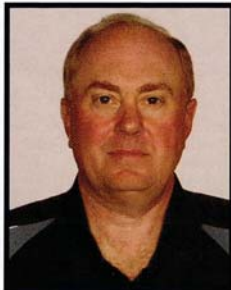
He was a three-year starter for California at center (1967-69) where he earned a degree in criminology. He also holds a teaching credential from the master's program of the University of San Francisco. He and his wife, Patty, have one son, Anthony.

LAVERONI'S COACHING CAREER

1970	University of California <i>Freshman Offensive Line</i>
1971	University of San Francisco <i>Offensive Line</i>
1972-76	St. Ignatius High School <i>Assistant Coach</i>
1977	Piedmont High School <i>Head Coach</i>
1978	University of California <i>Linebackers/Tight Ends</i>
1979-82	Utah State University <i>Linebackers/Offensive Line</i>
1983-89	University of California <i>Offensive Line</i>
1990-92	San Jose State <i>Offensive Line/Special Teams Coord.</i>
1993-94	San Jose State <i>Offensive Line</i>
1995	San Jose Sabercats <i>Offensive Line/Defensive Line</i>
1996-00	Rutgers University <i>Offensive Line/Run Game Coord.</i>
2001	Vanderbilt University <i>Offensive Line</i>
2002-03	Seattle Seahawks <i>Assistant Offensive Line</i>
2004-	Seattle Seahawks <i>Offensive Line</i>

JIM LIND

TIGHT ENDS



**SEAHAWKS
EXPERIENCE:
6TH YEAR
NFL
EXPERIENCE:
13TH YEAR**

Jim Lind originally joined the Seahawks on January 14, 1999. He enters his sixth year with the Seahawks and fifth coaching tight ends.

One of three coaches still with Holmgren since 1999, Lind works with a talented group that includes Itula Mili, who set franchise records for most receptions (43) and yards (508) by a tight end in 2002, and 2002 first-round pick Jerramy Stevens.

Originally joined the team as its linebackers coach. With the untimely passing of defensive coordinator Fritz Shurmur in 1999 prior to training camp, Lind coordinated the Seahawks defensive unit.

That defense recorded an NFL-leading 30 interceptions while holding opponents to just 19 passing touchdowns.

Lind enters his 13th year as an NFL coach having spent four seasons as the Green Bay Packers linebackers coach under Mike Holmgren.

The Packers 1996 defense, with help from Lind, set the NFC record for fewest touchdowns in a 16-game schedule.

His 1998 linebacking corps helped the Packers defense finish fourth in the NFL, limiting opponents to just 281.7 yards a game while plugging holes for a bare 90.1 opponent rushing average.

He broke into the NFL as a defensive assistant/quality control coach in 1992 under Holmgren. This was the second time Lind crossed paths with Holmgren, previously coaching together at Brigham Young University while Lind was a graduate assistant in 1981-82.

Before breaking into the professional ranks, he served nine years as a collegiate head coach, most recently at Wisconsin-Eau Claire (1987-91). Lind enjoyed his most success while a head coach at the University of Minnesota-Morris (1983-86) where he directed the

Cougars to two Northern Intercollegiate Conference championships earning NIC 'Coach of the Year in 1984 and NAIA District 13 'Coach of the Year in 1986.

He began his collegiate coaching career as a graduate assistant at St. Cloud State (1977) before earning the offensive coordinator job there in 1978. He then moved to nearby St. Johns University (1979-80) before crossing paths with Holmgren at BYU as a graduate assistant (1981-82).

Lind entered coaching in 1974 as head football coach at Underwood (Minn.) High School holding that position until joining St. Cloud State.

Lind played three years of collegiate football as a linebacker his freshman year at Bethel College, before moving to Bemidji State, where he earned his undergraduate degree, playing two years at defensive back.

Later he earned his master's degree at St. Cloud State and Doctorate in Professional Leadership in Physical Education and Athletics at BYU.

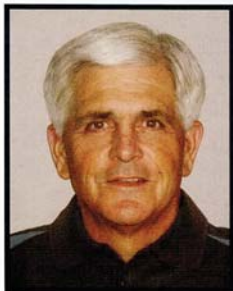
Born November 11, 1947, in Isle, Minn., Lind and his wife, Cindy, have two sons, Erik (1/6/87) and Bryan (1/31/90).

LIND'S COACHING CAREER

1974-76	Underwood High (Underwood, Minn.) <i>Head Coach</i>
1977	St. Cloud State (Minnesota) <i>Graduate Assistant</i>
1978	St. Cloud State (Minnesota) <i>Offensive Coordinator</i>
1979-80	St. John's (Minn.) University <i>Coordinated Defense</i>
1981-82	Brigham Young University <i>Graduate Assistant</i>
1983-86	University of Minnesota--Morris <i>Head Coach</i>
1987-91	University of Wisconsin--Eau Claire <i>Head Coach</i>
1992-94	Green Bay Packers <i>Defensive Assistant/Quality Control</i>
1995-98	Green Bay Packers <i>Linebackers</i>
1999	Seattle Seahawks <i>Linebackers</i>
2000-	Seattle Seahawks <i>Tight Ends</i>

JOHN MARSHALL

LINEBACKERS



**SEAHAWKS
EXPERIENCE:
2ND YEAR
NFL
EXPERIENCE:
25TH YEAR**

John Marshall joined the overhauled Seahawks defensive coaching staff on February 12, 2003, as linebackers coach.

Marshall continues to enjoy working with All-Pro linebacker Chad Brown and Anthony Simmons who combined for 10 sacks in 2003.

Marshall joined the Seahawks after one season as an assistant defensive line coach for the Detroit Lions in 2002.

Before Detroit, Marshall spent three seasons (1999-2001) as the assistant head coach/defensive coordinator of the Carolina Panthers. His defense ranked fourth in the NFL with 105 takeaways over his three-year tenure.

Prior to Carolina, Marshall, 58, was part of two Super Bowl squads in San Francisco from 1989-97 working with the defensive line from 1989-93, linebackers from 1994-96 and two years as defensive coordinator from 1997-98.

As defensive coordinator in 1997, he spearheaded the NFL's top rated defense, second versus the rush and pass, while helping send five players to the Pro Bowl. Marshall coached nearly a decade in the NFL before going to San Francisco, starting as Green Bay Packers special teams coach in 1980 and taking over as linebackers coach in 1981. He served as defensive coordinator for the Atlanta Falcons from 1983-85 and coached the defensive line of the Indianapolis Colts from 1986-88.

Marshall's coaching career started as an assistant at Hancock (Calif.) Junior College in 1967 before holding several positions for the University of Oregon from 1968-76, serving under freshman Head Coach George

Seifert as freshman assistant for one season (1968), freshman head coach (1969-71) and offensive line coach (1972-76).

He then moved to the University of Southern California where he coached linebackers from 1977-79 and helped lead the Trojans to two Rose Bowl victories and the 1978 National Championship.

In 1964, Marshall began his college playing career at Washington State before having his playing career cut short due to a neck injury. He went on to major in health education at the University of Oregon in 1969.

Marshall and his wife, Becky, have two daughters, Sarah and Meg.

MARSHALL'S COACHING CAREER

1967	Hancock Junior College <i>Assistant</i>
1968	University of Oregon <i>Freshman Assistant</i>
1969-71	University of Oregon <i>Freshman Head Coach</i>
1972-76	University of Oregon <i>Offensive Line</i>
1977-79	University of Southern California <i>Linebackers</i>
1980	Green Bay Packers <i>Special Teams</i>
1981-82	Green Bay Packers <i>Linebackers</i>
1983-85	Atlanta Falcons <i>Defensive Coordinator</i>
1986-88	Indianapolis Colts <i>Defensive Line</i>
1989-93	San Francisco 49ers <i>Defensive Line</i>
1994-96	San Francisco 49ers <i>Linebackers</i>
1997-98	San Francisco 49ers <i>Defensive Coordinator</i>
1999-01	Carolina Panthers <i>Asst. Head Coach/Defensive Coord.</i>
2002	Detroit Lions <i>Assistant Defensive Line</i>
2003-	Seattle Seahawks <i>Linebackers</i>

MARK MICHAELS

SPECIAL TEAMS



SEAHAWKS
EXPERIENCE:
4TH YEAR
NFL
EXPERIENCE:
6TH YEAR

Michaels, who joined the Seahawks February 8, 2001, as assistant special teams coach, now takes over the group for the 2004 season.

He takes over a unit that features Pro Bowler Alex Bannister who in 2003 led the team in special teams tackles and helped contribute to 29 punts downed inside the 20, third in the NFL. The Seahawks also led the NFL in lowest opponent punt return average (4.8).

Entering his sixth NFL season, Michaels was the Cleveland Browns quality control coach in 1999 before being promoted to special teams coach for the 2000 season.

Under his guidance, the Browns were second in the NFL in 2000 with four special teams takeaways and were one of five teams without a punt or placekick blocked. Rookie Dennis Northcutt placed sixth in the AFC (10th NFL) with a 10.7 yard punt return average. Punter Chris Gardocki finished fifth in the NFL with a 37.3 net punting average.

Before joining the professional ranks, Michaels spent the previous five seasons coaching at the collegiate level. He coached linebackers and special teams for one season at Massachusetts in 1998, after serving in the same capacity for Brown University for four seasons. Helped coach the Minutemen to the 1998 I-AA National Championship.

Breaking into coaching at New Haven in 1987, he left in 1991 to become the head coach of the Helsinki (Finland) Roosters, guiding them to the Finnish National Championship, before coaching linebackers for the Utah Pioneers of the Professional Spring Football League in 1992-93.

MICHAEL'S COACHING CAREER

- 1987-90 New Haven
Defensive Line/Linebackers
- 1991 Helsinki (Finland) Roosters
Head Coach
- 1992-93 Utah Pioneers (Pro Spring League)
Linebackers
- 1994-97 Brown University
Linebackers/Special Teams
- 1998 University of Massachusetts
Linebackers/Special Teams
- 1999 Cleveland Browns
Special Teams Quality Control
- 2000 Cleveland Browns
Special Teams Coordinator
- 2001- Seattle Seahawks
Assistant Special Teams
- 2004- Seattle Seahawks
Special Teams

A 1986 graduate of the University of Connecticut, Michaels was a two-time All-New England first-team pick and the Yankee Conference Co-Defensive Player of the Year in 1985. He holds UConn's career sack record with 27.

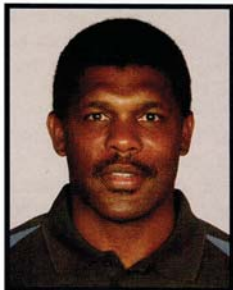
Michaels, 37, and his wife, Mary, have a daughter, Grace Elizabeth, and a son, Max.



Michaels begins his first season in charge of the club's special teams.

STUMP MITCHELL

RUNNING BACKS



SEAHAWKS
EXPERIENCE:
6TH YEAR
NFL
EXPERIENCE:
6TH YEAR

Named to his current position on January 28, 1999, Stump Mitchell enters his sixth NFL season, all with the Seahawks.

Mitchell has coached a 1,000-yard rusher each of his five seasons with Seattle (Ricky Watters-2, Shaun Alexander-3).

In 2002, Mitchell directed a backfield that featured Alexander who recorded a franchise-record 16 rushing touchdowns, most in the NFC. Under Mitchell's direction, Alexander is just 10 rushing touchdowns and 10, 100-yard games away from becoming the Seahawks all-time leader in both categories.

In 2003, he helped Alexander reach his first Pro Bowl after rushing for a career-high 1,435 yards.

The 2001 campaign saw Alexander rush for the third-most yards in the AFC (6th NFL) with 1,318 and his 14 rushing touchdowns led the NFL, while helping Seattle to place fifth in the AFC (9th NFL) in rushing offense.

His running backs corp in 2000 saw Watters become the 13th player to eclipse the 10,000 yards rushing mark and the continued maturation of rookie Alexander. Alexander finished second on the team with 313 yards and a 4.9 yards per carry average—second among rookies listed as the league's top rushers.

Mitchell joined the Seahawks following three years as head coach at Morgan State University. Originally joined the MSU staff in 1995 as offensive coordinator, earning a promotion to head coach the following year. In Mitchell's first two seasons the team compiled a 7-14 record, which was the best two-year mark in 16 years. Under Mitchell's tutelage, the Bears boasted a strong rushing attack, that averaged 148.9 yards per game in 1997.

A ninth-round draft choice by the St. Louis Cardinals in 1981, Mitchell spent his entire

nine-year career (1981-89) with the Cardinals, ranking as one of the team's all-time great running backs and kick returners. With a 5.6-yard rushing average as a rookie, Mitchell earned All-Rookie honors from *Pro Football Weekly*.

Mitchell still ranks as the Cardinals' all-time leader in combined yardage with 11,988 yards and ranks second with 4,649 yards rushing on 986 attempts and 32 touchdowns.

Throughout his career, Mitchell posted 14 100-yard games and finished with a 4.7-yard average, which ranks second in the team record book, as does his 156 career punt returns. His 177 kickoff returns for 4,007 yards are both Cardinals records.

In 1984, Mitchell earned All-NFC honors as a kickoff returner, by *Pro Football Weekly*.

On November 17, 1985, Mitchell had a single-game high with 179 yards against the Philadelphia Eagles, which ranks as the team's fifth-highest single-game total.

Mitchell's coaching career began in the spring of 1991, when he served as an assistant coach on the NFL Europe League's San Antonio Rough Riders' staff. He then accepted a position as the head coach at Casa Grande High (1991-94) in Phoenix, Ariz., where he led the team to a playoff berth in his second year.

For his community service, he was honored with the Chuck Drulis Award in 1982 and the Byron "Whizzer" White Humanitarian Award in 1984.

A ringer on the club's softball team, Mitchell was born on March 15, 1959, in Kingsland, Ga.

MITCHELL'S COACHING CAREER

- 1991 San Antonio Rough Riders (NFLEL)
Running Backs
- 1991-94 Casa Grande High (Phoenix, Ariz.)
Head Coach
- 1995 Morgan State
Offensive Coordinator
- 1996-98 Morgan State
Head Coach
- 1999- Seattle Seahawks
Running Backs

GARY REYNOLDS**OFFENSIVE ASST./QUALITY CONTROL**

**SEAHAWKS
EXPERIENCE:
2ND YEAR
NFL
EXPERIENCE:
5TH YEAR**

Gary Reynolds joined the Seahawks on February 8, 1999, and has seen his role evolve over his five seasons. Working closely with Mike Holmgren, Reynolds assisted in all aspects of football operations after serving as assistant to the general manager (1999-2000) and director of football administration (2001-02) to his current position as offensive quality control.

Prior to joining Seattle, Reynolds spent six years with the Green Bay Packers, where he served as offensive assistant/quality control from 1996-98, and administrative assistant/football operations from 1993-95.

Before entering the NFL, he was assistant recruiting coordinator at the University of Tennessee in 1992. He also was a graduate assistant/assistant recruiting coordinator at Texas A&M in 1991. Reynolds holds a B.S. degree in engineering and an M.S. degree in education from Texas A&M. He and wife Beth have two daughters, Hannah and Olivia.

REYNOLDS' COACHING CAREER

1996-98 Green Bay Packers
Offensive Asst./Quality Control
2003- Seattle Seahawks
Offensive Asst./Quality Control

ZERICK ROLLINS**DEFENSIVE LINE/QUALITY CONTROL**

**SEAHAWKS
EXPERIENCE:
4TH YEAR
NFL
EXPERIENCE:
4TH YEAR**

Rollins begins his fourth season with the Seahawks and second in the role of defensive line quality control, serving the 2001 season as defensive assistant.

His primary responsibilities include video study of opponents, self-scouting, playbook production, and assisting the defensive line under coach Dwaine Board.

He served as a graduate assistant from 1998-2000 at his alma mater, Texas A&M, assisting the defensive line for the first two years and safeties in his final season.

Was a two-year starter at defensive end for the Aggies, where he helped lead A&M to its

first Big 12 South Division crown in 1997. During that season, Rollins received the Academic Achievement Award, given to the student-athlete who "excelled in both academics and sports," as well as a Hitachi Post Graduate Scholarship for his studies.

Graduated with a degree in Economics and earned his Masters in Educational Administration.

Born June 20, 1975 in Houston, Texas, he attended the same high school (Kashmere High) as former Seahawks player, Jacob Green. Rollins and his wife, Chandra, have two daughters, Zeriaah and Zenae, and reside in Lynnwood.

ROLLINS' COACHING CAREER

1998-2000 Texas A&M
Graduate Assistant
2001 Seattle Seahawks
Defensive Assistant
2002- Seattle Seahawks
Defensive Line/Quality Control

JIM ZORN

QUARTERBACKS



**SEAHAWKS
EXPERIENCE:
5TH YEAR
NFL
EXPERIENCE:
8TH YEAR**

Named to his current position on February 16, 2001, Zorn returned to where his playing career, and professional coaching career, started.

Zorn has proven his fundamental guidance with the development of Pro Bowler Matt Hasselbeck who set a franchise record with 3,841 passing yards in 2003, while becoming the franchise's all-time most efficient passer (84.1 rating).

Zorn oversaw a 2002 campaign that saw Trent Dilfer open the season as the starter and finish with Hasselbeck under center. After spending his first two seasons on the sidelines, Zorn moved to the coaches booth to gain better perspective. Seattle's passing attack ranked third in the NFL averaging 254.9-yards a game. Hasselbeck finished the season ranked first in the NFC with a 63.7 completion percentage and second in the NFC with a 87.8 passer rating. Hasselbeck passed for more than 300 yards four times, including a franchise-record 449 in the season finale at San Diego. Hasselbeck joined Zorn as the only Seahawks quarterbacks to pass for at least 300 yards in back to back games. Zorn accomplished that in 1979 and 1981.

Zorn's 2001 quarterback crop included Head Coach Mike Holmgren's hand-picked starter Hasselbeck, Super Bowl XXXV quarterback Dilfer and 2000 part-time starter Brock Huard. Zorn groomed Hasselbeck and helped the first-year starter to become the AFC's fifth-rated passer on third-down with a rating of 80.6.

Zorn joined the Seahawks as quarterbacks coach after serving in the same capacity with the Detroit Lions (1998-2000) where he was instrumental in the development of rookie quarterback Charlie Batch in 1998. Batch's 88.3 passer rating that season ranks as the

fourth-highest rookie mark in NFL history.

He broke into the league as an offensive assistant for the Seahawks in 1997.

Zorn spent eight seasons in the collegiate ranks before his pro debut. He spent two seasons (1995-96) as quarterbacks coach at the University of Minnesota after coordinating Utah State's offense from 1992-94. His first collegiate coaching job was as an offensive assistant/quarterbacks coach at Boise State from 1989-91.

His playing career began in Seattle's inaugural 1976 season, starting all 14 games at quarterback. He went on to play nine seasons for the Seahawks before finishing with the team in 1984. After departing Seattle, he finished his playing career with the Green Bay Packers (1985), the Canadian Football League's Winnipeg Blue Bombers (1986) and the Tampa Bay Buccaneers.

Zorn is one of only five players inducted to the Seahawks Ring of Honor. He was named NFC Offensive Rookie of the Year (1976) and ranks second in the Seahawks record book behind Dave Krieg in yards (20,122), completions (1,593), attempts (2,992), and touchdowns (107). His three consecutive 3,000-yard seasons are tops in team history, and he was the first Seattle quarterback to record back-to-back 300-plus yard games—a feat he accomplished twice.

Zorn, and his wife, Joy, have four children, Rachel, Sarah, Danielle and Isaac.

ZORN'S COACHING CAREER

- 1998-91 Boise State
Offensive Assistant/Quarterbacks
- 1992-94 Utah State
Offensive Coordinator
- 1995-96 University of Minnesota
Quarterbacks
- 1997 Seattle Seahawks
Offensive Assistant
- 1998-00 Detroit Lions
Quarterbacks
- 2001- Seattle Seahawks
Quarterbacks

2004 ALPHA ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
37	Alexander, Shaun	RB	5-11	225	8/30/1977	5	Alabama	Florence, Ky.	D1(a)-'00
43	Babineaux, Jordan	SS	6-0	200	8/31/1982	R	Southern Arkansas	Port Arthur, Texas	FA-'04
85	Bannister, Alex	WR	6-5	207	4/23/1979	4	Eastern Kentucky	Cincinnati, Ohio	D5-'01
50	Bates, Solomon	LB	6-1	243	4/18/1982	2	Arizona State	Moreno Valley, Calif.	D4(b)-'03
99	Bernard, Rocky	DT	6-3	293	4/19/1979	3	Texas A&M	Baytown, Texas	D5(a)-'02
30	Bernard, Walter	FS	6-2	200	5/3/1978	2	New Mexico	San Diego, Calif.	FA-'04
34	Bierria, Terrel	SS	6-3	211	10/10/1980	3	Georgia	Shidell, La.	D4-'02
28	Boulware, Michael	SS	6-3	223	9/17/1981	R	Florida State	Columbia, S.C.	D2-'04
94	Brown, Chad	LB	6-2	245	7/12/1970	12	Colorado	Atadena, Calif.	UFA(Pitt)-'97
49	Brown, Isaac	K	6-0	202	10/13/1981	R	Washington State	Upland, Calif.	FA-'04
3	Brown, Josh	K	6-0	202	4/29/1979	2	Nebraska	Foyil, Okla.	D7(a)-'03
32	Carter, Kerry	RB	6-1	238	12/19/1980	2	Stanford	Vaughn, Ontario	FA-'03
78	Cochran, Antonio	DE	6-4	299	6/21/1976	6	Georgia	Montezuma, Ga.	D4-'99
52	Darce, Jean-Philippe	LS	6-0	246	2/28/1975	5	McGill	Montreal, Quebec	FA-'00
35	Davis, Chris	FB	5-11	235	11/8/1979	2	Syracuse	Tampa, Fla.	D5-'03
10	Davis, Marque	WR	5-11	190	11/5/1981	R	Fresno State	Dos Palos, Calif.	FA-'04
4	Dilfer, Trent	QB	6-4	225	3/13/1972	11	Fresno State	Santa Cruz, Calif.	UFA(Balt)-'01
84	Engram, Bobby	WR	5-10	188	1/7/1973	9	Penn State	Camden, S.C.	UFA(Chi)-'01
44	Evans, Heath	FB	6-0	245	12/30/1978	4	Auburn	W. Palm Beach, Fla.	D3-'01
33	Farmer, Clarence	RB	6-0	218	10/16/1981	R	Arizona	Houston, Texas	FA-'04
2	Fredrickson, Tyler	K	6-3	220	2/26/1981	R	California	Santa Barbara, Calif.	FA-'04
39	Gilford, Jernaro	CB	6-1	185	5/6/1980	R	Brigham Young	Hawthorne, Calif.	FA-'04
62	Gray, Chris	WR	6-4	308	6/9/1970	12	Auburn	Birmingham, Ala.	UFA(Chi)-'98
18	Hackett, D.J.	WR	6-2	199	7/31/1981	R	Colorado	Ontario, Calif.	D5-'04
26	Hamlin, Ken	FS	6-2	209	1/20/1981	2	Arkansas	Memphis, Tenn.	D2-'03
83	Hannan, Ryan	TE	6-2	248	2/24/1980	3	Northern Iowa	St. Ansgar, Iowa	D5(b)-'02
40	Harden, Michael	CB	5-11	190	10/20/1981	R	Missouri	Kansas City, Mo.	FA-'04
55	Harden, Bam	LB	6-1	230	1/7/1981	1	Florida	Jacksonville, Fla.	FA-'04
8	Hasselbeck, Matt	QB	6-4	223	9/25/1975	6	Boston College	Westwood, Mass.	T(GB)-'01
69	Herring, Issac	T	6-5	305	5/20/1980	1	Brigham Young	Mapleton, Utah	FA-'04
74	Hill, Matt	T	6-6	304	11/10/1978	3	Boise State	Grangeville, Idaho	D5(c)-'02
7	Huard, Brock	QB	6-4	232	4/15/1976	6	Washington	Puyallup, Wash.	UFA(Ind)-'04
57	Huff, Orlando	LB	6-2	250	8/14/1978	4	Fresno State	Upland, Calif.	D4(a)-'01
73	Hunter, Wayne	T	6-5	303	7/2/1981	2	Hawaii	Honolulu, Hawaii	D3-'03
76	Hutchinson, Steve	G	6-5	313	11/1/1977	4	Michigan	Ft. Lauderdale, Fla.	D1(b)-'01
82	Jackson, Darrell	WR	6-0	201	12/6/1978	5	Florida	Tampa, Fla.	D3-'00
9	Jones, Donnie	P	6-2	222	7/5/1980	R	Louisiana State	Baton Rouge, La.	D7-'04
71	Jones, Walter	T	6-5	315	1/19/1974	8	Florida State	Aliceville, Ala.	D1(b)-'97
58	Kacyvenski, Isaih	LB	6-1	252	10/3/1977	5	Harvard	Endicott, N.Y.	D4(b)-'00
53	Koutouvidis, Niko	LB	6-2	238	3/25/1981	R	Purdue	Plainville, Conn.	D4-'04
63	Kroeker, Dustin	T	6-5	312	10/4/1978	2	Cal Poly-SLO	Shafter, Calif.	FA-'03
54	Lewis, D.D.	LB	6-1	241	1/8/1979	3	Texas	Houston, Texas	FA-'02
75	Locklear, Sean	G	6-4	301	5/29/1981	R	North Carolina State	Lumberton, N.C.	D3-'04
21	Lucas, Ken	CB	6-0	205	1/23/1979	4	Mississippi	Cleveland, Miss.	D2-'01
45	Luke, R.J.	TE	6-3	256	5/25/1979	1	Western Illinois	Aurora, Ill.	FA-'04
88	Mili, Itula	TE	6-4	260	4/20/1973	8	Brigham Young	Laie, Hawaii	D6-'97
97	Mitchell, Brandon	DE	6-3	290	6/19/1975	8	Texas A&M	Abbeville, La.	UFA(NE)-'02
95	Moore, Rashad	DT	6-3	324	3/16/1979	2	Tennessee	Huntsville, Ala.	D6-'03
11	Moore, Sammy	WR	5-11	194	2/6/1981	R	Washington State	Mesa, Ariz.	FA-'04
20	Morris, Maurice	RB	5-11	202	12/1/1979	3	Oregon	Chester, S.C.	D2(a)-'02
65	Nazel, Omar	DE	6-5	245	3/9/1981	R	Southern California	Oakland, Calif.	FA-'04
68	Norman, Dennis	C	6-5	312	1/26/1980	4	Princeton	Marlton, N.J.	D7(b)-'01
66	Nyenhuus, Gabe	DE	6-4	275	6/26/1981	R	Colorado	St. Charles, Ill.	FA-'04
56	Okeafor, Chike	DE	6-4	265	3/27/1976	6	Purdue	Grand Rapids, Mich.	UFA(SF)-'03
91	Palpeoi, Anton	DE	6-3	283	11/19/1978	3	UNLV	Salt Lake City, Utah	D2(b)-'02
31	Parker, Arnold	FS	6-2	210	7/1/1981	R	Utah	Las Vegas, Nev.	FA-'04
47	Poppinga, Casey	TE	6-5	256	10/15/1977	2	Utah State	Evanston, Wyo.	FA-'03
41	Redmon, Tellis	RB	5-10	210	12/19/78	1	Minnesota	Fort Worth, Texas	FA-'04
42	Richard, Kris	CB	5-11	190	10/28/1978	3	Southern California	Carson, Calif.	D3-'02
46	Roberson, Clayton	LB	6-1	234	3/10/1981	R	North Carolina	Bethel, N.C.	FA-'04
22	Robinson, Damien	SS	6-2	203	12/23/1973	8	Iowa	Dallas, Texas	UFA(NY)-'03
81	Robinson, Koren	WR	6-1	205	3/19/1980	4	North Carolina State	Belmont, N.C.	D1(a)-'01
64	Roehl, Jeff	P	6-4	300	9/14/1978	2	Northwestern	Orland Park, Ill.	W(NYG)-'04
16	Rouen, Tom	P	6-3	225	6/9/1968	12	Colorado	Littleton, Colo.	UFA(Pitt)-'03
51	Simmons, Anthony	LB	6-0	240	6/20/1976	7	Clemson	Spartanburg, S.C.	D1-'98
86	Stevens, Jerramy	TE	6-7	260	11/13/1979	3	Washington	Olympia, Wash.	D1-'02
38	Strong, Mack	FB	6-0	245	9/11/1971	12	Georgia	Columbus, Ga.	FA-'93
36	Tatum, Derrick	CB	5-11	190	2/7/1981	1	Kentucky	Cleveland, Ohio.	FA-'04
25	Taylor, Bobby	CB	6-3	216	12/28/1973	10	Notre Dame	Houston, Texas	UFA(Phi)-'04
93	Terrill, Craig	DT	6-2	200	6/27/1980	R	Purdue	Lebanon, Ind.	D6-'04
72	Terry, Chris	T	6-5	295	8/8/1975	6	Georgia	Jacksonville, Fla.	W(Car)-'02
61	Tobeck, Robbie	C	6-4	297	3/6/1970	11	Washington State	Tarpon Springs, Fla.	UFA(ATI)-'00
23	Trufant, Marcus	CB	5-11	199	12/25/1980	2	Washington State	Tacoma, Wash.	D1-'03
90	Tubbs, Marcus	DT	6-4	320	5/16/1981	R	Texas	DeSoto, Texas	D1-'04
89	Urban, Jerheme	WR	6-3	212	11/26/1980	2	Trinity	Victoria, Texas	FA-'03
15	Wallace, Seneca	QB	5-11	196	8/6/1980	2	Iowa State	Sacramento, Calif.	D4(a)-'03
87	Wallace, Taco	WR	6-1	190	4/14/1981	2	Kansas State	Los Angeles, Calif.	D7(b)-'03
59	White, Tracy	LB	6-0	230	4/14/1981	2	Howard	St. Stephens, S.C.	FA-'03
48	Whitman, Josh	TE	6-4	245	8/5/1976	4	Illinois	Lafayette, Ind.	FA-'04
96	Wistrom, Grant	TE	6-4	272	7/3/1976	6	Nebraska	Webb City, Mo.	UFA(STL)-'04
77	Womack, Floyd	T	6-4	333	11/15/1978	4	Mississippi State	Cleveland, Miss.	D4(c)-'01
98	Woodard, Cedric	DT	6-2	310	9/5/1977	5	Texas	Sweeny, Texas	W(Balt)-'00
70	Wunsch, Jerry	T/G	6-6	339	1/21/1974	8	Wisconsin	Eau Claire, Wis.	UFA(TB)-'02

NEL EUROPE ALLOCATED PLAYERS

79	Brown, LaWaylon	DT	6-5	305	6/12/1980	1	Oklahoma State	Whitehouse, Okla.	FA-'04
19	Burns, Antoine	WR	6-0	195	10/31/1979	2	Minnesota	Milwaukee, Wis.	FA-'03
29	Franklin, Brad	CB	6-1	190	12/22/1979	2	Louisiana-Lafayette	Baton Rouge, La.	FA-'04
60	Hollenbeck, Joey	C	6-4	281	2/26/1980	1	Washington State	Enumclaw, Wash.	FA-'04
41	Lukins, Tony	CB	5-11	192	2/18/1979	1	New Mexico State	El Paso, Texas	FA-'04
14	Willis, Jason	WR	6-1	196	7/26/1980	2	Oregon	Los Angeles, Calif.	FA-'03

2004 NUMERICAL ROSTER

No.	Name	Pos.	Ht.	Wt.	Birthdate	Exp.	College	Hometown	How Acq.
2	Tyler Fredrickson	K	6-3	220	2/26/1981	R	California	Santa Barbara, Calif.	FA-'04
3	Josh Brown	K	6-0	202	4/29/1979	2	Nebraska	Foyle, Okla.	D7(a)-'03
4	Trent Dillfer	QB	6-4	225	3/13/1972	11	Fresno State	Santa Cruz, Calif.	UFA(Balt)-'01
7	Brock Huard	QB	6-4	232	4/15/1976	6	Washington	Puyallup, Wash.	UFA(Ind)-'04
8	Matt Hasselbeck	QB	6-4	223	9/25/1975	6	Boston College	Westwood, Mass.	T(GB)-'01
9	Donnie Jones	P	6-3	222	7/5/1980	R	Louisiana State	Baton Rouge, La.	D7-'04
10	Marque Davis	WR	5-11	190	1/15/1981	R	Fresno State	Dos Palos, Calif.	FA-'04
11	Sammy Moore	WR	5-11	194	2/6/1981	R	Washington State	Mesa, Ariz.	FA-'04
15	Seneca Wallace	QB	5-11	196	8/6/1980	2	Iowa State	Sacramento, Calif.	D4(a)-'03
16	Tom Rouen	P	6-3	225	6/9/1968	12	Colorado	Littleton, Colo.	UFA(Pitt)-'03
18	D.J. Hackett	WR	6-2	199	7/31/1981	R	Colorado	Ontario, Calif.	D5-'04
20	Maurice Morris	RB	5-11	202	12/1/1979	3	Oregon	Chester, S.C.	D2(a)-'02
21	Ken Lucas	CB	6-0	205	1/23/1979	4	Mississippi	Cleveland, Miss.	D2-'01
22	Damien Robinson	SS	6-2	223	12/23/1973	8	Iowa	Dallas, Texas	UFA(NYJ)-'03
23	Marcus Truflant	CB	5-11	199	12/25/1980	2	Washington State	Tacoma, Wash.	D1-'03
25	Bobby Taylor	CB	6-3	216	12/28/1973	10	Notre Dame	Houston, Texas	UFA(Phi)-'04
26	Ken Hamlin	FS	6-2	209	1/20/1981	2	Arkansas	Memphis, Tenn.	D2-'03
28	Michael Boulware	SS	6-2	223	9/17/1981	R	Florida State	Columbia, S.C.	D2-'04
30	Walter Bernard	FS	6-2	200	5/3/1978	2	New Mexico	San Diego, Calif.	FA-'02
31	Arnold Parker	FS	6-2	210	7/1/1981	R	Utah	Las Vegas, Nev.	FA-'04
32	Kerry Carter	RB	6-1	238	12/19/1980	2	Stanford	Vaughn, Ontario	FA-'03
33	Clarence Farmer	RB	6-0	218	10/16/1981	R	Arizona	Houston, Texas	FA-'04
34	Terreal Bierria	SS	6-3	211	10/10/1980	3	Georgia	Slidell, La.	D4-'02
35	Chris Davis	FB	5-11	235	11/8/1979	2	Syracuse	Tampa, Fla.	D5-'03
36	Derrick Tatum	CB	5-11	190	2/7/1981	1	Kentucky	Cleveland, Ohio	FA-'04
37	Shaun Alexander	RB	5-11	225	8/30/1977	5	Alabama	Florence, Ky.	D1(a)-'00
38	Mack Strong	FB	6-0	245	9/11/1971	12	Georgia	Columbus, Ga.	FA-'93
39	Jernaro Gilford	CB	6-1	185	5/6/1980	R	Brigham Young	Hawthorne, Calif.	FA-'04
40	Michael Harden	CB	5-11	190	10/20/1981	R	Missouri	Kansas City, Mo.	FA-'04
41	Tellis Redmon	RB	5-10	210	12/19/78	1	Minnesota	Fort Worth, Texas	FA-'04
42	Kris Richard	CB	5-11	190	10/28/1978	3	Southern Calif.	Carson, Calif.	D3-'02
43	Jordan Babineaux	SS	6-0	200	8/31/1982	R	Southern Arkansas	Port Arthur, Texas	FA-'04
44	Heath Evans	FB	6-0	245	12/30/1978	4	Auburn	W. Palm Beach, Fla.	D3-'01
45	R.J. Luke	TE	6-3	256	5/25/1979	1	Western Illinois	Aurora, Ill.	FA-'04
46	Clayton Roberson	LB	6-1	234	3/10/1981	R	North Carolina	Bethel, N.C.	FA-'04
47	Casey Poppinga	TE	6-5	256	10/15/1977	2	Utah State	Evanston, Wyo.	FA-'03
48	Josh Whitman	TE	6-4	245	8/5/1978	4	Illinois	Lafayette, Ind.	FA-'04
49	Isaac Brown	LB	6-3	222	10/13/1981	R	Washington State	Upland, Calif.	FA-'04
50	Solomon Bates	LB	6-1	243	4/18/1982	2	Arizona State	Moreno Valley, Calif.	D4(b)-'03
51	Anthony Simmons	LB	6-0	240	6/20/1976	7	Clemson	Spartanburg, S.C.	D1-'98
52	Jean-Philippe Darche	LS	6-0	246	2/28/1975	5	McGill	Montreal, Quebec	FA-'00
53	Niko Koutouvides	LB	6-2	244	3/25/1981	R	Purdue	Plainville, Conn.	D4-'04
54	D.D. Lewis	LB	6-1	241	1/8/1979	3	Texas	Houston, Texas	FA-'02
55	Bam Hardmon	LB	6-1	230	1/7/1981	1	Florida	Jacksonville, Fla.	FA-'04
56	Chike Okeafor	DE	6-4	265	3/27/1976	6	Purdue	Grand Rapids, Mich.	UFA(SF)-'03
57	Orlando Huff	LB	6-2	250	8/14/1978	4	Fresno State	Upland, Calif.	D4(a)-'01
58	Isaiah Akiyevskii	LB	6-1	252	10/3/1977	5	Harvard	Endicott, N.Y.	D4(b)-'00
59	Tracy White	LB	6-0	230	4/14/1981	2	Howard	St. Stephens, S.C.	FA-'03
61	Robbie Tobeck	C	6-4	297	3/6/1970	11	Washington State	Tarpon Springs, Fla.	UFA(Atl)-'00
62	Chris Gray	G	6-4	308	6/19/1970	12	Auburn	Birmingham, Ala.	UFA(Chi)-'98
63	Dustin Kroecker	T	6-5	312	10/4/1978	2	Cal Poly-SLO	Shafter, Calif.	FA-'03
64	Jeff Roehl	T	6-4	300	5/18/1980	2	Southwestern	Orland Park, Ill.	W(NYG)-'04
65	Omar Nazer	DE	6-5	245	3/9/1981	R	Southern Calif.	Oakland, Calif.	FA-'04
66	Gabe Nyenhuis	DE	6-4	275	6/26/1981	R	Colorado	St. Charles, Ill.	FA-'04
68	Dennis Norman	C	6-5	312	1/26/1980	4	Princeton	Marlton, N.J.	D7(b)-'01
69	Issac Herring	T	6-5	305	5/20/1980	1	Brigham Young	Mapleton, Utah	FA-'04
70	Jerry Wunsch	T/G	6-6	339	1/21/1974	8	Wisconsin	Eau Claire, Wis.	UFA(TB)-'02
71	Walter Jones	T	6-5	315	1/19/1974	8	Florida State	Aliceville, Ala.	D1(b)-'97
72	Chris Terry	T	6-5	295	8/8/1975	6	Georgia	Jacksonville, Fla.	W(Car)-'02
73	Wayne Hunter	T	6-5	303	7/2/1981	2	Hawaii	Honolulu, Hawaii	D3-'03
74	Matt Hill	T	6-6	304	11/10/1978	3	Boise State	Grangeville, Idaho	D5(c)-'02
75	Sean Locklear	G	6-4	301	5/29/1981	R	N.C. State	Lumberton, N.C.	D3-'04
76	Steve Hutchinson	G	6-5	313	11/1/1977	4	Michigan	Ft. Lauderdale, Fla.	D1(b)-'01
77	Floyd Womack	T	6-4	333	11/15/1978	4	Mississippi State	Cleveland, Miss.	D4-(c)-'01
78	Antonio Cochran	DE	6-4	299	6/21/1976	6	Georgia	Montezuma, Ga.	D4-'99
81	Koren Robinson	WR	6-1	205	3/19/1980	4	N.C. State	Belmont, N.C.	D1(a)-'01
82	Darrell Jackson	WR	6-0	201	12/6/1978	5	Florida	Tampa, Fla.	D3-'00
83	Ryan Hannam	TE	6-2	248	2/24/1980	3	Northern Iowa	St. Ansgar, Iowa	D5(b)-'02
84	Bobby Engram	WR	5-10	188	1/7/1973	9	Penn State	Camden, S.C.	UFA(Chi)-'01
85	Alex Bannister	WR	6-5	207	4/23/1979	4	Eastern Kentucky	Cincinnati, Ohio	D5-'01
86	Jerramy Stevens	TE	6-7	260	11/13/1979	3	Washington	Olympia, Wash.	D1-'02
87	Taco Wallace	WR	6-1	190	4/14/1981	2	Kansas State	Los Angeles, Calif.	D7(b)-'03
88	Itula Mili	TE	6-4	260	4/20/1973	8	Brigham Young	Laie, Hawaii	D6-'97
89	Jerheme Urban	WR	6-3	212	11/26/1980	2	Trinity	Victoria, Texas	FA-'03
90	Marcus Tubbs	DT	6-4	320	5/16/1981	R	Texas	DeSoto, Texas	D1-'04
91	Anton Palepoi	DE	6-3	283	11/19/1978	3	UNLV	Salt Lake City, Utah	D2(b)-'02
93	Craig Terrill	DT	6-2	290	6/27/1980	R	Purdue	Lebanon, Ind.	D6-'04
94	Chad Brown	LB	6-2	245	7/12/1970	12	Colorado	Altadena, Calif.	UFA(Pitt)-'97
95	Rashad Moore	DT	6-3	324	3/16/1979	2	Tennessee	Huntsville, Ala.	D6-'03
96	Grant Wistrom	DE	6-4	272	7/3/1976	6	Nebraska	Webb City, Mo.	UFA(STL)-'04
97	Brandon Mitchell	DE	6-3	290	6/19/1975	8	Texas A&M	Abbeville, La.	UFA(NE)-'02
98	Cedric Woodard	DT	6-2	310	9/5/1977	5	Texas	Sweeney, Texas	W(Balt)-'00
99	Rocky Bernard	DT	6-3	293	4/19/1979	3	Texas A&M	Baytown, Texas	D5(a)-'02

NFL EUROPE ALLOCATED PLAYERS

14	Jason Willis	WR	6-1	196	7/26/1980	2	Oregon	Los Angeles, Calif.	FA-'03
19	Antoine Burns	WR	6-0	195	10/31/1979	2	Minnesota	Milwaukee, Wis.	FA-'03
29	Brad Franklin	CB	6-1	190	12/22/1979	2	Louisiana-Lafayette	Baton Rouge, La.	FA-'04
41	Tony Lukins	CB	5-11	192	2/18/1979	1	New Mexico St.	El Paso, Texas	FA-'04
60	Joey Hollenbeck	C	6-4	281	2/26/1980	1	Washington State	Enumclaw, Wash.	FA-'04
79	LaWaylon Brown	DT	6-5	305	6/12/1980	1	Oklahoma State	Whitehouse, Okla.	FA-'04

HOW BUILT

YEAR	BY DRAFT	BY TRADE/ WAIVERS	FREE AGENTS
2004	DT Marcus Tubbs (1) S Michael Boulware (2) G Sean Locklear (3) LB Niko Koutouvides (4) WR D.J. Hackett (5) DT Craig Terrill (6) P Donnie Jones (7)	T Jeff Roehl	S Jordan Babineaux LB Isaac Brown DT LaWaylon Brown WR Marque Davis RB Clarence Farmer CB Brad Franklin K Tyler Fredrickson CB Jenaro Gilford CB Michael Harden LB Bam Hardmon T Isaac Herring C Joey Hollenbeck QB Brock Huard TE R.J. Luke CB Tony Lukins WR Sammy Moore DE Omar Nazeel DE Gabe Nyenhuis S Arnold Parker TE Casey Poppinga RB Tellis Redmon LB Clayton Roberson CB Derrick Tatum CB Bobby Taylor TE Josh Whitman DE Grant Wistrom
2003	CB Marcus Trufant (1) S Ken Hamlin (2) T Wayne Hunter (3) QB Seneca Wallace (4a) LB Solomon Bates (4b) FB Chris Davis (5) DT Rashad Moore (6) K Josh Brown (7a) WR Taco Wallace (7b)	T Chris Terry (W)	WR Antoine Burns RB Kerry Carter T Dustin Kroecker DE Chike Okeafor P Tom Rouen FS Damien Robinson WR Jerheme Urban LB Tracy White WR Jason Willis
2002	TE Jerramy Stevens (1) RB Maurice Morris (2a) DE Anton Palepoi (2b) CB Kris Richard (3) FS Terreal Bierria (4) DE Rocky Bernard (5a) TE Ryan Hannam (5b) T Matt Hill (5c)	T Chris Terry (W)	CB Walter Bernard LB D.D. Lewis DE Brandon Mitchell T Jerry Wunsch
2001	WR Koren Robinson (1a) G Steve Hutchinson (1b) CB Ken Lucas (2) FB Heath Evans (3) LB Orlando Huff (4a) T Floyd Womack (4c) WR Alex Bannister (5) T Dennis Norman (7b)	QB Matt Hasselbeck (T)	QB Trent Dilfer WR Bobby Engram
2000	RB Shaun Alexander (1a) WR Darrell Jackson (3) LB Isaiah Kacyvenski (4b)	DT Cedric Woodard (W)	LS Jean-Philippe Darche C/G Robbie Tobeck
1999	DE Antonio Cochran (4)		
1998	LB Anthony Simmons (1)		G Chris Gray
1997	T Walter Jones (1b) TE Itula Mili (6)		LB Chad Brown
1993			FB Mack Strong

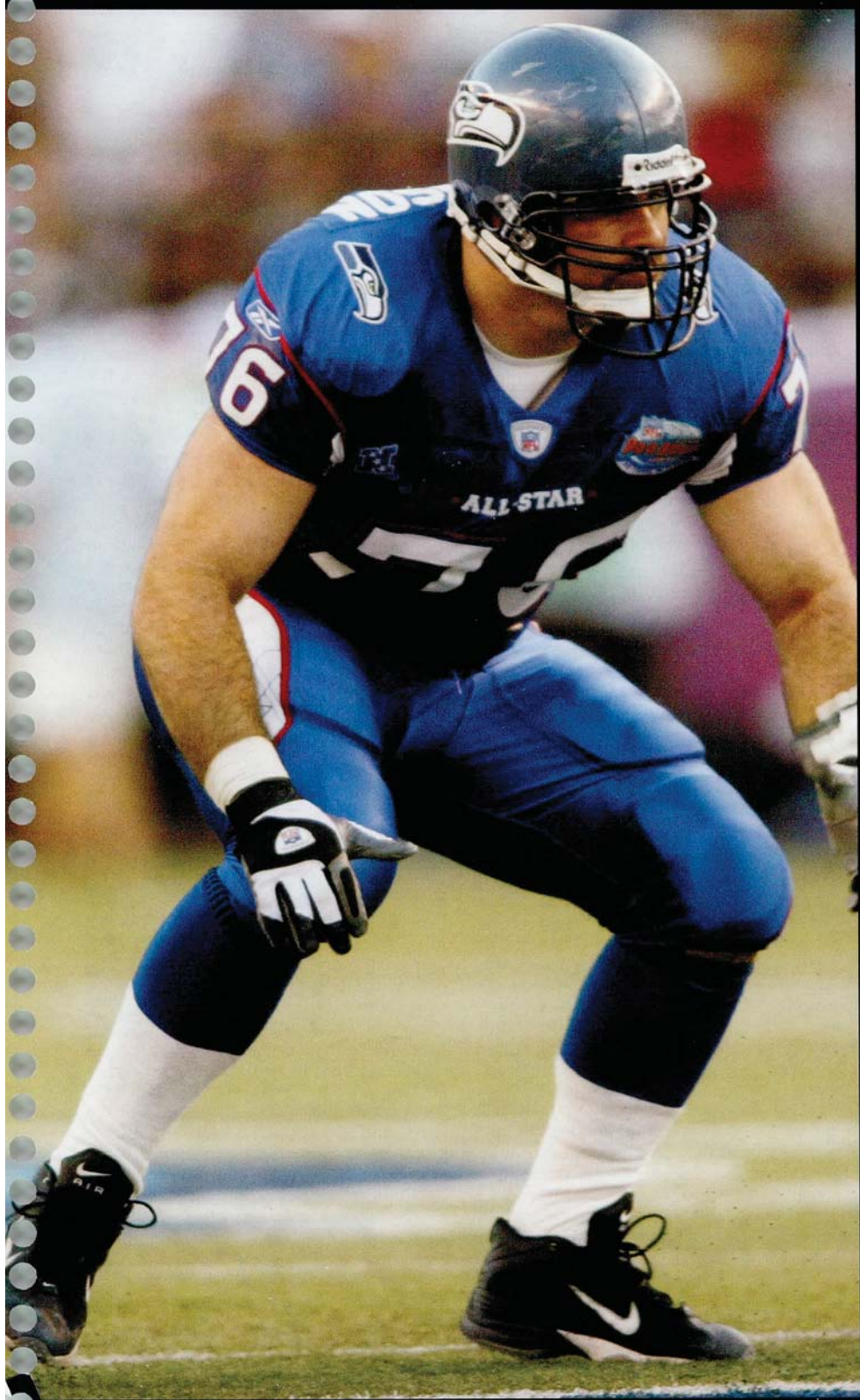
PRONUNCIATIONS

Terreal Bierria
 Jordan Babineaux
 Antonio Cochran
 Jean-Philippe Darche
 Ryan Hannam
 Isaiah Kacyvenski
 Niko Koutouvides

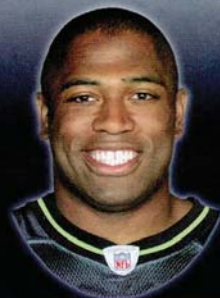
Tuh-**RELL** Bee-**AIR**-uh
 BAB-in-oh
 COCK-run
 Zhon Phil-**EPP** Darsh
 HAN-um
 kaz-uh-VIN-ski
 NEE-koe Koot-oooh-**VEE**-deez

Itula Mili
 Chike Okeafor
 Anton Palepoi
 Kris Richard
 Robbie Tobeck
 Marcus Trufant

ee-**TOO**-la MEE-lee
 CHEEK-ay o-KEY-fur
 PAL-a-poy
 Ri-**SHARD**
 TOE-beck
 TRUE-font



SHAUN ALEXANDER



RUNNING BACK

5-11 225

ALABAMA

5TH NFL SEASON5TH SEAHAWKS SEASON1ST ROUND (A) 2000

2003 GAMES/STARTS: 16/15

CAREER GAMES/STARTS: 64/44

AUGUST 30, 1977

FLORENCE, KENTUCKY

37

2003: Earned first trip to Pro Bowl after rushing for career-high 1,435 yards and scoring 16 touchdowns. Yard total ranked fourth in the NFC and was the highest since Chris Warren's 1994 team record (1,545). Sixteen touchdowns ranked second in club history, tying his own 2001 total and Warren (1995), and two shy of team record (18) Alexander set in 2002. Fourteen rushing scores were second in the NFC. Moved into third place in club record book with 52 career touchdowns after beginning the season tied for sixth with Daryl Turner (36). Tied Curt Warner and Warren for second-most 100-yard games in a season with seven, including 100-yard performances in four of final seven games. Warren rushed for at least 100 yards eight times in 1995. Finished third in the NFC with 1,730 total yards from scrimmage (1,435 rush/295 rec.), and ranked second in NFC to only Ahman Green (115) with 95 first downs. Opened the season with 124 total yards (108 rush/16 rec.) and two touchdowns (1 rush/1 rec.) versus the Saints (9/7) helping Seattle to their first home opening victory since 1998. Scored once at Arizona (9/14) on a 2-yard run. Snapped a string of 34 consecutive starts versus St. Louis (9/21) after helping deliver his first child, daughter Heaven. Rushed to the game shortly after and entered the game in the second quarter and netted 29 yards on two first-half carries. Totaled 58 yards on 14 carries. Rushed for 102 yards at Green Bay (10/5), only the second time team had lost in 10 games when he topped the 100-yard mark. Posted third 100-yard rushing game (101/2 TDs) of season versus Chicago (10/19) that included a game-winning, 25-yard scamper with :58 remaining in the game. Led team with seven catches (52 yards) including a touchdown at Cincinnati (10/27). Rushed 22 times for 94 yards and a touchdown at Washington (11/9). Recorded fourth 100-yard game of season (110) versus Detroit (11/16) that included a touchdown and season-long 55-yard run. Carried season-high 27 times versus Cleveland (11/30) totaling 127 yards

and a touchdown. Game marked first time in franchise history team had a 100-yard rusher, 300-yard passer (Hasselbeck-328), and two, 100-yard receivers (Robinson-122, Jackson-102). Carried 15 times for 56 yards and 10th touchdown of season at Minnesota (12/7). Rushed for 126 yards at St. Louis (12/14), including 49th career touchdown moving him into third place all-time ahead of Warren. Posted 13th career multi-touchdown game versus Arizona (12/21) on season-high 135 yards rushing. Helped Seattle seal playoff berth at San Francisco (12/27) with a touchdown and 133 yards from scrimmage. Rushed for 84 yards, including 75 in second half and 59 in final quarter. Rushed 20 times for 45 yards with club playoff-record three touchdowns (all 1-yard runs) in postseason loss at Green Bay (1/4/04).

PRO: Of the five running backs selected in the first-round of the 2000 NFL Draft, only Baltimore's Jamal Lewis has more yards than Alexander (4,241). Since 2001, Alexander has 50 total touchdowns, only Kansas City's Priest Holmes (61) has more. In 44 career starts, has totaled 15, 100-yard games. Drafted with the 19th pick in the first round of the 2000 NFL draft. Alexander became the third running back to be taken in the first round by the Seahawks, following Curt Warner in 1983 and John L. Williams in 1986. The 35th running back drafted by the Seahawks. **2000:** Saw action in all 16 games and started one in a reserve role during his rookie season. Served as Seattle's short-yardage back on third and fourth downs. Finished the season second on the team, behind Ricky Waters, rushing 64 times for 313 yards. His 4.9-

OFF THE FIELD

Shaun joined the team at the end of the first quarter against the Rams (9/21) after enjoying the birth of his first child, daughter Heaven.

yard average ranked second among rookie running backs. Average also ranks second among all-time Seahawks rookies (*at least 50 attempts*) behind Rick Mirer. Mirer had a 5.0 average on 68 carries for 343 yards in 1993. Alexander earned his first career start in a split backfield with Watters at Kansas City (10/2) and turned in his finest performance of the season. He rushed for season highs with 11 carries and 74 yards, which included 55 yards on six carries on a touchdown drive just before halftime to give Seattle a 14-7 lead, a drive he capped with his first career touchdown run from 7 yards out. In the second meeting versus the Chiefs (10/29), he only carried the ball four times, but rolled off 53 yards, which included a career-long 50-yard burst on fourth-and-1. Rushed for his second touchdown of the season on a 4-yard run versus Oakland (12/16). **2001:** Despite only starting 12 games, rushed for 1,318 yards on 309 attempts, the fifth-highest rushing total in team history while becoming just the fourth back to eclipse the 1000-yard mark joining Curt Warner, Chris Warren and Ricky Watters. Played in all 16 games, and earned the starting role after Ricky Watters injured his shoulder at Oakland (9/30) that snapped Watters' streak of 116 consecutive starts. Watters returned to the starting lineup versus Dallas (12/9), but suffered a broken ankle and was placed on injured reserve and Alexander started the three remaining games. Rushing total was the third-highest in the AFC (6th NFL) while his 4.3-yards per rush ranked third in the AFC (4th NFL) among backs with at least 300 carries. Led the NFL with 14 rushing touchdowns, just one shy of Warren's 1995 team record. Led the AFC and was tied for second in the NFL in non-kicker scoring with 96 points (Faulk 128/Owens 96) on 16 total touchdowns (14 rush/2 receiving). Marked the first time that a Seahawks player led the AFC in non-kicker scoring and rushing touchdowns since 1978, when David Sims led the entire league with 90 points and 14 touchdowns. Sixteen combined touchdowns tied a team record established by Warren in 1995, and became the first Seahawks player to lead the conference in total touchdowns since Derrick Fenner scored 15 in 1990. Ranked third in the AFC (6th NFL) with 1,661 total yards from scrimmage, and ranked sixth in the AFC with 76 first downs. Finished second on the team with 44 receptions for 343 yards and two touchdowns. Earned second AFC Offensive Player of the Week award after one of the best games in NFL history versus the Oakland Raiders (11/11), rushing for a franchise-record 266 yards on 35 carries--second-most in team history--with three touchdowns. Performance was the fourth highest total in NFL history and best since Corey Dil-

lon set the league rushing standard in 2000 with 278 yards which broke Walter Payton's 23-year record of 275. O.J. Simpson recorded 273 in 1976. Three touchdowns were the most in one game since Warren rushed for three versus Denver on October 1, 1995. Had an 88-yard touchdown run which ranks as the longest offensive touchdown from scrimmage in team annals. First start of the season came versus Jacksonville (10/7) and rushed 31 times for 176 yards and two touchdowns while earning his first AFC Offensive Player of the Week award. Total is the sixth-highest on the team's rushing charts. Rushed for 142 yards the following week versus Denver (10/14) on 33 carries and had two touchdowns, including a 60-yard scoring run. Versus Miami (10/28), carried 23 times for 87 yards. Although he only totaled 60 yards on 13 carries at Washington (11/4), had a 41-yard touchdown run. Registered 93 yards and a touchdown on 25 carries at Buffalo (11/18). Had 87 yards on 29 carries in overtime victory versus San Diego (12/2), including six carries for 29 yards in overtime which led to the game-winning field goal. Split time with Watters at Denver (12/9) and replaced him after Watters (ankle) got the start versus Dallas (12/16). At New York versus the Giants (12/23), rushed for 96 yards and a touchdown (from 29 yards out) on 28 carries and had one receiving touchdown for his fourth multi-touchdown game of the season. Rushed for 127 yards, including a 44-yard touchdown, on just 20 carries in the season finale versus Kansas City (1/6/02). **2002:** Started all 16 games at running back enroute to rushing for an NFC leading (2nd NFL) and franchise-record 16 touchdowns, eclipsing his own mark of 15 he tied with Warren in 2001. Also led the NFC (2nd NFL) and set a team record with 18 combined touchdowns and in non-kicker scoring with 108 points. Rushed for 1,175 yards on 295 carries (4.0 avg.). Yard total ranked fifth in the NFC while he ranked fourth in total yards from scrimmage with 1,635. Had a career-high 59 receptions, which ranked third among NFC running backs, for 460 yards. Finished second in the NFC with 80 first downs. Combined for 110 yards on 44 carries in the first three games at Oakland (9/8), versus Arizona (9/15) and at the NY Giants (9/22). Got on track versus Minnesota (9/29) rushing for 139 yards on 24 carries scoring a career-high and franchise-record five touchdowns (career-high four rushing, 1 rec.). All scores were in the first half to set an NFL-record for most touchdowns in one half. Five touchdowns were also the second-most in NFL history to tie with nine others. Four rushing scores tied for the most in Seahawks history (Curt Warner vs. Denver, 12/11/88). Also had three receptions for a career-high 92 yards,

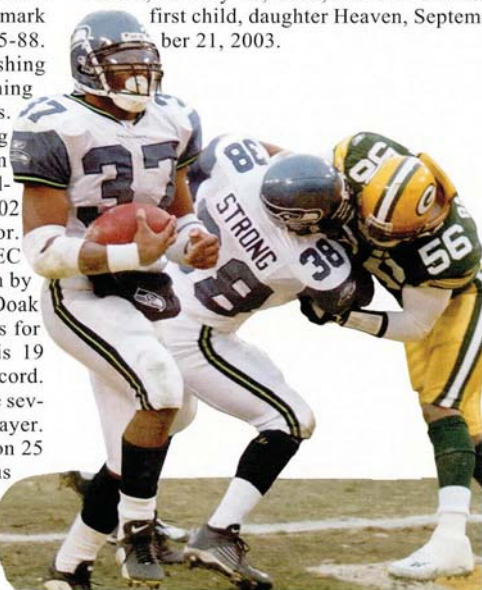
including an 80-yard touchdown. Became one of only two players (Joey Galloway) in team history to record at least one touchdown rushing and receiving of 80 yards or longer. Carried 25 times for 96 yards and a touchdown versus San Francisco (10/14). Rushed for two touchdowns at Dallas (10/27) and at Arizona (11/10). Totaled a season-high 145 yards versus Kansas City (11/24) with two touchdowns. Tied a career-high with eight receptions for 77 yards at San Francisco (12/1). Rushed for 123 yards in a 27-20 loss versus Philadelphia (12/8), the first game he'd lost when rushing for at least 100 yards. Had the game-winning touchdown in overtime at Atlanta (12/15) on a 27-yard scoot, one of two touchdowns on the day in a 127-yard performance. Also had two rushing scores the following week versus St. Louis (12/22).

HONORS: 2003: NFC Pro Bowl.

COLLEGE: Alabama's all-time rushing leader, with 3,565 yards (4.9 avg) in four seasons. Broke Bobby Humphrey's school mark of 3,420 yards established from 1985-88. Also set school records with 727 rushing attempts, 15 100-yard games, 41 rushing touchdowns and 50 total touchdowns. Overall, he left the Crimson Tide holding 15 school records and three Southeastern Conference marks. Named first-team All-SEC after rushing for 1,383 yards on 302 attempts and 19 touchdowns as a senior. Averaged 125.73 yards per game. SEC Offensive Player of the Year as voted on by the coaches and was a finalist for the Doak Walker Award. Had two kickoff returns for 90 yards, including a touchdown. His 19 touchdowns established a conference record. Reached 1,000 yards on the ground in the seventh game, the fastest of any 'Bama player. Finished college career with 161 yards on 25 carries with three touchdowns versus Michigan in the Orange Bowl. As a junior, earned All-SEC selection after rushing for 1,178 yards on 258 carries with 13 touchdowns. Averaged 107.09

yards in 11 games. Picked up 206 yards on 20 rushing attempts and three scores versus Vanderbilt. Played in nine games as a reserve during sophomore season. Rushed for 415 yards on 90 carries (4.6) and three touchdowns. Played in 11 games and gained 589 yards on 77 carries (7.6) and six touchdowns as a freshman.

PERSONAL: Gatorade Circle of Champions Kentucky Player of the Year, *Parade* and *USA Today* All-American at Boone County (Ky.) High. Ranks fifth on the prep national career-record list with 110 touchdowns and ninth with 6,657 yards. Rushed for 3,166 yards and 54 touchdowns as a prep senior. Earned a degree in Marketing in 1999 and is pursuing a second undergraduate degree in Advertising. Academic All-SEC as a senior. Brother, Duran, played drums in the University of Notre Dame Marching Band. Born August 30, 1977, in Florence, Ky. Married his wife, Valerie, on May 18, 2002, and saw birth of first child, daughter Heaven, September 21, 2003.



ALEXANDER'S NFL RECORD

Year	Club	G/S	Att	Rushing			TD	No	Receiving			TD
				Yds	Avg	LG			Yds	Avg	LG	
2000	Seattle	16/1	64	313	4.9	50	2	5	41	8.2	18	0
2001	Seattle	16/12	309	1,318	4.3	88t	14	44	343	7.8	28t	2
2002	Seattle	16/16	295	1,175	4.0	58	16	59	460	7.8	80t	2
2003	Seattle	16/15	326	1,435	4.4	55	14	42	295	7.0	22	2
NFL TOTALS		64/44	994	4,241	4.3	88t	46	150	1,139	7.6	80t	6

POSTSEASON

Year	Club	G/S	Att	Rushing			TD	No	Receiving			TD
				Yds	Avg	LG			Yds	Avg	LG	
2003	Seattle	1/1	20	45	2.3	17	3	1	1	1.0	1	0
NFL TOTALS		1/1	20	45	2.3	17	3	1	1	1.0	1	0

SINGLE GAME HIGHS

Rushes: 35, vs. Oakland (11/11/01)
Yards: 266, vs. Oakland (11/11/01)
Longest, no TD: 58, vs. Philadelphia (12/8/02)
Longest, TD: 88, vs. Oakland (11/11/01)
TDs: 4, vs. Minnesota (9/29/02)

Receptions: 8, 2 Times, Last at San Francisco (12/1/02)
Yards: 92, vs. Minnesota (9/29/02)
Longest, no TD: 25, at Oakland (9/30/01)
Longest, TD: 80, vs. Minnesota (9/29/02)
TDs: 1, 6 Times, Last at Cincinnati (10/26/03)

ALEXANDER VS. THE NFL

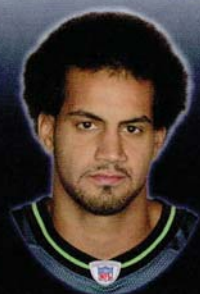
	Rushing							Receiving					Record		
	G	Att	Yds	Avg	LG	TD	100	Rec	Yds	Avg	LG	TD	W	L	T
Arizona	4	63	265	4.2	44t	5	1	10	66	6.6	11	0	3	1	0
Atlanta	2	31	132	4.3	27t	2	1	1	15	15.0	15	0	2	0	0
Baltimore	1	22	72	3.3	12	0	0	1	0	0.0	0	0	0	1	0
Buffalo	2	30	135	4.5	21	1	0	4	15	3.8	12	0	1	1	0
Carolina	1	1	0	0.0	0	0	0	0	0	0.0	0	0	0	1	0
Chicago	1	21	101	4.8	25t	2	1	4	21	5.3	7	0	1	0	0
Cincinnati	1	20	86	4.3	23	0	0	7	52	7.4	16	1	0	1	0
Cleveland	2	31	130	4.2	21	1	1	2	10	5.0	6	0	2	0	0
Dallas	2	30	85	2.8	10	3	0	7	38	5.4	15	0	2	0	0
Denver	5	60	205	3.4	60t	2	1	10	51	5.1	19	0	1	4	0
Detroit	1	20	110	5.5	55	1	1	5	27	5.4	11	0	1	0	0
Green Bay	1	20	102	5.1	18	1	1	3	13	4.3	12	0	0	1	0
Indianapolis	1	5	20	4.0	7	0	0	0	0	0.0	0	0	0	1	0
Jacksonville	2	34	189	5.6	23	2	1	2	15	7.5	15	0	2	0	0
Kansas City	5	71	442	6.2	50	4	2	16	119	7.4	28t	1	2	3	0
Miami	2	25	92	3.7	11	0	0	1	9	9.0	9	0	0	2	0
Minnesota	2	38	195	5.1	43	5	1	4	100	25.0	80t	1	1	1	0
New England	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0	0
New Orleans	2	29	127	4.4	15	1	1	4	37	9.3	18	1	2	0	0
N.Y. Giants	2	42	133	3.2	29t	1	0	5	44	9.1	16t	1	0	2	0
N.Y. Jets	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0	0
Oakland	5	69	353	5.1	88t	5	1	14	109	7.8	25	1	2	3	0
Philadelphia	2	20	129	6.5	58	0	1	3	8	2.7	9	0	0	2	0
Pittsburgh	1	20	48	2.4	14	1	0	3	19	6.3	10	0	1	0	0
St. Louis	5	80	311	3.9	35	3	1	7	38	5.4	16	0	2	3	0
San Diego	5	74	227	3.1	14	2	0	7	46	6.6	17	0	5	0	0
San Francisco	4	84	331	4.0	42	2	0	18	197	10.9	22	0	2	2	0
Seattle	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0	0
Tampa Bay	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0	0
Tennessee	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0	0
Washington	3	54	221	4.1	41t	2	0	12	90	7.5	19	0	0	3	0
TOTALS	64	994	4,241	4.3	88t	46	15	150	1,139	7.6	80t	6	32	32	0

ALEXANDER'S GAME-BY-GAME

2000	Opponent	Rushing					Receiving					Total	W/L	
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD			
09/06	at Miami	2	5	2.5	5	0	0	0	0.0	0	0	5	L	
09/10	St. Louis	3	18	6.0	10	0	0	0	0.0	0	0	18	L	
09/17	New Orleans	5	19	3.8	9	0	2	21	10.5	18	0	40	W	
09/24	at San Diego	3	19	6.3	9	0	0	0	0.0	0	0	19	W	
10/02	at Kansas City	11	74	6.7	17	1	2	13	6.5	11	0	87	L	
10/08	at Carolina	1	0	0.0	0	0	0	0	0.0	0	0	0	L	
10/15	Indianapolis	5	20	4.0	7	0	0	0	0.0	0	0	20	L	
10/22	at Oakland	9	29	3.2	12	0	0	0	0.0	0	0	29	L	
10/29	Kansas City	4	53	13.3	50	0	1	7	7.0	7	0	60	L	
11/05	San Diego	4	-5	-1.3	2	0	0	0	0.0	0	0	-5	W	
11/12	at Jacksonville	3	13	4.3	6	0	0	0	0.0	0	0	13	W	
11/19	Bye Week													
11/26	Denver	3	1	0.3	1	0	0	0	0.0	0	0	1	L	
12/03	at Atlanta	3	5	1.7	2	0	0	0	0.0	0	0	5	W	
12/10	at Denver	1	16	16.0	16	0	0	0	0.0	0	0	16	L	
12/16	Oakland	2	4	2.0	4	1	0	0	0.0	0	0	4	W	
12/23	Buffalo	5	42	8.4	17	0	0	0	0.0	0	0	42	L	
2000 Season Totals (16/1)		64	313	4.9	50	2	5	41	8.2	18	0	354	6-10	

	Opponent	Rushing					Receiving					Total	W/L
		Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD		
2001													
09/09	at Cleveland	4	3	0.8	8	0	0	0	0.0	0	0	3	W
09/23	Philadelphia	3	6	2.0	4	0	0	0	0.0	0	0	6	L
09/30	at Oakland	10	18	1.8	5	1	7	66	9.4	25	0	84	L
10/07	Jacksonville	31	176	5.7	23	2	2	15	7.5	15	0	191	W
10/14	Denver	33	142	4.3	60t	2	2	24	12.0	19	0	166	W
10/21	Bye Week												
10/28	Miami	23	87	3.8	11	0	1	9	9.0	9	0	96	L
11/04	at Washington	13	60	4.6	41t	1	4	42	10.5	18	0	102	L
11/11	Oakland	35	266	7.6	88t	3	1	7	7.0	7	0	273	W
11/18	at Buffalo	25	93	3.7	21	1	4	15	3.8	12	0	108	W
11/25	at Kansas City	13	43	3.3	15	0	6	62	10.3	28t	1	105	L
12/02	San Diego	29	87	3.0	12	1	4	14	3.5	6	0	101	W
12/09	at Denver	12	28	2.3	10	0	2	4	2.0	3	0	32	L
12/16	Dallas	7	27	3.9	9	1	0	0	0.0	0	0	27	W
12/23	at NY Giants	28	96	3.4	29t	1	3	36	12.0	16t	1	132	L
12/30	at San Diego	23	59	2.6	8	0	2	18	9.0	17	0	77	W
01/06/02	Kansas City	20	127	6.4	44t	1	6	31	5.2	17	0	158	W
2001 Season Totals (16/12)		309	1,318	4.3	88t	14	44	343	7.8	28t	2	1,661	9-7
2002													
09/08	at Oakland	13	36	2.8	9	0	6	36	6.0	11t	1	72	L
09/15	Arizona	17	37	2.2	13	0	6	46	7.7	11	0	83	L
09/22	at NY Giants	14	37	2.6	9	0	2	8	4.0	8	0	45	L
09/29	Minnesota	24	139	5.8	43	4	3	92	30.7	80t	1	231	W
10/06	Bye Week												
10/14	San Francisco	25	96	3.8	42	1	4	25	6.3	9	0	121	L
10/21	at St. Louis	12	30	2.5	9	0	1	16	16.0	16	0	46	L
10/28	at Dallas	23	58	2.5	10	2	7	38	5.4	15	0	96	W
11/03	Washington	19	67	3.5	16	0	8	48	6.0	19	0	115	L
11/10	at Arizona	12	42	3.5	16	2	1	2	2.0	2	0	44	W
11/17	Denver	11	18	1.6	4	0	6	23	3.8	10	0	41	L
11/24	Kansas City	23	145	6.3	46t	2	1	6	6.0	6	0	151	W
12/01	at San Francisco	16	74	4.6	20	0	8	77	9.6	16	0	151	L
12/08	Philadelphia	17	123	7.2	58	0	3	8	2.7	9	0	131	L
12/15	at Atlanta	28	127	4.5	27t	2	1	15	15.0	15	0	142	W
12/22	St. Louis	26	79	3.0	25	2	1	6	6.0	6	0	85	W
12/29	at San Diego	15	67	4.5	14	1	1	14	14.0	14	0	81	W
2002 Season Totals (16/16)		295	1,175	4.0	58	16	59	460	7.8	80t	2	1,635	7-9
2003													
09/07	New Orleans	24	108	4.5	15	1	2	16	8.0	10t	1	124	W
09/14	at Arizona	13	51	3.9	11	1	2	11	5.5	6	0	62	W
09/21	St. Louis	14	58	4.1	17	0	3	8	2.7	7	0	66	W
09/28	Bye Week												
10/05	at Green Bay	20	102	5.1	18	1	3	13	4.3	12	0	115	L
10/12	San Francisco	22	77	3.5	13	0	3	46	15.3	22	0	123	W
10/19	Chicago	21	101	4.8	25t	2	4	21	5.3	7	0	122	W
10/26	at Cincinnati	20	86	4.3	23	0	7	52	7.4	16	1	138	L
11/02	Pittsburgh	20	48	2.4	14	1	3	19	6.3	10	0	67	W
11/09	at Washington	22	94	4.3	17	1	0	0	0.0	0	0	94	L
11/16	Detroit	20	110	5.5	55	1	5	27	5.4	11	0	137	W
11/23	at Baltimore	22	72	3.3	12	0	1	0	0.0	0	0	72	L
11/30	Cleveland	27	127	4.7	21	1	2	10	5.0	6	0	137	W
12/07	at Minnesota	14	56	4.0	15	1	1	8	8.0	8	0	64	L
12/14	at St. Louis	25	126	5.0	35	1	2	8	4.0	5	0	134	L
12/21	Arizona	21	135	6.4	44t	2	1	7	7.0	7	0	142	W
12/27	at San Francisco	21	84	4.0	23	1	3	49	16.3	20	0	133	W
2003 Season Totals (16/15)		326	1,435	4.4	55	14	42	295	7.0	22	2	1,730	10-6
01/04/04	at Green Bay	20	45	2.3	17	3	1	1	1.0	1	0	46	L
2003 Playoff Totals (1/1)		20	45	2.3	17	3	1	1	1.0	1	0	46	0-1
Career Totals (64/44)		994	4,241	4.3	88t	46	150	1,139	7.6	80t	6	5,380	32-32
Playoff Totals (1/1)		20	45	2.3	17	3	1	1	1.0	1	0	46	0-1

ALEX BANNISTER



WIDE RECEIVER

6-5 207

EASTERN KENTUCKY

4TH NFL SEASON

4TH SEAHAWKS SEASON

5TH ROUND 2001

2003 GAMES/STARTS: 16/2

CAREER GAMES/STARTS: 48/3

APRIL 23, 1979

CINCINNATI, OHIO

85

2003: Earned a trip to Pro Bowl as a special teamer. Led team with 18 special teams tackles and is one of the best in the NFL at downing punts inside the 20, helping Tom Rouen to 29 inside the 20. Helped club lead NFL in lowest punt return average, holding opponents to 4.8 yards/return. Made two starts at receiver and totaled three catches for 61 yards and a touchdown. Started at Arizona (9/14) in place of Koren Robinson and versus Cleveland (11/30) when team opened with four wide receivers. Caught two of three passes in season finale at San Francisco (12/27) including a 31-yard touchdown, first of career. Had one catch for 8 yards in playoff game at Green Bay (1/4/04).

PRO: Selected in the fifth round (140th overall) of the 2001 NFL Draft. One of two receivers taken in the draft by Seattle (Koren Robinson).

OFF THE FIELD

Alex joined teammate Damien Robinson and seven Sea Gals and spent over a week in the United Arab Emirates and Qatar to visit troops overseas.

2001: Saw action in all 16 games as a rookie including 13 at receiver. A consistent performer on special teams, finished fourth on the team in that category with 11 tackles. Caught four passes on the season for 50 yards. Versus Denver (10/14), blocked a Tom Rouen punt and returned it 9 yards for a touchdown. The blocked punt and score was the first for the Seahawks since Eugene Robinson returned one 8 yards versus Green Bay (11/15/87), a span of 218 games. Also recorded his first career reception, a 4-yarder, versus Denver.

Recovered a fumble on special teams the very next game versus Miami (10/28). Had a 13-yard reception at Washington (11/4), a career-long 17-yarder versus San Diego (12/2), and a 16-yard catch at New York versus the Giants (12/23). **2002:** Played in all 16 games with one start. Finished second on the team with 13 special teams tackles and had one fumble recovery. Made first-career start at Oakland when the team opened in a four-receiver set.

HONORS: 2003, NFC Pro Bowl

COLLEGE: Finished career third on the school's all-time list with 144 receptions, and second with 22 touchdown receptions. Touchdown total was just five shy of the ECU record. Gained 2,142 yards in his four-year career. Led team with a career-high 71 receptions for 1,122 yards and 12 touchdowns as a senior. Receptions and yards rank as the second highest single-season total in school history. Twelve touchdowns set a school record for most touchdowns in a single season. Averaged 102.0 yards per game receiving. Had six games with at least 100 yards receiving. Earned *USA Today* National Player of the Week and Ohio Valley Conference Player of the Week honors as he caught 16 passes for 224 yards and a 44-yard touchdown versus Murray State.

PERSONAL: All-Conference selection during his three-year football career at Hughes Center (Cincinnati, Ohio) High School. Played in the area all-star game. Standout performer in track, was named Most Valuable and Most Improved Performer in track, competing in the 200 meters (21.0), 100-meter high hurdles (14.7), 110- and 300-meter hurdles, 4x100, 4x200, 4x400 and 1,600-meter relay teams. Spent a week visiting troops stationed in the Middle East during the 2004 offseason.

BANNISTER'S SINGLE-GAME HIGHS

Most Receptions: 2	at San Francisco (12/27/03)	Longest Reception: 31	at San Francisco (12/27/03)
Most Yards: 53	at San Francisco (12/27/03)	Most Touchdowns: 1	at San Francisco (12/27/03)

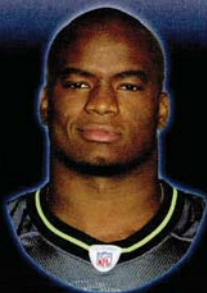
ADDITIONAL STATISTICS

Special Team Tackles: 2001 - 11, 2002 - 13, 2003 - 18, Career Totals: 42
Postseason: 2003 - 1

BANNISTER'S NFL RECORD

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2001 Seattle	16/0	4	50	12.5	17	0	0	0	0.0	0	
2002 Seattle	16/1	0	0	0.0	0	0	0	0	0.0	0	
2003 Seattle	16/2	3	61	20.3	31t	1	0	0	0	0	
NFL TOTALS	48/3	7	111	15.9	31t	1	0	0	0.0	0	

SOLOMON BATES



LINEBACKER
6-1 243
ARIZONA STATE
2ND NFL SEASON
2ND SEAHAWKS SEASON
4TH ROUND (B) 2003
2003 GAMES/STARTS: 7/0
CAREER GAMES/STARTS: 7/0
APRIL 18, 1982
MORENO VALLEY, CALIFORNIA

2003: Saw action in seven games on special teams recording three tackles. Was inactive nine contests. Also inactive for postseason game.

PRO: Selected with the 38th pick in the fourth round (135th overall) and the first linebacker taken since Orlando Huff in 2001.

COLLEGE: Started 34 of 43 games at Arizona State, recording 248 tackles (133 solos) with five sacks for a loss of 25 yards, 29 stops for losses of 79 yards, six fumble recoveries, five forced fumbles, three interceptions, and 18 passes de f e n s e d .

OFF THE FIELD

Soloman showed his support for the Seahawks Academy by serving at the Academy's Pizza Party

Appeared in 12 games, starting seven at inside linebacker as a senior. As a junior, started the first nine games at linebacker. Was A11-Pac-10

Conference honorable mention as a sophomore. Started every game at middle linebacker and made

career-high 99 tackles (70 solo), including three sacks. Caused and recovered four fumbles, intercepted two passes and had eight passes defended. Named to *The Sporting News*' first team Freshman All-American squad, as well as earning the Bill Kajikawa Sun Devil Award as ASU's most outstanding freshman. Named to the *Seattle Post-Intelligencer's* Pac-10 All-Freshman team and one of the "Top 10 Freshman" by *Sports Illustrated*. Played in eight games, starting six at middle linebacker, and finished eighth on the team with 42 tackles (15 solo), despite not starting until the third game into the season and suffering a season-ending knee injury at Oregon (10/30). Was one of only three 17-year-old freshmen to start in Division I football in 1999.

PERSONAL: A 1999 graduate of Canyon Springs (Moreno Valley, Calif.) High. All-American pick by Super Prep and also listed as the No. 13 linebacker in the nation by that magazine. Listed as one of the nation's top seven linebackers by *Street & Smith's Magazine*. Named All-League as he collected 120 tackles as a junior. Majored in sociology.

BATES' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2003 Seattle	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	7/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0

SINGLE-GAME HIGHS

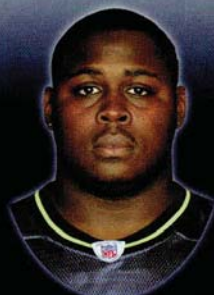
Tackles: None
 Interceptions: None

Forced Fumbles: None
 Fumble Recoveries: None

ADDITIONAL STATS

Special Team Tackles: 2003 -3; Career Totals: 3

ROCKY BERNARD



DEFENSIVE TACKLE

6-3 293

TEXAS A&M

3RD NFL SEASON

3RD SEAHAWKS SEASON

5TH ROUND (A) 2002

2003 GAMES/STARTS: 12/0

CAREER GAMES/STARTS: 28/2

APRIL 19, 1979

BAYTOWN, TEXAS

99

VETERANS

2003: Played in 12 games totaling 16 tackles and two sacks. Was inactive four of five games in the middle of the season (San Francisco 10/12, Chicago 10/19, Pittsburgh 11/2, at Washington 11/9), but was a regular in the nickel rotation the final seven games. Registered one sack at Baltimore (11/23) and versus Arizona (12/21). Declared inactive (toe) for playoff game at Green Bay (1/4/04).

PRO: Selected with the 11th pick of the fifth round (146th overall) by the Seahawks in the 2002 draft. Was the second defensive player chosen by Seattle in that draft (Anton Palepoi, 56th overall).

OFF THE FIELD

Rocky took part in a public service announcement supporting the Boys & Girls Club Sack Attack incentive program. Money is raised for each Seahawks sack.

2002: Played in 16 games as a rookie with two starts at New York versus the Giants (9/22) and versus Minnesota (9/29). Became the first rookie defensive lineman to start a game for the Seahawks since Sam Adams in 1994. Totaled 49 tackles (34 solo) with four sacks. Named the NFL's

Defensive Rookie of the Month for September after leading the club with four sacks, while adding 18 tackles. Despite starting just two games, season tackle total was third among defensive linemen. Had first-career sack versus Arizona (9/15) and started the following week at New York for John Randle (knee) and Brandon Mitchell (calf) and posted another sack to go along with five solo tackles. Also started the next week versus Minnesota and collected two sacks and season-high nine tackles. Forced first-career fumble at Arizona (11/10) to stifle a scoring threat on the Seahawks 1-yard line.

COLLEGE: In 33 career starts, collected 170 tackles (89 solo) with 12 sacks and 33 stops for loss. Was the only member of the Aggies' defensive line to start every game his final season and posted 69 tackles, the most tackles by an Aggie lineman since former Seahawks player Sam Adams (78 in 1993).

PERSONAL: All-American selection by Super-Prep and Prepstar at Sterling High School (Baytown, Texas). Earned District 22-5A Defensive MVP honors after posting 102 tackles, 12 quarterback pressures, and five forced fumbles. Agricultural economics major. First name is Robert, nicknamed "Rocky."

BERNARD'S NFL RECORD

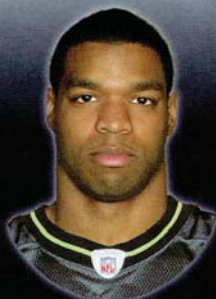
Club	G/S	Tackles			Sacks			Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2002 Seattle	16/2	49	34	15	4.0	26.0	0	0	0	0	0	0	1	1	0
2003 Seattle	12/0	16	11	5	2.0	9.0	0	0	0	0	0	0	1	1	0
NFL TOTALS	28/2	65	45	20	6.0	35.0	0	0	0	0	0	0	2	2	0

SINGLE-GAME HIGHS

Tackles: 9, vs. Minnesota 9/29/02
Interceptions: None
Sacks: 2, vs. Minnesota 9/29/02

Forced Fumbles: 1, at Arizona 11/10/02
Fumble Recoveries: None

TERREAL BIERRIA



SAFETY
6-3 **211** **34**
GEORGIA
3RD NFL SEASON
3RD SEAHAWKS SEASON
4TH ROUND 2002
2003 GAMES/STARTS: 0/0
CAREER GAMES/STARTS: 14/0
OCTOBER 10, 1980
SLIDELL, LOUISIANA

2003: Was placed on injured reserve September 6, after sustaining a right shoulder injury in the third preseason game versus Kansas City.

PRO: Selected with the 22nd pick in the fourth round (120th overall) and was only the 15th safety taken in Seahawks draft history. **2002:** Saw action in 14 games after being inactive the first two games of the season. All action came on special teams where he led the team with 16. Had season-high five special-teams tackles versus Minnesota (9/29) and made the final block for a Maurice Morris 97-yard touchdown kickoff return at St. Louis (10/20).

COLLEGE: Started 21 of 23 games as a Bulldog and registered 190 tackles with 10 stops behind the line of scrimmage and recovered four fumbles. Also had four interceptions and 16 passes defended. Entered the NFL draft following his junior season after finishing third on the team

with 75 tackles. As a sophomore, collected 83 stops with eight passes defended and three interceptions, one he returned 75 yards for a touchdown versus Auburn.

PERSONAL: Named to the *USA Today* All-USA second team, *New Orleans Times Picayune* 5A All-State first team at Salmen High School (Slidell, La.). Voted Most Valuable

OFF THE FIELD

Terreal helped spread holiday cheer to cancer patients at the University of Washington Medical Center during Captains' Blitz.

Defensive Player in the district as a senior where he recorded 111 tackles, four sacks, two interceptions, two forced fumbles, and two fumble recoveries his final year. Education major.

BIERRIA'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2002 Seattle	14/0	0	0	0	0	0	0	0	0	0	0	0	0	0
2003 Seattle		Injured Reserve												
NFL TOTALS	14/0	0	0	0	0	0	0	0	0	0	0	0	0	0

ADDITIONAL STATS

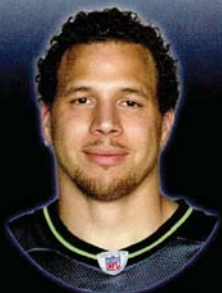
Special Team Tackles: 2002 -16: Career Totals: 16

POINT OF NO RETURN

For Seahawks opponents, there was no point in returning punts in 2003, allowing a meager 4.8 yards/return. Seattle led the NFL in 2003 after ranking 25th (11.9 yd/ret) in 2002.

	Ret	FC	Yds.	Avg.	Long	TD
Seattle	29	22	140	4.8	19	0
New England	38	11	240	6.3	57t	1
Pittsburgh	47	12	296	6.3	45	0
Miami	29	26	185	6.4	26	0
Detroit	59	15	390	6.6	83t	1

CHAD BROWN



LINEBACKER
6-2 245

94

COLORADO

12TH NFL SEASON8TH SEAHAWKS SEASON

UFA (PITTSBURGH) 1997

2003 GAMES/STARTS: 14/14

CAREER GAMES/STARTS: 156/149

JULY 12, 1970

ALTADENA, CALIFORNIA

2003: Started all 14 games played finishing third on team with 86 tackles (73 solo) and second with 7.0 sacks. Was inactive at Cincinnati (foot, 10/26) and versus Arizona (flu, 12/21). Sixth career interception, only one of season and first since 2000, came at Arizona (9/14). Had eight tackles in back-to-back games at Green Bay (10/5) and San Francisco (10/12). Posted 15th and 16th career multi-sack game with 2.0 each versus Pittsburgh (11/2) and at San Francisco (12/27). Led team with 10 tackles versus 49ers (12/27). Began the season in eighth place on the Seahawks, all-time tackle list and finished in fifth (707) moving past Cortez Kennedy (668), Dave Brown (684) and Jeff Bryant (689). Surpassed 1,000 career tackles (1,006) in finale at San Francisco. Recorded two tackles in playoff game at Green Bay (1/4/04) before leaving early in the second quarter (ankle).

PRO: Made an immediate impact with the Seahawks after signing as an unrestricted free agent in 1997. Versatile player who has started at right outside linebacker and played right end in the nickel. Since joining the Seahawks, no one has more tackles than his 707 over the last seven seasons to rank fifth all time. The only player of top 10 Seahawks tacklers to average at least 100 a season (101.0). Passed 1,000 career tackles in 2003. Celebrated his third season with the Seahawks with his third trip to the Pro Bowl (second with Seahawks). Has recorded at least 100 tackles in five seasons, three consecutive (1997-99). Ranks sixth all-time for the Seahawks with 47.0 sacks. Played his first four seasons with the Pittsburgh Steelers after being their 1993 second-round draft choice, the 44th player chosen overall. Played 56 regular-season games with the Steelers, starting 49. Credited with 299 tackles, 30 sacks, eight forced fumbles, and two fumble recoveries. Made his first 36 starts at inside linebacker before starting 13 times at right outside linebacker in 1996. Had 119 tackles in 1994 and finished third in the AFC with 13 sacks in 1996. Single-game high of 4.5 sacks at Cincinnati was an NFL high for 1996. Played in 10 postseason games, starting eight. Had three sacks against Indianapolis in 1996. **1993:** Played 16 games and started the last nine at inside linebacker. Also saw action at outside linebacker in nickel situations and on special

teams. Finished the season with 69 tackles, three sacks, and a team-high 10 quarterback pressures. Credited with six tackles, two sacks, and a forced fumble in his first start at Cincinnati (11/7) to earn a game ball. Posted a single-game high 10 tackles, including a sack and forced fumble, at Miami (12/13). Started at Kansas City in the postseason and had 10 tackles and added one on special teams.

1994: Started 16 regular-season games and led team with career-best 119 tackles. Also led with 90 solo stops and was third with 8.5 sacks. Had at least 10 tackles in four games, including a single-game career best 14 (12 solo) versus Seattle in Husky Stadium. Led team in tackles six times. Picked off first career pass versus Cleveland (12/18). Added seven tackles in two postseason starts. **1995:** Started 10-of-the-first-11 games, missing game eight with an ankle sprain, an injury that also kept him inactive for the last five games. Was leading the NFL with 5.5 sacks after five weeks. Included was a three-sack performance at Houston (9/10). Inactive versus Jacksonville (10/29), his first game missed on any level. Returned to play in all three postseason games, starting Super Bowl XXX versus Dallas. **1996:** Played and started 14 games. Started the season opener at inside linebacker before moving to outside linebacker after a season-ending injury to five-time Pro Bowler Greg Lloyd and earned a trip to the Pro Bowl as a starter. Missed two-of-the-last-four games with an ankle injury but returned to start both playoff games. Led the team with 13 sacks, a total that ranked third in the AFC and fourth in the NFL. Had an NFL-high 4.5 sacks at Cincinnati (10/13), one-half off the club record, and 11 tackles to earn AFC Defensive Player of the Week honors. Sack total was the highest by an NFL player since 1991. Totaled three sacks versus

OFF THE FIELD

Chad spoke at the Outback Steakhouse Book Brigade at Juanita Elementary in October.

Jacksonville (11/18) and two against San Diego (12/8). Second with 81 tackles and had a single-game high 11 at Cincinnati. Totaled five tackles and three sacks against Indianapolis in a wild card game and added six tackles at New England. 1997: Started 15 games at right linebacker and led team in tackles with 104. Inactive at Oakland (12/14) after suffering a concussion at Baltimore (12/7) on the game's first play. Injury kept him out of most of the second half of that game. Also was the team leader in solo tackles (75), assisted tackles (29), and fumble recoveries (4). Finished third in sacks (6.5) and tied for second in tackles for loss (12.5). Had three games with at least 10 tackles and led the team in tackles a team high six times. Totaled 12 tackles versus Tennessee (10/5) and 11 at Kansas City (9/28) and at Denver (11/2). Earned AFC Defensive Player of the Week honors after a three-sack performance at Indianapolis (9/21). Defense held the Colts to a franchise low 118 yards. Had 1.5 sacks at San Diego (11/9). Scored two touchdowns, the first of his career, on fumble returns, a 26-yarder against Denver (9/7) and a 42-yarder at Baltimore (12/7). Tied a team record with two fumble recoveries at New Orleans (11/16). Finished with a team-high four recoveries, the most recoveries by an individual since 1991. Signed as an unrestricted free agent on February 15. 1998: Finished season as club's leader in total tackles with 150 total stops (team-high and career-best 119 solo), and second with 7.5 quarterback sacks. Was voted to Pro Bowl and started at outside linebacker for the AFC squad. His tackle total ranks second in team history behind Terry Beeson's 1978 record of 153 total tackles. His sack total was good for 10th in the AFC. He recorded at least nine tackles in 12 games, and led the club in total tackles a team-high eight times. Tied a career-high with 14 total tackles at Pittsburgh (9/27), previous best was at Seattle (9/25/94). Registered two quarterback sacks against Kansas City (11/8). The game marked his eighth career multi-sack effort. In the game, he also recorded the fourth interception of his career when he intercepted a Rich Gannon pass in the fourth quarter at the Seahawks' 15-yard line. Had streak of four consecutive games with at least half a quarterback sack during the season (9/20 - 10/11). Capped streak with second 14-tackle effort of season versus Denver (10/20). 1999: Led team in tackles for third consecutive season with 117 (87 solo) en route to his third AFC Pro Bowl selection (second with Seattle). Finished fourth on the team with 5.5 sacks and led the team five times in tackles. Recorded five tackles and 1.5 sacks in just one half of action in season opener versus Detroit (9/12), but suffered a neck injury and was forced to miss the second half and the following week. Returned to record eight tackles versus Pittsburgh (9/26). Tied season high with team leading 12 stops (11 solo) and a forced fumble in Monday Night game at Green Bay (11/1). Also tallied 12 tackles (eight solo) and a sack versus Tampa Bay (11/28). Led the team with 10 tackles

(five solo) at Oakland (12/5). Recorded seven tackles and a sack in Kingdome's finale versus Kansas City (12/26) and a team-leading 10 tackles (seven solo) and sack in final regular season game at New York Jets (1/2/00). Led team with 10 stops (six solo) in playoff loss to Miami (1/9/00). 2000: Started all 16 games and finished third on the team with 94 tackles (71 solo) and tied Lamar King for the team lead with 6.0 sacks. His tackle total ended a streak of three consecutive seasons eclipsing the century mark. Also had one interception, three passes defended, two forced fumbles, three fumble recoveries, and a touchdown. Had 1.5 sacks and fifth career interception at Carolina (10/8). Game marked the first of three consecutive games with at least one sack, the first time since 1998. Had one sack the following week versus Indianapolis (10/15) and totaled 10 tackles. Final sack of streak came at Oakland (10/22), where he also forced a fumble. Registered a season-high 11 tackles versus San Diego (11/5) and recovered a fumble. Sacked Mark Brunell two times at Jacksonville (11/12), marking the first time he had two sacks in a game since 1998. Returned a fumble 10 yards versus Denver (11/26) for his third career touchdown. Versus Buffalo (12/23) in the season finale, collected six tackles and forced and recovered a fumble. 2001: Started 16 games at outside linebacker totaling 106 tackles (80 solo) and 8.5 sacks. Finished second on the team in tackles behind fellow linebacker Anthony Simmons (123) and sacks behind John Randle (11.0). Also accumulated six passes defended, two forced fumbles, and a fumble recovery. Started the season on a torrid sack pace compiling three multi-sack performances in the first four games. Opened the season at Cleveland (9/9) with two sacks on eight total tackles and followed that output with another two-sack effort versus Philadelphia (9/23). Led team with 1.5 sacks versus Jacksonville (10/07). Posted six tackles and a sack at Buffalo (11/18). Sack marked his 6.5 sack of the season through just the ninth game eclipsing his total from all of 2000 (6.0). In that game, sack forced a fumble which ended a Bills drive and led to a 51-yard Rian Lindell field goal that proved to be the game-winner. Totaled a season-high and team leading 12 tackles, including a sack, at Kansas City (11/25). Tied for the team lead with 10 tackles at New York versus the Giants (12/23). Was selected as a first alternate at outside linebacker for the AFC Pro Bowl squad, but did not get to make the trip to Hawaii. 2002: Started the first eight regular-season games before undergoing season-ending surgery (11/5) after suffering a broken foot versus Washington (11/3). Was placed on injured reserve (11/12). Still finished second on the team totaling six sacks to go along with 50 total tackles (42 solo). Recorded at least one sack in five consecutive games starting with Arizona (9/15) ending at St. Louis (10/20), his longest such streak since the 1997 season. Had season-high 11 tackles versus Minnesota (9/29).

HONORS: 1993, *First-team All-Rookie (Pro Football Weekly/Pro Football Writers Association and Football News); Pittsburgh Rookie of the Year (Pittsburgh Pro Football Writers Association).* 1996, *AFC Pro Bowl starter; First-team All-NFL (Associated Press, Pro Football Weekly/Pro Football Writers of America, College & Pro Football Newsweekly, Football Digest, Sports Illustrated); First-team All-AFC (Football News); AFC Linebacker of the Year (NFL Players Assn.); AFC Defensive Player of Week 7 (at Cincinnati).* 1997, *AFC Defensive Player of Week 3 (at Indianapolis).* 1998, *AFC Pro Bowl starter; First-Team All-Pro (AP/SI/College & Pro Football Weekly/The Sporting News); Second-Team All-Pro (Football Digest); AFC Defensive Player of Month (November); Seahawks Most Valuable Player (as voted by teammates); Seattle P-I Sports Star of the Year Nominee.* 1999, *AFC Pro Bowl.* 2003, *NFC Def. Player of the Week 17; FB Digest 2nd-Team All Pro*

COLLEGE: Four-year starter. Two time first-team All-Big Eight Conference. Played inside linebacker his first two seasons before moving outside as junior and senior. Finished his career with 369 total tackles, including 242 solo, 38 tackles for loss, and 14

sacks. Finished fourth in school history in total tackles and third in solo stops. Posted a single-season high 125 tackles in 1991 along with eight sacks. Had 15 tackles for loss in both 1991 and 1992. Set up game-winning touchdown with a forced fumble in 1990 Orange Bowl versus Notre Dame and enabled Colorado to win the national championship. Graduated with a degree in marketing.

PERSONAL: Played linebacker, tight end, and full-back at John Muir High School in Altadena, Calif. with former teammate Marcus Robertson. First-team all-state choice as a senior after recording 136 tackles with 11 sacks, and six fumble recoveries. Added 13 receptions with four touchdowns, 320 rushing yards, and three scores. Two-time All-San Gabriel Valley and All-Pacific League choice as a junior and senior. Team went 14-0 and won CIF title as a junior. Also lettered in track. Currently learning to play the drums. He and his wife, Kristin (6/11/94), have a daughter, Amani (8/2/96) and a son, Aram (5/12/99). Chad owns his own business, *Pro Exotics* in Littleton, Colo., where he breeds and sells non-venomous snakes and reptiles. Lives in Lone Tree, Colo.

BROWN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions				LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
1993 Pittsburgh	16/9	69	43	26	3.0	22.0	0	0	0.0	0	0	0	n/a	2	0
1994 Pittsburgh	16/16	119	90	29	8.5	73.0	1	16	16.0	16	0	0	n/a	2	0
1995 Pittsburgh	10/10	30	20	10	5.5	40.0	0	0	0.0	0	0	0	n/a	1	0
1996 Pittsburgh	14/14	81	51	30	13.0	97.5	2	20	10.0	16	0	0	n/a	3	2
1997 Seattle	15/15	104	75	29	6.5	43.0	0	0	0.0	0	0	3	1	4	
1998 Seattle	16/16	150	119	31	7.5	37.5	1	11	11.0	11	0	8	1	1	
1999 Seattle	15/15	117	87	30	5.5	29.0	0	0	0.0	0	0	6	2	1	
2000 Seattle	16/16	94	71	23	6.0	20.0	1	0	0.0	0	0	3	2	3	
2001 Seattle	16/16	106	80	26	8.5	74.0	0	0	0.0	0	0	7	2	1	
2002 Seattle	8/8	50	42	8	6.0	28.0	0	0	0.0	0	0	2	1	0	
2003 Seattle	14/14	86	74	12	7.0	39.0	1	-1	-1.0	-1	0	3	1	2	
NFL TOTALS	156/149	1,006	752	254	77.0	542.0	6	46	7.7	16	0	32	18	14	

POSTSEASON

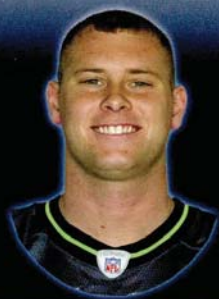
Club	G/S	Tackles			Sacks		Interceptions				LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
1993 Pittsburgh	1/1	10	6	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
1994 Pittsburgh	2/2	7	4	3	0.0	0.0	0	0	0.0	0	0	1	0	0	
1995 Pittsburgh	3/1	8	5	3	0.0	0.0	0	0	0.0	0	0	0	0	0	
1996 Pittsburgh	2/2	11	10	1	3.0	37.0	0	0	0.0	0	0	1	0	0	
1999 Seattle	1/1	10	6	4	0.0	0.0	0	0	0.0	0	0	1	0	0	
2003 Seattle	1/1	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	
NFL TOTALS	10/8	48	32	16	3.0	37.0	0	0	0.0	0	0	3	0	0	

SINGLE-GAME HIGHS

Tackles: 14, 3 Times (Last: vs. Denver 10/11/98)
Sacks: 4.5, at Cincinnati 10/13/96
Interceptions: 1, 6 Times (Last: at Arizona 9/14/03)
Longest Interception Return: 16 Twice (Last: at Cin. 11/10/96)

Forced Fumbles: 1, 18 Times (Last: vs. San Fran 10/12/03)
Fumble Recoveries: 2, at New Orleans 11/16/97
Longest Return: 42, at Baltimore 12/7/97 (TD)
Most Touchdowns: 1, vs. Denver 9/7/97 (16 yards); at Baltimore 12/7/97 (42 yards); vs. Denver 11/26/00 (10 yards)

JOSH BROWN



KICKER
6-0 202
NEBRASKA
2ND NFL SEASON
2ND SEAHAWKS SEASON
7TH ROUND (A) 2003
2003 GAMES/STARTS: 16/0
CAREER GAMES/STARTS: 16/0
APRIL 29, 1979
FOYIL, OKLAHOMA

3

2003: Set Seahawks rookie scoring record with 114 points (John Kasay, 102 in 1991) and totaled second-highest total in club history (Todd Peterson, 134 in 1999). Led all NFL rookie kickers in scoring and finished fourth in NFC (8th NFL) overall. Connected on 22 of 30 field-goal attempts (.733) and was perfect on all 48 extra point tries. Set franchise record with 58-yard field goal at Green Bay (10/5). Was ninth-longest in NFL history and second longest by a rookie behind 59 yarders by Tony Franklin (11/12/79 vs. Dallas) and Pete Stoyanovich (11/12/89 vs. NY Jets). Previous Seahawks record was a 55-yard kick by Kasay (1/2/94 at Kansas City). Opened season and career with at least one field goal in nine consecutive games that included season and career-high three field goals versus Pittsburgh (11/2).

PRO: Selected with the eighth pick in the seventh round (222nd overall) by the Seahawks in the 2003 draft. The selection marked only the third time the Seahawks have chosen a kicker in the draft.

HONORS: 2003, *Pro Football Weekly All-Rookie Team*.

COLLEGE: Finished third on Nebraska's all-time scoring list with 315 points, topped only by Eric Crouch (368 points, 1998-2001) and Kris Brown (388, 1995-98). As a senior, All-Big 12 Conference first-team selection by the league's coaches and the *Kansas City Star*, adding second-team honors from the *Associated Press* after leading the team in scoring with 88 points, connecting on 14 of 18 field goals (77.8%) and all 46 extra-point attempts. Named Big Twelve Special Teams Player of the Week versus Arizona State. Appeared in 10 games as a junior scoring 64

points (third on the team) making 10 of 14 field goals and 34 of 37 extra point attempts. Had a pair of conversions versus Miami in the Rose Bowl. Scored 75 points during sophomore season and was successful on five of 10 field goals and set a school record with 60 consecutive extra points. Booted a 51-yarder and set an NCAA

bowl record as he connected on all nine extra-point attempts versus Northwestern in the Alamo Bowl. Took over placekicking chores freshman year, connecting on 14 of 20 field

goals and 46 of 47 extra points as he scored 88 points. Redshirted as a freshman.

PERSONAL: Attended Foyil (Okla.) High. Played running back, safety and served as the team's punter and placekicker. Also returned punts and kickoffs. Hit on eight of 16 field-goal attempts, with a career-long 61-yarder in the state playoffs in 1996. As a running back, he rushed for 1,891 yards and 51 touchdowns, playing eight-man football. Totaled 9,136 career all-purpose yards and 122 career touchdowns. As a senior, he earned first-team All-State honors. Four-year letterman in both football and track and earned three basketball letters. Two-time Class A state champion in the high jump, clearing a career-best of 6-8 at the state meet in both 1997 and 1998. Majored in communications.

OFF THE FIELD

Josh served as the Seahawks spokesman on a public service announcement for Toys for Tots. The drive collects new, unwrapped toys and cash donations at a home game.

BROWN'S NFL RECORD

Year	Club	Kicking										
		G/S	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+ FG%	LG	Pts	
2003	Seattle	16/0	48-48	22-30	0-0	5-5	10-11	6-11	1-3	73.3	58	114
NFL TOTALS		16/0	48-48	22-30	0-0	5-5	10-11	6-11	1-3	73.3	58	114
Year	Club	Miscellaneous										
		Indoors	In %	Outdoors	Out %	Home	Home%	Road	Road %			
2003	Seattle	2-4	50.0	20-26	76.9	11-14	78.6	11-16	68.8			
NFL TOTALS		2-4	50.0	20-26	76.9	11-14	78.6	11-16	68.8			


BROWN'S SINGLE-GAME HIGHS

Most FGs Att.: 3, 3 Times (Last vs. Cleveland 11/30/03)
Most FGs Made: 3 vs. Pittsburgh (11/2/03)
Longest FG Attempted: 58 at Green Bay (10/5/03)
Longest FG Made: 58 at Green Bay (10/5/03)

Most PATs Att.: 5, 3 Times (Last at Balt. 11/23/03)
Most PATs Made: 5, 3 Times (Last at Balt. 11/23/03)
Game Winners: None (inside 2 minutes)
Special Teams Tackles: 2003 - 4 Total: (4).

KERRY CARTER

32



RUNNING BACK
6-1 238
STANFORD
2ND NFL SEASON
2ND SEAHAWKS SEASON
FREE AGENT 2003
2003 GAMES/STARTS: 16/0
CAREER GAMES/STARTS: 16/0
DECEMBER 19, 1980
VAUGHN, ONTARIO

2003: Saw action in all 16 games, predominately on special teams totaling six tackles. Returned eight kickoffs for 185 yards (23.1 avg.) moving into the primary kickoff returner role the final regular season game at San Francisco (12/27). Returned four kicks for 88 yards (22.0 avg.) in the finale. Saw action at running back twice during the regular season versus Detroit (11/16) and Arizona (12/21) totaling three carries. Returned three kickoffs for 28 yards in the playoff game at Green Bay.

PRO: Originally signed as an undrafted free agent with the Seahawks May 1, 2003, and was one of two undrafted free agents to make the final roster (LB Tracy White).

COLLEGE: Played all four years at Stanford, ranking eighth on the school's career rushing list with 2,039 yards on 538 carries (3.8 avg.) and fourth on its career rushing touchdown list with 23. One of four players in Stanford history to score four rushing touchdowns in one game and is the only player to do it twice. He also added 25 receptions for 302 yards (12.1 avg.) with two scores. Led the team in rushing with 524 yards on 149 carries and two scores senior season. Against Oregon his junior year, carried 26 times for 64 yards and tied a school game record with four

rushing touchdowns (6, 6, 1, and 3 yards). Was named the team's top sophomore after rushing for 729 yards on 179 carries with six touchdowns. Rushed for four touchdowns versus USC on 20 carries for a career-high 123 yards. His other 100-yard game came against Arizona State (19-103-5-4-1). Played in 10 games freshman year, rushing 87 times for 330 yards and six scores.

PERSONAL:

Attended Henry Carr High in Ontario, Canada. Won the 1997-98 Henry Jerome Award as the top student-athlete in Canada. Also played linebacker and safety, and participated in basketball, volleyball and track. Was a two-time all-star in basketball. Majored in cultural and social anthropology. Participated in ABC Family's "Bachelor Pad" in the 2004 off-season. Born December 19, 1980.

OFF THE FIELD

Kerry won a spot on ABC Family's pilot of *Bachelor Pad*. He had his entire apartment remodeled over a weekend by professional interior designers.

CARTER'S NFL RECORD

Club	G/S	Att	Rushing				Receiving				
			Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003 Seattle	16/0	3	-2	-7	1	0	0	0	0.0	0	0
NFL TOTALS	16/0	3	-2	-7	1	0	0	0	0.0	0	0

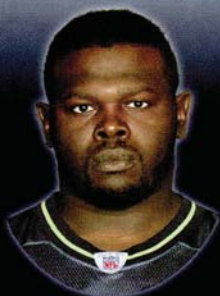
POSTSEASON

Club	G/S	Att	Rushing				Receiving				
			Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003 Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS	1/0	0	0	0.0	0	0	0	0	0.0	0	0

ADDITIONAL STATS

Special Team Tackles: 2003 - 6; Career Totals: 6; Returned eight kickoffs for 185 yards (23.1 avg.) with long of 33.

ANTONIO COCHRAN



DEFENSIVE TACKLE

6-4 299

GEORGIA

6TH NFL SEASON6TH SEAHAWKS SEASON4TH ROUND 1999

2003 GAMES/STARTS: 15/7

CAREER GAMES/STARTS: 68/25

JUNE 21, 1976

MONTEZUMA, GEORGIA

78

2003: Started first seven games of season at left defensive end and played in the first 15 before being designated inactive for the season finale versus San Francisco (12/27). Totaled 29 tackles and one sack. Tied season-high with five tackles and registered lone sack of the season versus Chicago (10/19).

PRO: Selected in the fourth round, 115th overall, of the 1999 draft. Physical player who has the burst to turn the corner on the pass rush and is very effective in backside pursuit. Can play both tackle and end, but became the starter at right end in 2002, and moved to left end to open 2003. Has started 25 of 68 career games played and totaled 136 career tackles and nine sacks. **1999:** Saw action in five games and recorded two solo tackles. Recorded first career tackle versus Denver (11/14). **2000:** Played in all 16 games as a reserve defensive tackle and totaled 22 tackles (19 solo), two passes defended and a half sack. Had career-high three tackles in games at Miami (9/3), at Jacksonville (11/12), versus Denver (11/26), and versus Buffalo (12/23). Split a sack, the first of his career, with Matt LaBounty at Jacksonville. **2001:** Played in all 16 games and started two while totaling 31 total stops, 4.5 quarterback sacks, two forced fumbles, and a fumble recovery. Had at least one tackle in final nine games and totaled all of his sacks during that span. Made first career start for an injured John Randle (knee) versus Oakland (11/11) and had three tackles and a sack. Started following week at Buffalo (11/18) and forced a fumble and later recovered a Chad Brown forced fumble in the fourth quarter that led to a Rian Lindell field goal. Field goal proved to be the winning points in a 23-20 victory. Had at least half a sack in final three games of the season. Had one at New York Giants (12/23) and at San Diego (12/30), and had half a sack versus Kansas City (1/6/02), a game in which he tallied a career-high seven tackles. **2002:** Started all 16 games at right defensive end in his first season in that role. Finished second

among defensive linemen with 52 tackles (37 solo) and fourth on the team with three sacks. Also posted an interception, three passes defended and forced a fumble. Had one sack at N.Y. Giants (9/22), versus Denver (11/17) and St. Louis (12/22). Totaled a season-high seven total tackles versus Philadelphia (12/8) and first career interception came versus Washington (11/3).

COLLEGE: Started the final 10 contests as a senior for the Bulldogs recording 40 tackles (25 solo) with 2.5 sacks and 10 tackles for loss. Deflected three passes and credited with 17 quarterback pressures. Played in every game during a junior season in which he recorded 47 tackles (27 solo) and one sack.

Posted a career-high nine tackles versus Kentucky. Attended Middle Georgia Junior College and named first team All-American by the NJCAA and named to *Super Prep's* Top Juco 100 squad after recording 63 tackles, five sacks and one interception in his second season. First season he was named honorable mention All-American by *J.C. Gridwire* totaling 61 tackles with four sacks on a defense that ranked fifth in the nation in rushing defense (82.1 ypg) and total defense (212 ypg).

PERSONAL: All-State, *Shutt Magazine* All-American and *Atlanta Journal-Constitution* "Super 11" selection at Macon County (Ga.) High. Did not play football as a youngster; he only participated in basketball. Resides in Montezuma, Ga. Has a daughter, Olivia (11/9/01).

OFF THE FIELD

Antonio has over 400 "throwback" jerseys in his collection that are valued at over \$100,000. He can be seen wearing a different one each day of training camp

COCHRAN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
1999 Seattle	5/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2000 Seattle	16/0	22	19	3	0.5	1.0	0	0	0.0	0	2	0	0	0
2001 Seattle	16/2	31	26	5	4.5	18.0	0	0	0.0	0	0	2	1	0
2002 Seattle	16/16	52	37	15	3.0	27.0	1	9	9.0	9	0	3	1	0
2003 Seattle	15/7	29	23	6	1.0	8.0	0	0	0.0	0	0	0	0	1
NFL TOTALS	68/25	136	107	29	9.0	54.0	1	9	9.0	9	0	5	3	2

COCHRAN'S POSTSEASON

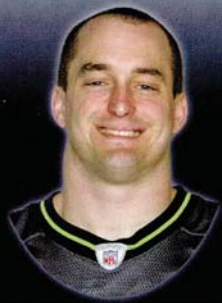
Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2003 Seattle	1/0	2	0	2	0.0	0.0	0	0	0.0	0	0	0	0	0

COCHRAN'S SINGLE-GAME HIGHS

Tackles: 7, 2 Times (Last vs. Philadelphia 12/8/02)
Sacks: 1, 9 Times (Last vs. Chicago 10/19/03)
Interceptions: 1, vs. Washington (11/3/02)

Forced Fumbles: 1, 3 Times (Last at Dallas 10/27/02)
Fumble Recoveries: 1, 2 Times (Last vs. NO 9/7/03)

JEAN-PHILIPPE DARCHE



52

LONG SNAPPER
6-0 246
MCGILL COLLEGE
5TH NFL SEASON
5TH SEAHAWKS SEASON
FREE AGENT 2000
2003 GAMES/STARTS: 16/0
CAREER GAMES/STARTS: 64/0
FEBRUARY 28, 1975
MONTREAL, QUEBEC

2003: Handled all of Seattle's snapping duties for fourth consecutive season. Had five tackles on special teams and forced one fumble.

PRO: Signed with the Seahawks as a free agent May 11, 2000. Selected in the third round of the Canadian Football League College Draft by the Toronto Argonauts (21st overall) in June of 1998. Led the Argonauts special teams unit with 17 tackles. **2000:** Handled all of Seattle's snapping duties in all 16 games. Recorded four tackles on special

OFF THE FIELD

A native of Canada, J.P. participated in Practice with the Pros for the second year in a row in Vancouver, B.C. The event is an NFL/CFL alliance incorporating the B.C. Lions.

2001: Handled all of Seattle's snapping duties for second consecutive season. Had a pair of special teams tackles. **2002:** Handled all of Seattle's snapping duties for third consecutive season. Had one tackle on special teams.

COLLEGE: Named McGill University's co-captain three consecutive years, and voted team's MVP his final two seasons. Finished

his career as the school's all-time leading tackler. As a fifth-year senior, he was named Defensive Player of the Game three times and Special Teams Player of the Game once. Led team in tackles with 62 as a senior, including a team record 17 in one game. Three fumble recoveries led the team and three interceptions were tied for a team high. Despite knee injuries during his junior season, he was third on the team in tackles with 34. Awarded Defensive Player of the Game in an 18-0 victory over Concordia. Sophomore season saw him lead the team in tackles and was second in interceptions on his way to being voted Most Improved Player. Tallied six tackles and was one of only three McGill rookies to play on defense in his freshman year.

PERSONAL: Was named Athlete of the Year at Andre Grasset Junior College in 1993-94. Voted to the Montreal High School All-Star football game as a senior. The "Father of Basketball," James Naismith attended McGill College. His brother played for the NHL's Columbus Blue Jackets. Graduated with "great distinction" in three years before entering medical school in 1997. Has a wife Joanne (7/31/99), and two children Justin (2/4/02) and Catherine (5/24/03).

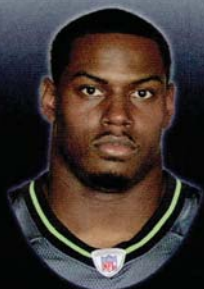
ADDITIONAL STATS

Special Team Tackles: 2000 - 4, 2001 - 2, 2002 - 1, 2003 - 5; Career Totals: 12

SNAP-ON

Since Darche took over snapping duties in 2000, the Seahawks have successfully converted 152 consecutive PATs. In fact, Seattle has not missed an extra point attempt since December 11, 1994, a streak of 331 attempts spanning a decade and 146 games, an all-time NFL record.

CHRIS DAVIS



FULLBACK
5-11 235
SYRACUSE
2ND NFL SEASON
2ND SEAHAWKS SEASON
5TH ROUND 2003
2003 GAMES/STARTS: 1/0
CAREER GAMES/STARTS: 1/0
NOVEMBER 8, 1979
TAMPA, FLORIDA

35

2003: Saw action in season opener versus New Orleans (9/7) on special teams, but injured left knee and did not return. Placed on injured reserve September 9.

PRO: Selected with the 30th pick of the fifth round (165th overall) by the Seahawks in the 2003 draft. Only the 11th fullback drafted in Seahawks history. Earned a roster spot on the club after a standout preseason.

COLLEGE: Finished career with 202 yards and seven touchdowns on 73 carries (2.8 avg) and nine receptions for 53 yards (5.9 avg). Played in every game as a senior, starting nine contests at fullback totaling 31 carries for 85 yards (2.7 avg) and a touchdown. Caught five passes for 35 yards (7.0 avg) and recorded a pair of tackles.

PERSONAL: Attended Hillsborough (Tampa, Fla.) High. Super Prep and Tom Lemming All-Regional selection. First team All-Area, All-County and All-District choice. Scored 14 touchdowns while serving as team captain as a senior. Three-year football letterwinner. Majored in sociology.

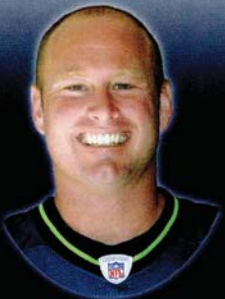
OFF THE FIELD

Chris showed his support and attended the Seahawks Dinner/Auction to benefit the Seahawks Courage House, Childhaven, designed to assist abused or neglected children five years old or younger.



Great friends off the field, Dillfer and Hasselbeck celebrate a come-from-behind victory over the St. Louis Rams.

TRENT DILFER



QUARTERBACK
6-4 225
FRESNO STATE
11TH NFL SEASON
4TH SEAHAWKS SEASON
UFA (BALTIMORE) 2001
2003 GAMES/STARTS: 5/0
CAREER GAMES/STARTS: 105/94
MARCH 13, 1972
SANTA CRUZ, CALIFORNIA

4

VETERANS

2003: Saw action in five games and completed four of eight attempts for 31 yards with a touchdown and an interception. Played at Arizona (9/14) and versus Detroit (11/16) late in the game. Relieved Matt Hasselbeck (shoulder) one play in overtime at Baltimore (11/23) and threw an incomplete pass. Saw time late versus Cleveland (11/30) and versus Arizona (12/21). Completed two of three passes (11 yards) for lone touchdown and interception of the season. Was

OFF THE FIELD

Trent launched TD4HIM in 2003, a foundation that benefits organizations that promote cancer research. Trent serves as the director and makes the final decisions on who receives donations.

the recipient of the 2003 Steve Largent Award and Ed Block Courage Award.

PRO: Veteran quarterback with 94 NFL starts. Has won 22 of last 27 starts (including postseason). Fifteen consec-

utive wins from November of 2000 through January 2002 rank as the fourth longest in the NFL since 1950. Signed with the Seahawks as an unrestricted free agent on August 3, 2001, after spending the 2000 season with the Baltimore Ravens and quarterbacking them to a Super Bowl XXXV Championship. Re-signed with the Seahawks March 5, 2001, after his one-year contract was up. Originally drafted by Tampa Bay in 1994 following his junior season with the sixth overall selection. Spent six seasons in Tampa, five as their full-time starter, and finished his career there as the Bucs' second-leading passer. Threw for 12,969 yards, while completing 1,117 of 2,038 passes with 70 touchdowns and 80 interceptions. Became the first Bucs' quarterback to make the Pro Bowl following the 1997 season after completing 217 of 386 passes for 2,555 yards, 21 touchdowns and 11 interceptions for an 82.8 passer rating. **1994:** Started two games as a rookie and played in five contests. Completed 38 of 82 passes for 433 yards, with one touch-

down and six interceptions for a 36.3 passer rating. First NFL start came at San Francisco (10/23) and completed seven of 23 passes for 45 yards, with one interception. First career touchdown pass versus Minnesota (10/3). Made second start versus Chicago (11/6) and was 13 of 25 for 159 yards with no touchdowns or interceptions. Did not play in the final seven games. **1995:** Started all 16 games and completed 224 of 415 pass attempts for 2,774 yards, four touchdowns and 18 interceptions. Rushed for two touchdowns. Broke Doug Williams' 1982 team record by throwing 138 consecutive passes without an interception (later broke that record in 1997). Led Tampa Bay to a 5-2 start (7-9 finish). Opened the season with a season-best two touchdown passes at Philadelphia (9/3), a 21-6 win. Threw for a season-high 255 yards in week two at Cleveland (9/10), a 22-6 loss. Threw a career-high four interceptions in week three at Chicago (9/17), but bounced back to lead the Bucs to four consecutive wins, starting with a 14-6 victory over Washington (9/24) in which he completed a season-best 72.7% of his passes, with one touchdown and no interceptions. Scored his first NFL touchdown on a 21-yard run at Houston (10/29). Threw for a then career-high 312 yards at Green Bay (11/26), while completing 27 of 48 passes. **1996:** Started all 16 games and threw for a career-high 2,859 yards, while completing 267 of 482 passes, 12 touchdowns and 19 interceptions for a 64.8 passer rating. The Bucs started the season 1-8, but finished 5-2 for a 6-10 record. Had a season-high three touchdown passes versus Minnesota (10/13) in a 24-13 victory. Was 20 of 29 for 192 yards, with two touchdowns and one interception in a win over Oakland (11/10). Threw for a career-high 327 yards in a 25-17 win at San Diego (11/17), while completing a personal-best 30 passes, one shy of the team mark held by Vinny Testaverde. **1997:** Became the first Tampa quarterback to be named to the Pro Bowl. Completed 217 of 386 passes for 2,555 yards, a team-record 21 touchdown passes and 11 interceptions for an 82.8 passer rating. Established a team record for consecutive passes without an interception (152), snapping his old mark

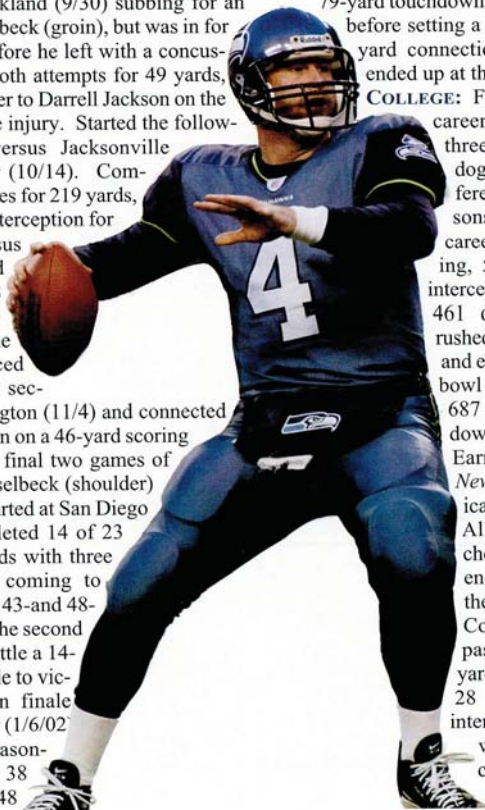
of 138 set in 1995. Led the NFL in third-down passing with 11 touchdowns and finished second with a 93.8 passer rating. Threw for a career-high four touchdowns versus Miami (9/21) in a 31-21 win. Was 18 of 24 for a season-high 248 yards and was not sacked in the win over the Dolphins. Was his second consecutive game with a 75% completion percentage, as he was 15 for 20 for 192 yards and two touchdowns in a 28-14 win at Minnesota the week before (9/14). In Tampa's 5-0 start, he threw 10 touchdowns to three interceptions. Had a three-touchdown game at Indianapolis (11/2) and had two touchdown tosses the following week at Atlanta (11/9). Was 13 of 26 for 181 yards, one touchdown and one interception in first career playoff start versus Detroit (12/28), a 20-10 Tampa win. The following week at Green Bay (1/4), was 11 of 36 for 200 yards, with no touchdowns and two interceptions in a 21-7 loss. 1998: Started all 16 games for the fourth straight season, a Bucs' quarterback record. Threw for 2,729 yards, 21 touchdowns and 15 interceptions, while completing 225 of 429 passes for a 74.0 quarterback rating. Nine of his touchdowns covered 20 or more yards and seven were longer than 40 yards. Threw for three touchdowns twice (at Chicago, 11/29 and at Jacksonville, 11/15). Completed a career-long 79-yarder to Reidel Anthony. In the Bears game, led the Bucs to their first win in Chicago since 1989, a 31-17 victory. Had season-high 294 yards passing versus Tennessee (11/8) to surpass the career 10,000-yard milestone. In the opener at Minnesota (9/6), he completed 17 of 25 passes (68%) for 207 yards, one touchdown and no interceptions before leaving the game midway through the third quarter with a thigh bruise. Made 50th consecutive start at Green Bay (9/13), completing 20 of 36 for 211 yards, with one touchdown and no interceptions. Threw two touchdowns and no interceptions (fourth straight game without an interception) in a 27-15 win versus Chicago (9/20) in the inaugural game at Raymond James Stadium. Completed a season-high 21 passes versus Carolina (10/18) on 31 attempts for 219 yards, with one touchdown and one interception. Capped a five-week stretch in which he threw 12 touchdowns in a 24-22 Monday Night win versus Green Bay (12/7). Threw two touchdowns and one interception versus the Packers. In the season finale at Cincinnati, a 35-0 Tampa Bay win, he completed 10 of 16 passes for 111 yards, two touchdowns and an interception. 1999: Started 10 games for the NFC Central champion Bucs and led Tampa to its first-ever undefeated (4-0) November. Finished the season with 146 completions on 244 attempts for 1,619 yards, with 11 touchdowns and 11 interceptions for a 75.8 passer rating. Did not start the October 31 game versus Detroit but returned to the starting role the following week after Eric Zeier was injured (rib) in the game versus the

Lions. Suffered a fractured right clavicle versus Seattle (11/28) and missed the remainder of the season, including both playoff games. Rookie Shaun King took over the starting role after his injury. Broken clavicle occurred on the second play of the third quarter, when he was sacked by Seahawks' Phillip Daniels. Helped lead the Bucs to a come-from-behind 19-10 win versus Atlanta (11/21), completing 15 of 31 passes for 142 yards and an interception. Moved into second place on the Bucs' all-time passing list versus Kansas City (11/14). Completed 17 of 27 passes for 270 yards, two touchdowns and one interception in a 17-10 win over. Threw a 54-yard touchdown pass to Jacquez Green for the game-winning score. Enjoyed a three-touchdown game at New Orleans (11/7) in a 31-16 win, including a 62-yard scoring bomb to Green. Completed 15 of 20 passes for 227 yards, including nine of 11 on third down. Snapped a streak of 70 consecutive starts at Detroit (10/31), when Eric Zeier got the starting nod. Completed 16 of 27 passes for 121 yards in a 6-3 win versus Chicago (10/24). A 28-yard scramble in the second quarter set up one of the Bucs' two field goals on the day. Connected on a season-high 25 of 39 attempts for 301 yards, two touchdowns and an interception in a 21-14 loss to Minnesota (10/3). Was third career 300-yard game. Set a career high with an 83.3 pct. completion rate in a 13-10 win versus Denver (9/26). Was 15 of 18 for 135 yards, including four-straight completions on the opening drive. Threw two touchdowns in a 19-5 win at Philadelphia (9/19). 2000: Started eight games, played in nine and led the Ravens to a Super Bowl Championship after taking over for Tony Banks midway through the season. Completed 134 of 228 passes for 1,502 yards, 12 touchdowns and 11 interceptions. Started all four postseason contests and completed 35 of 73 attempts for 590 yards, three touchdowns and one interception. Suffered an injury on September 15, and underwent arthroscopic surgery on his left meniscus on September 19. Returned as the third quarterback versus Cincinnati (9/24). Made his first start for the Ravens in a 9-6 loss versus Pittsburgh (10/29). Threw three second-quarter touchdowns in a 27-7 win at Cincinnati (11/5) and snapped a 21-quarter touchdown drought when he hit Brandon Stokely on a 14-yard touchdown pass. Connected with Shannon Sharpe on the next two possessions for 18- and 19-yard touchdown passes. Completed 23 of 34 passes for 244 yards and did not throw an interception in that game, while completing passes to eight different receivers. Directed a nine-play, 70-yard game-winning drive in 24-23 win at Tennessee (11/12), snapping Tennessee's eight-game winning streak and undefeated string at Adelphia Coliseum (12-0). Threw for season-high 281 yards and completed 23 of 36 passes. Versus Dallas (11/19), completed 75% of his

passes (18 of 24) for 242 yards, two long touchdowns and two interceptions in a 27-0 win. Connected with Qadry Ismail on a 40-yard touchdown and Sharpe on a 59-yard toss. Snapped a five-game string with at least two touchdown passes at Arizona (12/17). Completed nine of 14 passes for 130 yards and one touchdown in 21-3 Wild Card win versus Denver (12/31). Threw a 58-yard touchdown pass to Sharpe on a pass that bounced off Jamal Lewis and a Broncos defender. Completed five of 16 passes for 117 yards with no touchdowns or interceptions in the 24-10 AFC Divisional Playoff win at Tennessee (1/7). Started the 16-3 AFC Championship win at Oakland (1/14) and completed nine of 18 passes for 190 yards. Tossed an NFL all-time postseason record-setting 96-yard touchdown to Sharpe in that game. Versus New York (1/28) in the Super Bowl, completed 12 of 25 passes for one touchdown against the Giants. **2001:** Signed as an unrestricted free agent August 3, during training camp. Played in six games and started four completing 73 of 122 passes for 1,014 yards, seven touchdowns, four interceptions and a 92.0 passer rating. Completion percentage (59.83) ranks as the highest in a single season among Seahawks quarterbacks with at least 100 attempts. Won all four starts. First action for Seattle came at Oakland (9/30) subbing for an injured Matt Hasselbeck (groin), but was in for only three plays before he left with a concussion. Completed both attempts for 49 yards, including a 54-yarder to Darrell Jackson on the play he suffered the injury. Started the following two games versus Jacksonville (10/7) and Denver (10/14). Completed 15 of 23 passes for 219 yards, a touchdown and interception for a 92.5 rating versus the Jaguars and completed 12 of 18 (66.7%) for 110 yards versus the Broncos. Replaced Hasselbeck in the second half at Washington (11/4) and connected with Darrell Jackson on a 46-yard scoring strike. Started the final two games of the season for Hasselbeck (shoulder) and won both. Started at San Diego (12/30) and completed 14 of 23 passes for 267 yards with three touchdowns, two coming to Darrell Jackson on 43- and 48-yard pass plays in the second quarter, giving Seattle a 14-13 lead. Led Seattle to victory in the season finale versus Kansas City (1/6/02) completing a season-high 22 passes on 38 attempts for 248

yards, two touchdowns and two interceptions. **2002:** Started just six games after entering the season as the club's starter. Suffered a sprained right MCL (knee) in the second quarter of the first preseason game versus Indianapolis (8/10) and was sidelined the rest of training camp and forced to miss the season opener at Oakland (9/8). Started the following six weeks until sustaining a torn Achilles early in the second quarter at Dallas (10/27). Placed on injured reserve two days later. Completed 94 of 168 passes in six games for 1,182 yards with four touchdowns and six interceptions. Completed 29 of 47 attempts for career-high 352 yards in first game back to action versus Arizona (9/15) in Seahawks Stadium's inaugural game. Marked the Seahawks first 300-yard passing effort since Warren Moon passed for 409 versus Oakland on October 26, 1997. Attempts and completions were both just one shy of tying personal career highs. Completed 13 of 28 passes for 222 yards and a touchdown versus Minnesota (9/29) on ESPN's Sunday Night Football. Touchdown covered 80 yards to Shaun Alexander, a career long TD pass and third-longest in team history. At St. Louis (10/20), passed for 232 yards on just eight completions (32.0 yards/comp.) with one touchdown and two interceptions. Completed a 79-yard touchdown pass to Koren Robinson before setting a club record with an 83-yard connection with Robinson that ended up at the Rams 2-yard line.

COLLEGE: Finished his Fresno State career with a 20-9 record in three seasons, as the Bulldogs won or shared the conference title in all three seasons. Finished collegiate career with 6,944 yards passing, 51 touchdowns and 21 interceptions, while completing 461 of 774 passes. Also rushed 140 times for 195 yards and eight touchdowns. In two bowl games, was 50 of 91 for 687 yards, with two touchdowns and an interception. Earned *AP* and *Football News* third-team All-America honors. Was first-team All-Western Athletic choice and was the conference's Offensive Player of the Year as a junior (1993). Completed 217 of 333 passes (65.2%) for 3,276 yards (a school record), with 28 touchdowns and four interceptions. Led the nation with a 173.1 passing efficiency, the third-highest in NCAA history at the



time (behind Jim McMahon's 176.9 in 1980 and Ty Detmer's 175.6 in 1989). Set an NCAA mark by throwing 271 consecutive passes without an interception, snapping Matt Blundin's (Virginia) old mark of 224, set in 1991. Was 175 of 332 for 2,836 yards with 21 touchdowns and 14 interceptions as a sophomore in 1992. Became just the third WAC quarterback to earn All-America honors (joining McMahon in 1978 and Detmer in 1989). His 136.9 passing efficiency was ninth in the nation. Started the final four games as a freshman in 1991. Was 69 of 109 for 832 yards with two touchdowns and three interceptions. Also rushed for five touchdowns. Redshirted in 1990.

PERSONAL: Lettered in football, golf, basketball, and baseball at Aptos (CA) High School in Santa Cruz County, adjacent to Montego Bay. Played quarterback, safety and punter. Was a two-time all-conference choice in both football and basketball. Was voted player of the year in basketball as a senior. Graduated with a 3.9 GPA. A scratch golfer, he has won three off-season celebrity tournaments. His wife, Cassandra, is a former Fresno State swimmer. Parents of four children, daughters Madeleine (3/31/96), Victoria (2/26/99), Delaney (7/11/02) and son Trevin (11/10/97). Trevin went home to be with the Lord April 27, 2003.

DILFER'S NFL RECORD

Year	Club	G/S	Passing							Sacked	Rate
			Att	Comp	Yds	Pct	TD	Int	LG		
1994	Tampa Bay	5/2	82	38	433	46.3	1	6	42	8/42	36.3
1995	Tampa Bay	16/16	415	224	2,774	54.0	4	18	64t	47/331	60.1
1996	Tampa Bay	16/16	482	267	2,859	55.4	12	19	45	28/207	64.8
1997	Tampa Bay	16/16	386	217	2,555	56.2	21	11	59t	32/196	82.8
1998	Tampa Bay	16/16	429	225	2,729	52.4	21	15	79t	27/172	74.0
1999	Tampa Bay	10/10	244	146	1,619	59.8	11	11	62t	26/189	75.8
2000	Baltimore	9/8	226	134	1,502	59.3	12	11	59t	23/135	76.6
2001	Seattle	6/4	122	73	1,014	59.8	7	4	54	10/72	92.0
2002	Seattle	6/6	168	94	1,182	56.0	4	6	83	7/36	71.1
2003	Seattle	5/0	8	4	31	50.0	1	1	14	1/8	59.9
TOTALS		105/94	2,562	1,422	16,698	55.5	94	102	83	209/1,388	71.1

Year	Club	G/S	Rushing						Won/Loss Record		
			Att	Yds	Avg	LG	TD	Year	Club	Record	
1994	Tampa Bay	5/2	2	27	13.5	15	0	1994	Tampa Bay	0-2	
1995	Tampa Bay	16/16	23	115	5.0	21t	2	1995	Tampa Bay	7-9	
1996	Tampa Bay	16/16	32	124	3.9	19	0	1996	Tampa Bay	6-10	
1997	Tampa Bay	16/16	33	99	3.0	17	1	1997	Tampa Bay	10-6	
1998	Tampa Bay	16/16	40	141	3.5	17	2	1998	Tampa Bay	8-8	
1999	Tampa Bay	10/10	35	144	4.1	28	0	1999	Tampa Bay	7-3	
2000	Baltimore	9/8	20	75	5.0	19	0	2000	Baltimore	7-1	
2001	Seattle	6/4	11	17	1.5	11	0	2001	Seattle	4-0	
2002	Seattle	6/6	10	27	2.7	0	0	2002	Seattle	2-4	
2003	Seattle	5/0	2	-1	-0.5	0	0	2003	Seattle	0-0	
TOTALS		105/94	208	768	3.7	21t	5	TOTALS		51-43	

POSTSEASON RECORD

Year	Club	G/S	Passing							Sacked	Rate
			Att	Comp	Yds	Pct	TD	Int	LG		
1997	Tampa Bay	1/1	26	13	181	50.0	1	1	50	N/A	69.6
1998	Tampa Bay	1/1	36	11	200	30.6	0	2	52	N/A	27.5
2000	Baltimore	4/4	73	35	590	47.9	3	1	96t	3/N/A	83.7
TOTALS		6/6	135	59	971	43.7	4	4	96t	N/A	79.8

SINGLE-GAME HIGHS

Attempts:	48	at Green Bay	(11/26/95)
Completions:	30	at San Diego	(11/17/96)
Yards:	352	vs. Arizona	(9/15/02)
Percentage:	83.3	vs. Denver	(9/26/99) 15-18
Longest Pass:	83	at St. Louis	(10/20/02)
Longest TD:	80	vs. Minnesota	(9/29/02)
Most TDs:	4	vs. Miami	(9/21/97)
Interceptions:	4, 2 Times	Last vs. Green Bay	(9/1/96)

DILFER VS. THE NFL

TEAM	GAMES	ATT	COMP	YDS	PCT	TD	INT	LG	SACK	RATE
Arizona	6	133	79	792	59.4	4	3	48	9/73	77.0
Atlanta	4	90	47	550	52.2	2	4	47	5/34	59.6
Baltimore	1	1	0	0	0.0	0	0	0	0	39.6
Buffalo	-	-	-	-	-	-	-	-	-	-
Carolina	3	84	47	510	56.0	1	3	31	6/43	68.1
Chicago	10	253	142	1,584	56.1	11	10	47	14/91	73.0
Cincinnati	3	76	45	540	59.2	5	1	50t	8/56	97.5
Cleveland	3	60	32	424	53.3	2	3	46t	8/53	66.3
Dallas	2	36	25	288	69.4	2	3	59t	2/13	77.1
Denver	3	66	39	445	59.1	1	1	40t	11/88	78.2
Detroit	9	200	101	1,292	50.5	4	11	59	18/137	54.8
Green Bay	10	289	150	1,660	51.9	5	13	64t	30/202	56.3
Indianapolis	1	25	16	164	64.0	3	0	27	3/14	122.3
Houston	-	-	-	-	-	-	-	-	-	-
Jacksonville	3	66	33	511	50.0	4	3	79t	5/19	77.2
Kansas City	2	65	39	518	60.0	4	3	54	1/9	86.6
Miami	1	24	18	248	75.0	4	1	58	0/0	129.9
Minnesota	11	298	171	2,036	57.4	12	5	80t	21/150	84.8
New England	1	29	21	209	72.4	1	0	25	1/7	104.0
New Orleans	3	98	55	666	56.1	4	2	30	3/10	82.3
NY Giants	4	98	55	529	56.1	2	8	53	9/49	44.1
NY Jets	2	40	13	137	32.5	1	4	27	7/46	12.2
Oakland	2	31	22	241	71.0	2	1	54	2/5	101.7
Philadelphia	2	33	18	304	54.5	4	3	64t	3/38	87.6
Pittsburgh	2	43	21	263	48.8	0	1	40	4/15	58.6
St. Louis	1	25	8	232	32.0	1	2	83	3/15	47.4
San Diego	3	87	60	781	69.0	5	3	34	7/45	101.7
San Francisco	3	80	42	426	52.5	2	4	55	4/18	55.5
Seattle	2	37	20	168	54.1	0	1	21	6/39	54.8
Tampa Bay	-	-	-	-	-	-	-	-	-	-
Tennessee	4	110	60	715	54.5	4	6	58t	9/47	64.0
Washington	4	85	43	469	50.6	4	3	46t	10/62	68.2
Totals	105	2,562	1,422	16,698	55.5	94	102	83	209/1,378	71.1

DILFER'S GAME-BY-GAME PASSING

1994 Date	Opponent	PASSING						W/L				
		P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/04	at Chicago								Did Not Play			
09/11	Indianapolis								Did Not Play			
09/18	New Orleans								Did Not Play			
09/25	at Green Bay	(P)	10	5	73	50.0	0	0	26	3/8	L	3-30
10/02	Detroit								Did Not Play			
10/09	at Atlanta	(P)	11	6	81	54.5	0	3	21	1/4	L	13-34
10/23	at San Francisco	(S)	23	7	45	30.4	0	1	19	1/8	L	16-41
10/30	Minnesota	(P)	13	7	75	53.8	1	1	31	1/8	L	13-36
11/06	Chicago	(S)	25	13	159	52.0	0	1	42	2/14	L	6-20
11/13	at Detroit								Did Not Play			
11/20	at Seattle								Did Not Play			
11/27	at Minnesota								Did Not Play			
12/04	Washington								Did Not Play			
12/11	L.A. Rams								Did Not Play			
12/18	at Washington								Did Not Play			
12/24	Green Bay								Did Not Play			
1994	TOTALS	(5/2)	82	38	433	46.3	1	6	42	8/50		*0-2

1995

PASSING

W/L

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/03	at Philadelphia	(S)	19	11	215	57.9	2	1	64t	1/13	W	21-6
09/10	at Cleveland	(S)	36	20	255	55.6	0	2	38	7/45	L	6-22
09/17	Chicago	(S)	27	11	149	40.7	0	4	20	2/7	L	6-25
09/24	Washington	(S)	18	13	136	72.2	1	0	20	2/13	W	14-6
10/01	at Carolina	(S)	12	3	55	25.0	0	0	31	1/7	W	20-13
10/08	Cincinnati	(S)	26	12	185	46.2	0	0	49	5/34	W	19-16
10/15	Minnesota	(S)	37	24	249	64.9	0	0	16	3/30	W	20-17
10/22	Atlanta	(S)	28	14	177	50.0	0	0	28	1/8	L	21-24
10/29	at Houston	(S)	23	10	82	43.5	0	3	22	3/21	L	7-19
11/12	at Detroit	(S)	13	8	142	61.5	0	1	37	3/21	L	24-27
11/19	Jacksonville	(S)	20	9	103	45.0	0	0	26	1/2	W	17-16
11/26	at Green Bay	(S)	48	27	312	58.3	0	0	26	4/29	L	13-35
12/03	at Minnesota	(S)	18	9	148	50.0	0	1	29	6/42	L	17-31
12/10	Green Bay	(S)	42	23	240	54.8	0	2	23	3/22	W	13-10
12/17	at Chicago	(S)	37	22	226	59.5	1	3	47	2/13	L	10-31
12/23	Detroit	(S)	11	8	100	72.7	0	1	36	3/24	L	10-37

1995	TOTALS	(16/16)	415	224	2,774	54.0	4	18	64t	47/331	*7-9
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1996

PASSING

W/L

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
09/01	Green Bay	(S)	30	13	123	43.3	0	4	16	1/6	L	3-34
09/08	at Detroit	(S)	34	14	176	41.2	0	2	45	0/0	L	6-21
09/15	at Denver	(S)	30	12	200	40.0	1	1	40t	2/14	L	23-27
09/22	Seattle	(S)	26	15	118	57.7	0	1	21	2/12	L	13-17
09/29	Detroit	(S)	26	14	119	53.8	0	2	15	2/14	L	0-27
10/13	Minnesota	(S)	35	22	218	62.9	3	0	31t	1/10	W	24-13
10/20	at Arizona	(S)	35	22	229	62.9	0	0	24	1/11	L	9-13
10/27	at Green Bay	(S)	29	15	164	51.7	1	2	21	3/25	L	7-13
11/03	at Chicago	(S)	32	15	184	46.9	1	1	25	1/6	L	10-13
11/10	Oakland	(S)	29	20	192	69.0	2	1	24	2/5	W	20-17
11/17	at San Diego	(S)	40	30	327	75.0	0	1	34	1/3	W	25-17
11/24	New Orleans	(S)	34	20	253	58.8	1	0	30	1/2	W	13-7
12/01	at Carolina	(S)	41	23	236	56.1	0	2	29	4/30	L	0-24
12/08	Washington	(S)	15	8	112	53.3	1	0	33	3/20	W	24-10
12/15	at Minnesota	(S)	32	13	104	40.6	0	2	23	3/27	L	10-24
12/22	Chicago	(S)	14	11	104	78.6	2	0	17	1/12	W	34-19

1996	TOTALS	(16/16)	482	267	2,859	55.4	12	19	45	28/207	*6-10
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1997

PASSING

W/L

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
08/31	San Francisco	(S)	26	14	169	53.8	1	1	55	2/9	W	13-6
09/07	at Detroit	(S)	24	12	115	50.0	1	0	18	3/16	W	24-17
09/14	at Minnesota	(S)	20	15	192	75.0	2	0	49	1/7	W	28-14
09/21	Miami	(S)	24	18	248	75.0	4	1	58	0/0	W	31-21
09/28	Arizona	(S)	24	12	110	50.0	2	1	31	3/22	W	19-18
10/05	at Green Bay	(S)	29	16	179	55.2	0	1	20	3/24	L	16-21
10/12	Detroit	(S)	31	17	237	54.8	1	2	59	3/20	L	9-27
10/26	Minnesota	(S)	29	15	188	51.7	1	0	30	3/11	L	6-10
11/02	at Indianapolis	(S)	25	16	164	64.0	3	0	27	3/14	W	31-28
11/09	at Atlanta	(S)	20	12	150	60.0	2	0	24	0/0	W	31-10
11/16	New England	(S)	29	21	209	72.4	1	0	25	1/7	W	27-7
11/23	at Chicago	(S)	33	19	247	57.6	1	0	39	2/10	L	7-13
11/30	at N.Y. Giants	(S)	22	12	152	54.5	1	3	53	0/0	W	20-8
12/07	Green Bay	(S)	17	6	67	35.3	0	0	35	4/23	L	6-17
12/14	at N.Y. Jets	(S)	15	2	38	13.3	0	2	22	3/25	L	0-31
12/21	Chicago	(S)	18	10	94	55.6	1	0	17	1/8	W	31-15

1997	TOTALS	(16/16)	386	217	2,555	56.2	21	11	59t	32/196	*10-6
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12/28	Detroit	(S)	26	13	181	50.0	1	1	50	2/6	W	20-10
01/04	at Green Bay	(S)	36	11	200	30.6	0	2	52	2/27	L	7-21

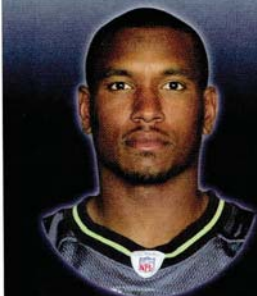
1997	PLAYOFFS	(2/2)	62	24	381	38.7	1	3	52	4/33	*1-1
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1998											PASSING		W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score		
09/06	at Minnesota	(S)	25	17	207	68.0	1	0	29	0/0	L	7-31		
09/13	at Green Bay	(S)	36	20	211	55.6	1	0	25	6/50	L	15-23		
09/20	Chicago	(S)	18	12	147	66.7	2	0	44t	1/3	W	27-15		
09/28	at Detroit	(S)	30	12	120	40.0	0	1	21	4/42	L	6-27		
10/04	NY Giants	(S)	20	12	85	60.0	0	1	17	5/25	W	20-3		
10/18	Carolina	(S)	31	21	219	67.7	1	1	29t	1/6	W	16-13		
10/25	at New Orleans	(S)	44	20	186	45.5	0	2	26	1/6	L	3-9		
11/01	Minnesota	(S)	22	11	132	50.0	1	0	17	0/0	W	27-24		
11/08	Tennessee	(S)	38	20	294	52.6	2	1	58t	0/0	L	22-31		
11/15	at Jacksonville	(S)	23	9	189	39.1	3	2	79t	2/8	L	24-29		
11/22	Detroit	(S)	30	16	283	53.3	2	2	45	0/0	L	25-28		
11/29	at Chicago	(S)	22	13	153	59.1	3	1	45t	0/0	W	31-17		
12/07	Green Bay	(S)	22	9	181	40.9	2	1	64t	1/3	W	24-22		
12/13	Pittsburgh	(S)	18	9	111	50.0	0	0	31	1/2	W	16-3		
12/19	at Washington	(S)	34	14	100	41.2	1	2	13	3/13	L	16-20		
12/27	at Cincinnati	(S)	16	10	111	62.5	2	1	50t	2/14	W	35-0		
1998	TOTALS	(16/16)	429	225	2,729	52.4	21	15	79t	27/172		*8-8		

1999											PASSING		W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score		
09/12	NY Giants	(S)	31	15	174	48.4	1	3	39	2/11	L	13-17		
09/19	at Philadelphia	(S)	14	7	89	50.0	2	2	19	2/25	W	19-5		
09/26	Denver	(S)	18	15	135	83.3	0	0	16	7/57	W	13-10		
10/03	at Minnesota	(S)	39	25	301	64.1	2	1	26	3/15	L	14-21		
10/10	at Green Bay	(S)	26	16	110	61.5	1	3	16	2/12	L	23-26		
10/24	Chicago	(S)	27	16	121	59.3	0	0	21	2/18	W	6-3		
10/31	at Detroit									Did Not Play				
11/07	at New Orleans	(S)	20	15	227	75.0	3	0	62t	1/2	W	31-16		
11/14	Kansas City	(S)	27	17	270	63.0	2	1	54	0/0	W	17-10		
11/21	Atlanta	(S)	31	15	142	48.4	0	1	47	3/22	W	19-10		
11/28	at Seattle	(S)	11	5	50	45.5	0	0	26	4/27	W	16-3		
12/06	Minnesota									Inactive				
12/12	Detroit									Inactive				
12/19	at Oakland									Inactive				
12/26	Green Bay									Inactive				
12/02	at Chicago									Inactive				
1999	TOTALS	(10/10)	244	146	1,619	59.8	11	11	62t	26/189		*7-3		
01/15	Washington									Inactive				
01/23	at St. Louis									Inactive				

1999 PLAYOFFS Inactive

2000											PASSING		W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score		
09/03	at Pittsburgh									Did Not Play				
09/10	Jacksonville									Did Not Play				
09/17	at Miami									Did Not Play				
09/24	Cincinnati									Did Not Play				
10/01	at Cleveland									Did Not Play				
10/08	at Jacksonville									Did Not Play				
10/15	at Washington									Did Not Play				
10/22	Tennessee	(P)	13	7	58	53.8	0	1	13	1/3	L	6-14		
10/29	Pittsburgh	(S)	25	12	152	48.0	0	1	40	3/13	L	6-9		
11/05	at Cincinnati	(S)	34	23	244	67.6	3	0	45	1/8	W	27-7		
11/12	at Tennessee	(S)	36	23	281	63.9	2	1	46t	5/23	W	24-23		
11/19	Dallas	(S)	24	18	242	75.0	2	2	59t	2/13	W	27-0		
11/26	Cleveland	(S)	23	12	169	52.2	2	1	46t	0/0	W	44-7		
12/10	San Diego	(S)	24	16	187	66.7	2	2	28t	3/21	W	24-3		
12/17	at Arizona	(S)	22	12	70	54.5	0	1	21	4/33	W	13-7		
12/24	NY Jets	(S)	25	11	99	44.0	1	2	27	4/21	W	34-20		
2000	TOTALS	(9/8)	226	134	1,502	59.3	12	11	59t	23/135		*7-1		
12/31	Denver	(S)	14	9	130	64.3	0	1	58t	2/12	W	21-3		
01/07	at Tennessee	(S)	16	5	117	31.3	0	0	56	3/32	W	24-10		
01/14	at Oakland	(S)	18	9	190	50.0	1	1	96t	2/18	W	16-3		
01/21	N.Y. Giants	(S)	25	12	153	48.0	1	0	44	3/20	W	34-7		
2000	PLAYOFFS	(4/4)	73	35	590	47.9	2	2	96t	10/82		*4-0		

BOBBY ENGRAM**WIDE RECEIVER****5-10 188****PENN STATE****9TH NFL SEASON****4TH SEAHAWKS SEASON****UFA 2001 (CHICAGO)****2003 GAMES/STARTS: 16/7****CAREER GAMES/STARTS: 109/63****JANUARY 7, 1973****CAMDEN, SOUTH CAROLINA****84**

2003: Enjoyed finest season since 1999, with 52 receptions for 637 yards while matching a career high with six touchdown receptions (1996). Played in all 16 games, starting seven. Also started in playoff game at Green Bay (1/4/04) and corralled four passes for 83 yards. An acrobatic 34-yard reception at the Packers' 8-yard line inside of two minutes helped set up the Seahawks, tying touchdown to send the game into overtime. Caught at least one pass in every game except at St. Louis (12/14). Served as the team's primary punt returner and ranked fifth in the NFC averaging 10.3 yds./ret. on 31 returns for 320 yards, including one touchdown. Led Seahawks in receiving versus his former team, Chicago (10/19), catching six passes for 73 yards including a 25-yard touchdown. Had touchdowns in three consecutive games at Washington (11/9), versus Detroit (11/16) and at Baltimore (11/23). Earned NFC Special Teams Player of the Week honors versus the Lions after returning a punt 83 yards for a touchdown. Became only the second player in club history (Joey Galloway at San Diego 10/25/98) to score a receiving touchdown and return a punt for a touchdown in the same game. Return was a career high and fourth-longest in team history. Tied a career high with two touchdown receptions at Baltimore. Caught four passes for season-high 93 yards at Minnesota (12/7). Caught five passes for 55 yards and sixth touchdown of the season versus Arizona (12/21).

PRO: Signed a one-year contract with Seahawks August 30, 2001, following five seasons with the Chicago Bears. Re-signed a one-year contract with Seattle February 28, 2002, before re-signing a multi-year contract March 7, 2003. Climbed into seventh on Chicago's all-time receptions list with 246 catches. Shattered career-high with team-leading 88 receptions in 1999, the second-highest single-season total in Bears history. Led Bears with 64 receptions in 1998. Moved into starting role in second year with Chicago. Best rookie season for a Bear wide receiver in catches, yards and touchdowns since Willie Gault (1983). **1996:** Finished second on Bears in touchdowns with six behind Curtis Conway (seven). Caught

33 passes (fourth best on Bears) for 389 yards (third) as Bears third wide receiver. Returned 31 punts averaging 9.1 yards per attempt. His 19 fair catches were third-most in team history for a season. Led team with 23.2-yard average on 25 kickoff returns (580 yards). Started two games (at Detroit 9/22; at Tampa 12/22). Caught first NFL pass for 7 yards versus Dallas (9/2) in season opener. Had two catches for 11 yards and first NFL touchdown versus Minnesota (9/15) and fair caught six punts for a Bears single-game record. Had three catches for 39 yards in first career start at Detroit (9/22) while recording season-highs with five punt returns for 52 yards. **1997:** Bears' leading receiver for first 10 weeks

of season before suffering ankle injury, costing him five weeks.

Finished fourth in receptions with 45 for 399 yards. Led team in catches in five of first seven games. Caught six passes for 63 yards and a touchdown versus Minnesota

(9/7). Caught eight passes for 63 yards and a touchdown in overtime win at Miami (10/27). Injured right ankle in second quarter at Minnesota (11/9). Missed weeks 11-15 and returned to starting lineup at Tampa Bay (12/21) and caught two passes for 12 yards. **1998:** Led Bears with 64 catches and 987 yards. Led team with five touchdowns. Only Bear to catch a pass in every game. Eclipsed 100 yards receiving in three games. Led Bears with 74 yards receiving, including 54-yard touchdown catch, on four receptions at Pittsburgh (9/13). Led Chicago with 123 yards receiving and two touchdowns versus Minnesota (9/27). Totaled 142 yards, including career-long 79-yard touchdown catch at Arizona (10/11). Hauled in nine passes for 140

OFF THE FIELD

Bobby got into the spirit of the holidays by participating in KIRO's Holiday Magic at Bellevue Square. The program encouraged families to adopt children and provide gifts for those in need.

yards and a touchdown at Minnesota (12/6). **1999:** Played in all 16 games for the third time in his career, starting 14. Increased total receptions for fourth straight season, compiling career-best and team-leading 88 catches for 947 yards and four touchdowns. Total receptions ranked third in NFC (7th NFL). Recorded two 100-yard receiving games. Opened season by catching six passes for 53 yards versus Kansas City (9/12). Led team with six catches for 48 yards at Green Bay (11/7), including game-winning touchdown reception. Collected team-best eight receptions for 121 yards at San Diego (11/21). Posted 10 catches for 94 yards and a touchdown versus Detroit (12/19). Exploded for career-high 13 receptions and 143 yards at St. Louis (12/26), including two touchdowns. **2000:** Moved into seventh on all-time Chicago receiving chart, but had season ended prematurely by knee injury in the third game of the season. Was on pace to approach career-best numbers from the previous season with 16 catches for 109 yards through two and a half games. Led team in season-opener at Minnesota (9/3) with eight catches for 61 yards and a long of 25. Caught four passes for 38 yards in the first half versus New York Giants (9/17) before suffering a torn anterior cruciate ligament in his right knee. Injury ended personal streak of 36 consecutive games with at least one pass reception, the third-longest streak in Bears history. Placed on injured reserve (9/19) and had successful reconstructive knee surgery (10/12). **2001:** Served as third receiver in first season with Seattle playing in all 16 games, starting four. Finished the season with 29 receptions and 400 yards. Twenty receptions came on third down yielding 17 first downs. Returned six punts for 96 yards (16.0 avg.) when Charlie Rogers was injured (toe). Started games when team opened in three-wide set versus Jacksonville (10/7), San Diego (12/2), at New York Giants (12/23), and at San Diego (12/30). Had season-highs with five receptions for 71 yards versus Jacksonville. Ended a streak of 69 consecutive games with at least one reception versus Dallas (12/16), a streak that dated back to 1996, six games into his rookie season. **2002:** Saw action in 15 games missing one (toe) at Atlanta (12/15). Started six total games, five in a three-receiver set and one replacing Darrell Jackson (concussion) versus Washington (11/3). Finished fourth on the team with 50 receptions and third with 619 yards. A staple as the Seahawks third wide receiver, led the team with 25 receptions on third down while only five other NFL receivers had more. Of 50 total receptions, led the NFL converting first downs on 43 of those receptions

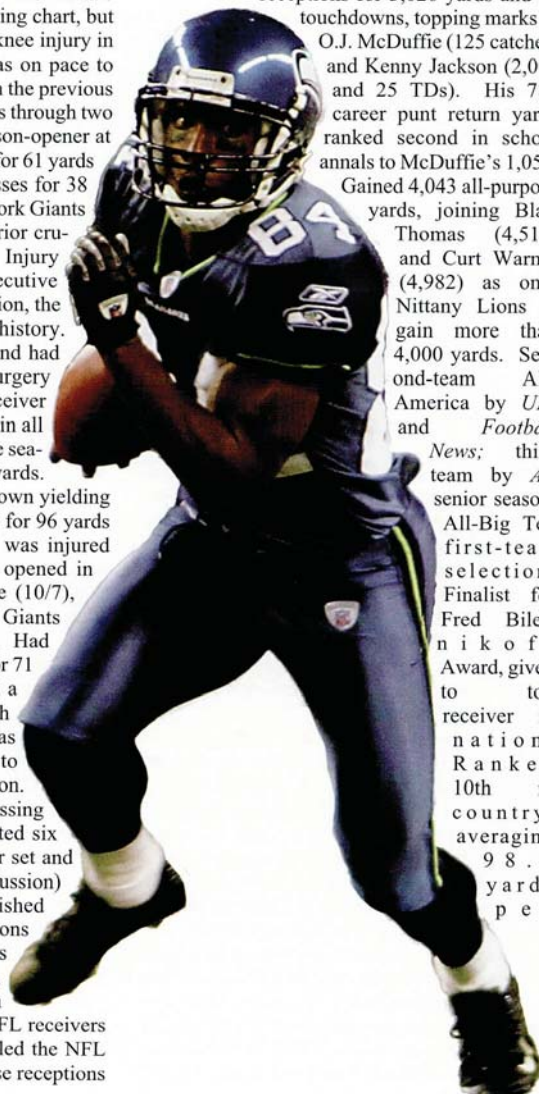
(86.0%). Also served as the team's punt returner, finishing fifth in the NFC with a 10.7-yard return average on 21 returns for 224 yards with one touchdown. First-career touchdown return (61 yards) came versus San Francisco (10/14) on ABC's Monday Night Football, where he also collected six receptions for a season-high 85 yards en route to earning MNF's popular Horse Trailer Award (with 49ers Terrell Owens, Jeff Garcia and Chike Okefor) given to the game's most valuable player. Punt return touchdown marked the first for the Seahawks since Charlie Rogers at Pittsburgh (9/26/99, 49 games).

HONORS: 2003, *NFC Special Teams Player of the Week 11*

COLLEGE: Set school records with 167 career receptions for 3,026 yards and 31 touchdowns, topping marks of O.J. McDuffie (125 catches) and Kenny Jackson (2,006 and 25 TDs). His 786 career punt return yards ranked second in school annals to McDuffie's 1,059.

Gained 4,043 all-purpose yards, joining Blair Thomas (4,512) and Curt Warner (4,982) as only Nittany Lions to gain more than 4,000 yards. Second-team All-America by *UPI* and *Football*

News; third team by *AP* senior season. All-Big Ten first-team selection. Finalist for Fred Biletnikoff Award, given to top receiver in nation. Ranked 10th in country, averaging 98.5 yards per



game. Gained 1,084 yards, breaking own single-season yardage record. His 63 receptions tied McDuffie's record set in 1992. Averaged 9.8 yards on 19 punt returns and 18.8 yards on five carries from scrimmage. *Football News* second-team All-American after junior year. First-team All-Big Ten choice. Led team with 52 receptions for 1,029 yards and seven touchdowns. *AP* third-team All America as a sophomore. Consensus All-Big Ten first team. Led team in receiving, punt returns and all-purpose yards. Third in Big Ten with 79.4-yard average. Second in conference and ninth in nation with 12.2 average on 33 punt returns. Caught 48 passes for 18.2 average

and 13 touchdowns (school single-season record). Set school mark with five 100-yard receiving games. Big Ten Offensive Player of the Week versus Minnesota in season opener with eight catches for 165 yards and four touchdowns. Four touchdown catches in one game was PSU single-game record. Did not play in 1992, sat out school in fall semester. One of two true freshmen to earn letter while playing in every game.

PERSONAL: Three-time all-state selection at Camden (S.C.) High School. Exercise and sport science major. Married, Deanna, with daughter Bobbi (6/1/98) and son Dean (2/5/2000).

ENGRAM'S NFL RECORD

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
1996 Chicago	16/2	33	389	11.8	24	6	0	0	0.0	0	
1997 Chicago	11/11	45	399	8.9	23	2	0	0	0.0	0	
1998 Chicago	16/16	64	987	15.4	79t	5	1	3	3.0	0	
1999 Chicago	16/14	88	947	10.8	56	4	2	11	5.5	0	
2000 Chicago	3/3	16	109	6.8	25	0	0	0	0.0	0	
2001 Seattle	16/4	29	400	13.8	31	0	0	0	0.0	0	
2002 Seattle	15/6	50	619	12.4	38	0	0	0	0.0	0	
2003 Seattle	16/7	52	637	12.3	34t	6	0	0	0.0	0	
NFL TOTALS	109/63	374	4,537	12.1	79t	23	3	14	4.7	0	

Club	Punt Returns					Kickoff Returns				
	No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1996 Chicago	31	282	9.1	34	0	25	580	23.2	45	0
1997 Chicago	1	4	4.0	4	0	2	27	13.5	20	0
2001 Seattle	6	96	16.0	27	0	1	6	6.0	6	0
2002 Seattle	21	224	10.7	61t	1	0	0	0.0	0	0
2003 Seattle	31	320	10.3	83t	1	1	18	18.0	18	0
NFL TOTALS	90	926	10.3	83t	2	29	631	21.8	45	0

POSTSEASON

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003 Seattle	1/1	4	83	20.8	34	0	0	0	0.0	0	
NFL TOTALS	1/1	4	83	20.8	34	0	0	0	0.0	0	

Club	Punt Returns					Kickoff Returns				
	No	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2003 Seattle	1	16	16.0	16	0	0	0	0.0	0	0
NFL TOTALS	1	16.0	16.0	16	0	0	0	0.0	0	0

SINGLE-GAME HIGHS

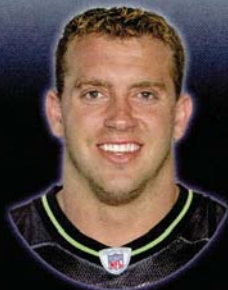
Most Receptions: 13, at St. Louis 12/26/99
Most Yards: 143, at St. Louis 12/26/99
Longest Reception: 79t, at Arizona 10/11/98
Most Touchdowns: 2, 4 Times (Last at Baltimore 11/23/03)

Most Punt Returns: 5, at Detroit 9/22/96
Most Punt Return Yards: 84, Detroit 11/16/03
Longest Punt Return: 83t, Detroit 11/16/03
Most Punt Return TDs: 1, 2 Times (Last vs. Det. 11/16/03)

CONSISTENT RETURNS

Bobby Engram became Seattle's primary punt returner in 2002, and since that time he and Atlanta's Allen Rossum are the only two NFC punt returners to average at least 10.0 yards/return and rank in the top five in each of the last two seasons. Engram and Carolina's Steve Smith are the only NFC punt returners to have at least one touchdown in each of the last two seasons. Engram averaged 10.3 yards/return in 2003, and 10.7 in 2002.

HEATH EVANS



FULLBACK
6-0 245
AUBURN
4TH NFL SEASON
4TH SEAHAWKS SEASON
3RD ROUND 2001
2003 GAMES/STARTS: 14/0
CAREER GAMES/STARTS: 46/1
DECEMBER 30, 1978
WEST PALM BEACH, FLORIDA

44

2003: Saw action in 14 games predominately on special teams. Also saw time at fullback and limited action at running back. Was inactive (stinger) versus Pittsburgh (11/2) and did not play the following week at Washington (11/9). Totaled 24 yards on seven carries and 34 yards on two receptions. Had career-long, 20-yard reception at Baltimore (11/23).

PRO: Selected in the third round (82nd overall) of the 2001 NFL Draft. The first fullback selected by Seattle since Reggie Brown in 1996, and fourth-highest selection used on the position.

2001: Played in all 16 games, predominately on special teams totaling five tackles. Saw action at fullback in three games versus San Diego (12/2), Dallas (12/16) and Kansas

City (1/6/02) and had two rushes for 11 yards. Returned three kickoffs for 40 yards. Had a 49-yard kickoff return at Buffalo (11/18) called back due to a holding call. **2002:** Started one game at fullback (at Arizona 11/10), first of career, and saw action in all 16 games and 13 in the backfield. A fullback, Evans also saw limited action

at running back. Had 17 carries for 53 yards and eight receptions for 41 on the season. Had a career-high five rushing attempts in the season finale at San Diego (12/29) for career-high 22 yards. A regular on most special teams units, he totaled one tackle and returned six kickoffs for 84 yards (14.0 avg.)

COLLEGE: Despite seeing action mostly as a blocker, managed to gain 626 yards on 149 carries with six touchdowns and 354 yards with a score on 30 receptions. Started 16 of 28 games played for Auburn in three seasons. Played in 12 games, starting eight at fullback as a junior. Collected 260 yards with a pair of touchdowns on 42 carries (6.2 avg.) and caught 15 passes for 107 yards. Played in every game starting four as a sophomore, while leading the team with 93 carries for 330 yards and a pair of touchdowns. Closed out the season versus Alabama with a career-high 83 yards on 21 carries and an 18-yard reception. As a freshman, started at fullback in the team's first three games. Finished with 14 carries for 36 yards and a pair of touchdowns and caught seven passes for 151 yards and a score.

PERSONAL: Two-time All-State selection as a tailback at The King Academy (West Palm Beach, Fla.). Rushed for 2,294 yards and 39 touchdowns as a senior. Also lettered in basketball. Married to Bethann (7/14/02) and had first daughter, Ava, April 1, 2004.

OFF THE FIELD

Heath visited Veteran's Hospital in Seattle. Since joining Seattle in 2001, he has made countless visits to numerous hospitals in the area.

EVANS' NFL RECORD

Club	G/S	Rushing					Receiving				
		Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2001 Seattle	16/0	2	11	5.5	7	0	0	0	0.0	0	0
2002 Seattle	16/1	17	53	3.1	8	0	8	41	5.1	13	0
2003 Seattle	14/0	7	24	3.4	8	0	2	34	17.0	20	0
NFL TOTALS	46/1	26	88	3.4	8	0	10	75	7.5	20	0

HEATH EVANS' ADDITIONAL STATISTICS

Special Team Tackles: 2001 -5, 2002 -1, 2003 -1; Career Totals: 7

Kickoff Returns: Returned 10 for 138 yards (13.8 avg.) with a long of 20.

CHRIS GRAY

GUARD
6-4 308

62

AUBURN
12TH NFL SEASON
7TH SEAHAWKS SEASON
UFA (CHICAGO) 1998

2003 GAMES/STARTS: 16/16
CAREER GAMES/STARTS: 145/107
JUNE 19, 1970
BIRMINGHAM, ALABAMA



VETERANS

2003: Started all 16 games at right guard assisting RB Shaun Alexander in establishing a career high with 1,435 rushing yards. Seattle's 125.6 rushing avg./game was the most since 1995 (136.1). Offense ranked sixth in the NFL (10th rushing, 7th passing). Helped QB Matt Hasselbeck set franchise record and rank fourth in the NFL in passing yards (3,841). Part of an offensive line that didn't allow a sack versus Detroit (11/16), just the second time since 11/18/01 at Buffalo.

PRO: Entered the NFL as a fifth-round draft choice (132nd overall) of the Miami Dolphins in 1993. Played in 42 games with 23 starts for Miami from 1993-96. Moved to right guard in 2001 from center where he had started 34 games from 1998-2000. **1993:** Saw action in five games as a rookie. Was inactive for 10 games and did not play in another. **1994:** Played in all 16 games and both playoff contests. Started two games. Made first NFL start versus L.A. Raiders (10/16). **1995:** Started the first 10 games before suffering a season-ending left ankle injury versus New England (11/12). Placed on injured reserve (11/15). Underwent surgery to repair ligament damage (11/17). **1996:** Returned from ankle injury

OFF THE FIELD

Chris served as the honorary coach at the Special Olympics Football Clinic held annually at the Seahawks practice facility.

and started the first 11 games. Suffered a broken ankle at Houston (11/17) and missed the remainder of the season. **1997:** Played in eight games with

two starts for the Chicago Bears after signing as a free agent (9/10). Signed as a free agent with the Seahawks April 15, 1998. **1998:** Started the final eight games of the season replacing an injured Kevin Glover

(back) at center. Inactive versus Oakland (11/1) with a concussion. Helped pave the way for a 105-yard rushing day for Ricky Watters in his first start versus Kansas City (11/8). Part of an offensive line that was instrumental in Watters setting a career-high with 178 yards versus Indianapolis (12/20). Served as the deep snapper for field goals and extra points all season. Jason Kyle served as the deep snapper versus Oakland (11/1), when Gray was inactive. **1999:** Started 10 games at center and played in all 16. Handled snapping duties for field goals and PATs. Took over starting job at center for the remainder of the season for an injured Kevin Glover (blood clot) at Green Bay (11/1). Part of an offensive line that helped Watters rush for a 125 yards at Green Bay on Monday night football (11/1). Helped Watters' rush for a season-high 133 yards versus Cincinnati (11/7). **2000:** Started 16 games for the first time in his career. Entered the season as the starting center for the first time with the Seahawks. Helped Watters average 4.5 yards per carry and Alexander average 4.9 (second among rookies in 2000). Part of an offensive line that did not allow a sack in back to back games at Atlanta (12/3) and at Denver (12/10)--the first time that has been accomplished for the Seahawks in 324 games. **2001:** Started all 16 games for the second consecutive season. Started every game at right guard and became part of a solid front line that helped Alexander rush for 1,318 yards and a league-leading 14 touchdowns. Part of starting unit versus Oakland (11/11) that helped Alexander to the fourth-best rushing game in NFL history (266 yards) and helped set a franchise record with 319 rushing yards as a team. **2002:** Only one of two Seattle offensive linemen to start all 16 games (Robbie Tobeck). Started first four games at right guard before starting the final 12 games at left guard for injured Steve Hutchinson (leg). Helped solidify an offensive line that helped Alexander set a franchise record with 18 total touchdowns

and 16 rushing scores. Provided solid protection for quarterback Matt Hasselbeck's four 300-plus yard passing games over the final six games of the season. Made the switch to left guard in the third quarter versus Minnesota (9/29), a game in which the line didn't allow a sack, the first game since 11/18/01 at Buffalo.

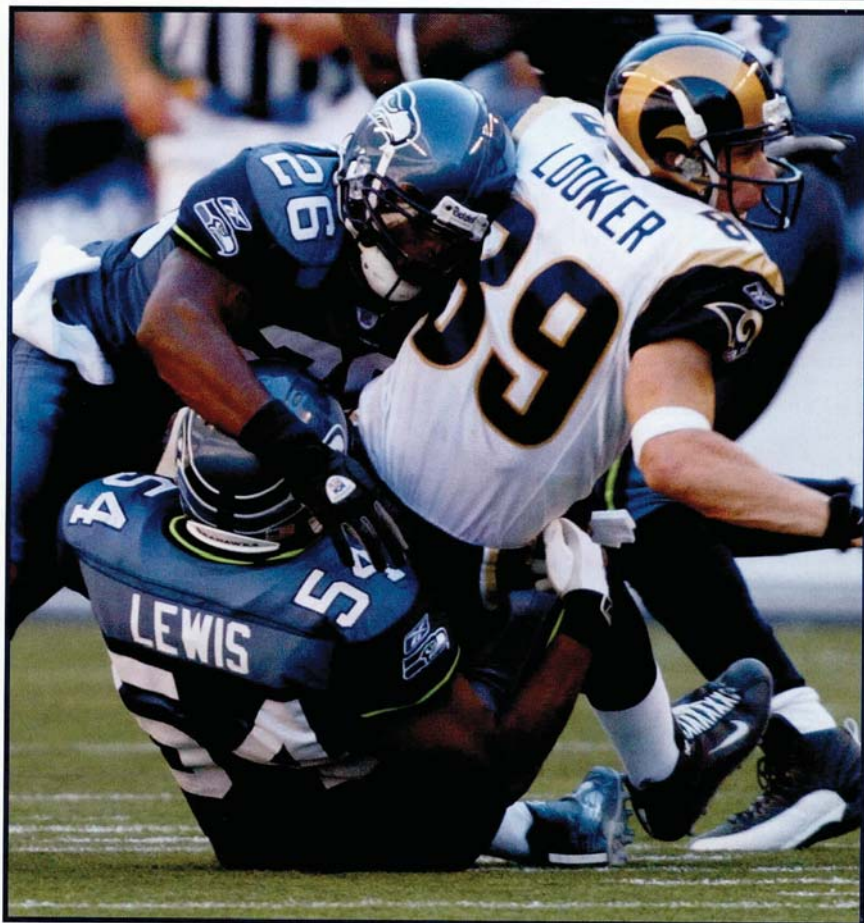
COLLEGE: Four-year letterman and two-year starter at Auburn. Second-team All-America and first-team all-SEC selection as a senior. Also

earned all-SEC academic honors. Played left tackle as a junior and senior starting every game. Split time between tackle and tight end in first two seasons. Received a B.S. Degree in Marketing.

PERSONAL: Lettered in football at Homewood High in Birmingham, Ala. Played tight end and defensive end. He and his wife, Julie, live in Plantation, Fla. They have a daughter, Grace (5/6/99) and son, Matthew (5/25/01).

GRAY'S NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
1993	Miami	—	5/0		1999	Seattle	—	16/10	1/1
1994	Miami	—	16/2	2/0	2000	Seattle	—	16/16	
1995	Miami	—	10/10		2001	Seattle	—	16/16	
1996	Miami	—	11/11		2002	Seattle	—	16/16	
1997	Chicago	—	8/2		2003	Seattle	—	16/16	
1998	Seattle	—	15/8		NFL TOTALS		—	145/107	
					POSTSEASON				3/1



Hamlin and D.D. Lewis converged on Rams WR Dane Looker to force a fourth-quarter interception which led to a game-winning touchdown drive.

KEN HAMLIN

VETERANS



SAFETY
6-2 **209**
ARKANSAS
2ND NFL SEASON
2ND SEAHAWKS SEASON
2ND ROUND 2003
2003 GAMES/STARTS: 16/14
CAREER GAMES/STARTS: 16/14
JANUARY 20, 1981
MEMPHIS, TENNESSEE

26

2003: Started 14 of 16 games played as a rookie earning a place on *Pro Football Weekly's* All-Rookie Team. Finished second on team with 96 tackles (Anthony Simmons 100) and totaled 10 passes defended. Started all regular season games except Pittsburgh (11/2) and at Baltimore (11/23). Did not start playoff game at Green Bay (1/4/04), but saw time at safety and on special teams. Made first career start versus New Orleans (9/7) and totaled five tackles while garnering national attention after knocking off Donte' Stallworth's helmet on a hit over the middle. Followed debut with a performance that

OFF THE FIELD

Ken attended the Community in Schools First & Goal Luncheon to honor select students who set and achieved personal goals during the school year.

earned NFC Defensive Player of the Week at Arizona (9/14). Finished second on team with eight tackles and had a hand in four of club's six take-aways. On the first play of the

game, forced a fumble that was recovered setting up Seattle's first score. The next series he batted a ball in the air that was intercepted by Reggie Tongue. Again, the very next series he declassified Anquan Boldin forcing the ball into the air only to be picked off by Chad Brown. Late in the fourth quarter, he intercepted a pass deep in Seahawks territory to preserve a 38-0 shutout. Finished second with seven tackles the following week versus St. Louis (9/21). Helped Seattle to victory by sandwiching Rams' Dane Looker and forcing the ball in the air for an interception late in the fourth quarter. Had a pass defended later to keep St. Louis out of field goal range. Led team with career-high 11 tackles at Green Bay (10/5). Had two total special teams tackles on the season.

PRO: Selected with the 10th pick in the second

round (42nd overall) and is only the second player drafted by the Seahawks from the University of Arkansas (Bobby Joe Edmonds, 1986). **HONORS: 2003:** *Pro Football Weekly All-Rookie Team; NFC Def. Player of the Week 2.* **COLLEGE:** Left college following his junior season and touted as the best defensive player in school history since Steve Atwater (1985-88). A Bronko Nagurski National Defensive Player of the Year nominee, became the first player in school history to record more than 100 tackles in a season three times. Recorded 381 tackles (221 solo), breaking the old school career-record of 367 tackles by Cliff Powell (1967-69). Caused eight fumbles and recovered five, deflected 28 passes and intercepted nine while playing in 36 games. As a redshirt junior, an All-American first-team selection by *The NFL Draft Report* and *The Sporting News*. Nominated for the Jim Thorpe Award, given to the nation's premier defensive back. Collected a career high 22 tackles (nine solo) versus Troy State. Only Cliff Powell (24) and Ronnie Caveness (23) had more tackles in a game for the Razorbacks. All-American second-team choice by *The NFL Draft Report* and All-Southeastern Conference first-team pick as a sophomore. Was a Freshman All-American choice by *The Sporting News* and *Football News*. Named to the SEC Coaches' Freshman All-SEC teams. Became the first freshman and only the second defensive back in school history to lead Arkansas in tackles, posting 104 tackles (57 solo).

PERSONAL: Attended Fraysay (Memphis, Tenn.) High. Accounted for 2,327 all-purpose yards during his senior season, including 1,276 rushing and 380 receiving as he ran for 16 touchdowns and made 136 tackles (96 solo), and eight interceptions as a safety. Class 3A Player of the Year. Also lettered in track and baseball. Member of the National Honor Society and was the senior class vice president. Majored in business education.

SINGLE-GAME HIGHS

Tackles: 11, at Green Bay 10/5/03
Interceptions: 1, at Arizona 9/14/03

Forced Fumbles: 1, 2 Times (Last at Minn. 12/7/03)
Fumble Recoveries: 1, San Francisco (10/12/03)

ADDITIONAL STATISTICS

Special Teams Tackles: 2003 -2, Career: 2.

HAMLIN'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions				PD	FF	FR	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG				TD
2003 Seattle	16/14	96	76	20	0.0	0.0	1	2	2.0	2	0	10	2	1
NFL TOTALS	16/14	96	76	20	0.0	0.0	1	2	2.0	2	0	10	2	1

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions				PD	FF	FR	
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG				TD
2003 Seattle	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0

RYAN HANNAM



TIGHT END

6-2 248

NORTHERN IOWA

3RD NFL SEASON

3RD SEAHAWKS SEASON

5TH ROUND (B) 2002

2003 GAMES/STARTS: 5/0

CAREER GAMES/STARTS: 20/0

FEBRUARY 24, 1980

ST. ANSGAR, IOWA

83

2003: Played in five games before being placed on injured reserve (right knee) October 31. Was inactive (knee) in the opener versus New Orleans (9/7) and at Cincinnati (10/26). Injured knee versus Chicago (10/19). Did not total any catches, but returned first-career kickoff 17 yards versus San Francisco (10/12).

PRO: Selected second of three fifth-round picks (169th overall) by the Seahawks in the 2002 draft. Second tight end selected by the Seahawks in the draft and 14th in Seahawks history. **2002:** Played in 15 games on special teams including eight at tight end. Had one reception on the season (at Arizona, 11/10) for a 16-yard touchdown. Was inactive (flu) at Dallas (10/27). Had six total special teams tackles.

COLLEGE: Three-year starter at Northern Iowa. Collected 86 catches for 957 yards and seven touchdowns in 47 career games. Named All-Gateway Conference first team. After starting all 14 games, finishing second on the team with a career-high 43 receptions for 404 yards (9.4 avg.) as a senior. Closed his career

with four catches for 22 yards against Montana in the Division I-AA Championship game. As a junior, earned All-Gateway Conference honorable mention and All-Academic pick. Earned honorable mention academic all-conference as a sophomore. Played in every game, started four, and was the team's fifth leading receiver with 23 catches for 253 yards (11.0 avg.) and five touchdowns.

PERSONAL: Earned four letters in football, baseball and track, and three in basketball at St. Ansgar (Iowa) High School. Was a three-time All-District pick on the defensive line. National Honor Society Member. Son of Paul and Lowana Hannam. Resides in St. Ansgar, Iowa.

OFF THE FIELD

Ryan volunteered his time at the Special Olympics Golf Tournament held at Fort Lewis. He helped encourage and motivate the golfers.

HANNAM'S NFL RECORD

Club	G/S	Receiving					Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
2002 Seattle	15/0	1	16	16.0	16t	1	0	0	0.0	0
2003 Seattle	5/0	0	0	0.0	0	0	0	0	0.0	0
NFL TOTALS	20/0	1	16	16.0	16t	1	0	0	0.0	0

ADDITIONAL STATISTICS

Special Team Tackles: 2002 -6, 2003 -0, Career Totals: 6

Kickoff Returns: Returned one kickoff for 17 yards.

MATT HASSELBECK



QUARTERBACK
6-4 223
BOSTON COLLEGE
6TH NFL SEASON
4TH SEAHAWKS SEASON
TRADE (GREEN BAY) 2001
2003 GAMES/STARTS: 16/16
CAREER GAMES/STARTS: 77/38
SEPTEMBER 25, 1975
WESTWOOD, MASS.

8

VETERANS

2003: Validated one of the finest seasons by a quarterback in club history with a trip to the Pro Bowl after leading club to first-ever undefeated home record. Finished the season second in the NFC with a franchise-record 3,841 passing yards (behind Marc Bulger's 3,845) and tied Brad Johnson for second with 26 touchdown passes behind Brett Favre (32). Passer rating of 88.8 tied Aaron Brooks for third in the conference behind Daunte Culpepper (96.4) and Favre (90.4), while his rating on third down (107.3) was second in the NFC (3rd NFL). In addition to setting the club record for most passing yards in a single season (surpassing Warren Moon's 1997 total—3,678), he tied Moon's single-season club record for most completions

OFF THE FIELD

Matt was honored as the *Seattle Post-Intelligencer* Sports Star of the Year after leading the Seahawks to the playoffs and playing in his first Pro Bowl. He also was named the Seahawks NFL Man of the Year.

(313). Tied own record for most 300-yard games in a season (4). Total of 26 touchdown passes rank third on the club's all-time single-season list, while becoming the first quarterback since Rick Mirer in 1993 to start all 16 games. Posted at least an 85.0 passer rating 10 times, including the opener versus New Orleans (9/7) where a 99.4 rating was the result of two touchdowns and no interceptions. Had another two-touchdown performance (110.6 rating) the following week at Arizona (9/14) that included touchdown passes of 55 and 66 yards to Darrell Jackson. Led Seattle back from a 23-10 fourth-quarter deficit to defeat St. Louis (9/21) 24-23. Completed a 3-yard touchdown pass to Koren Robinson with one minute to play for the go-ahead score. Also rushed for season-high 28 yards in that game. Led team to a Sunday night football victory over San Francisco (10/12). Led

team on another game-winning drive versus Chicago (10/19) after directing a seven-play, 72-yard drive that resulted in the go-ahead touchdown with :58 to go. Completed 19 of 27 passes for 215 yards, a touchdown and interception in that game. Passed for season-high 347 yards and tied season high with 26 completions at Cincinnati (10/26), but also threw a season-high three interceptions after attempting a season-high 43 passes. Enjoyed a sweet November compiling a 107.4 passer rating during the month after tossing 11 touchdowns to just two interceptions. Led Seattle to a 3-0 home record during the month, passed for at least 300 yards three times and took Seattle's offense from 11th to 4th overall. Against Pittsburgh (11/2), posted a 152.1 rating in the second half completing 10 of 15 passes for 139 yards and a touchdown. Posted career-best completion percentage (75.0, 21 of 28) versus Detroit (11/16). Earned NFL/FedEx Air Player of the Week in one of the guttiest performances of career at Baltimore (11/23) against the NFL's 3rd-rated pass defense. Tied Moon and Dave Krieg's team record with five touchdown passes. Completed 23 of 41 passes for 333 yards and a 122.3 passer rating. Connected with Jackson for a career-long 80-yard touchdown. Repeated as NFL/FedEx Air Player of the Week after completing 26 of 35 attempts (74.3%) for 328 yards, three touchdowns and an interception the following week versus Cleveland's (11/30) 2nd-rated pass defense. The game marked the first time in Seattle history with a 300-yard passer, 100-yard rusher (Shaun Alexander-127), and two 100-yard receivers (Robinson-122, Jackson-102). Ended regular season with a 315-yard performance in victory over the 49ers (12/27). Set club postseason record with 305-yard game at Green Bay (1/4/04). Also set club postseason record with 25 completions and 45 attempts.

PRO: Became the Seahawks all-time, highest-rated passer (83.9) in 2003 passing Dave Krieg (82.3). Has 1,282 career attempts and 769 completions for 9,084 yards, 50 touchdowns, and 33 interceptions. Has totaled eight career 300-yard games in just 38 starts, a plateau it took Krieg, Seat-

tle's leader in that category (11), 83 starts to reach and Jim Zorn (9) 77 starts. Joined the Seahawks March 2, 2001, via trade with Green Bay. Seattle received Hasselbeck and the Packers' 2001 first-round draft choice (17th overall-Steve Hutchinson) in exchange for Seattle's 10th selection in the first round and a third-round choice. An original 1998 sixth-round draft choice of the Packers during Mike Holmgren's reign in Green Bay. Spent the 1998 season on the practice squad before re-signing with the Packers as a free agent in February of 1999. Has played in 77 career games, 44 at quarterback, mostly as the holder for the extra point and field goal units during his first three seasons. **1998:** Spent the entire season on the Packers' practice squad. **1999:** Won the role of backup with an impressive preseason performance. Played in all 16 games as the holder for extra point and field goal teams and saw action in four games at quarterback. Attempted 10 passes, completing three for 41 yards and a touchdown, without an interception. First NFL touchdown pass came on a fake field goal attempt at Minnesota (12/20) with a 9-yard toss. First NFL action came in the fourth quarter in a 31-3 victory at San Diego (10/24). **2000:** Played in all 16 games serving primarily as the holder on the extra point and field goal units for the Packers. Saw action under center in four games backing up Brett Favre for a second straight year. Completed 10 of 19 passes for 104 yards and one touchdown without an interception for a 86.3 passer rating. Replaced an injured Favre (foot) in the third quarter versus Tampa Bay (11/12) and posted career highs with nine completions on 18 attempts for 93 yards. Threw a 27-yard touchdown pass off a fake field-goal attempt in that game. Played the final two series at Arizona (9/24) in his initial action of the season and completed his only attempt for 11 yards. Subbed for Favre late in the game at Chicago (12/3), but did not throw a pass and was sacked once. Saw action late in the game versus Detroit (12/10) and did not attempt a pass. **2001:** Opened season as starter and finished starting 12 of 13 games played. Attempted 321 passes completing 176 (54.8%) for 2,023 yards, seven touchdowns, and eight interceptions for a 70.9 rating. Rushed 40 times for 141 yards, most rushing yards by a quarterback since Rick Mirer's 191 in 1996. Had a string of 123 pass attempts without an interception, tied for the seventh longest streak in team history. Did not start versus Jacksonville (10/7) or Denver (10/14) because of a groin injury suffered at Oakland (9/30). Did not

start final two games of the season at San Diego (12/30) or versus Kansas City (1/6/02) due to a shoulder injury. Returned from groin injury to start versus Miami and had finest game of the season completing 16 of 28 attempts for 230 yards and two touchdowns for a 107.7 rating. Completed six of 12 passes for 127 yards and two interceptions at Washington (11/4), but was relieved by Trent Dilfer to open the second half. Versus Oakland (11/11), complemented Shaun Alexander's 266-yard rushing performance by completing 15 of 23 passes for 181 yards and a touchdown. Attempted a career-high 37 passes at Denver for a career-high 243 yards with one touchdown and two interceptions. **2002:** Started 10 games after entering camp as the team's second quarterback behind Dilfer. Started the season opener at Oakland (9/8) for Dilfer (knee) before taking over the remainder of the season after Dilfer suffered a season-ending Achilles injury at Dallas (10/27). Completed 267 of 419 passes for 3,075 yards, 15 touchdowns and 10 interceptions for an 87.8 passer rating. Passed for more than 300 yards four times and surpassed 400 yards twice, both club records for a single season. Set team marks for completions (36) and yards (449) at San Diego (12/29) after attempting a franchise record 55 passes at San Francisco (12/1). Completion percentage (63.7) was tops in the NFC (5th NFL) and 87.8 passer rating was second in the NFC (6th NFL). Led an offense that averaged an NFL-high 476-yards/game over the final six games, which included a franchise record three 500-yard games. Guided club to victory in four of final six contests, including final three, the second most consecutive victories to close out a season and most since five in 1986. Versus Kansas City (11/24), completed 25 of 36 passes for a then career-high and NFL week 12 best 362 yards with a career-best three touchdowns for a 129.6 rating. The career performance only lasted one week after passing for a franchise-record 427 yards on a club-high 55 attempts at San Francisco (12/1). Set a personal high with 30 completions, third-most in team annals, while tying a personal mark with three touchdown passes. Became just the second quarterback in team history to throw for 300 yards in back to back games, joining Jim Zorn who did that twice (1979 & 1981), and the first Seahawks quarterback to throw for multiple 300-yard games in the same season since Krieg in 1985. Led team to 32 first downs versus Kansas City, and combined with the Chiefs' 32 set an NFL record for most in one game (64). Also led Seat-

tle to 534 total yards in that game, first time eclipsing 500 team yards since October 26, 1997, versus Oakland. Led team to 507 yards versus San Francisco, the first time Seattle has ever posted back-to-back 500-yard games. Passed for 303 yards and a touchdown versus St. Louis (12/22) and 298 yards with a touchdown at Atlanta (12/15). In record-breaking season finale at San Diego, scored first-career rushing touchdown on a 1-yarder with one second remaining in regulation to send the game into overtime.

HONORS: 2003: NFC Pro Bowl. Seattle Post Intelligencer Sports Star of the Year; FedEx Air Player of the Week 12 & 13.

COLLEGE: Four-year letterman and two-year starter at Boston College. Finished fifth on the Eagles' career passing list with 4,548 yards, completing 390 of 701 passes with 22 touchdowns and 26 interceptions. Started 21 games while playing in 37. Completed 188 of 305 passes for 2,239 yards and 11 touchdowns with 10 interceptions as a senior, when he was the co-winner of the 'Thomas F. Scanlon Award' as the outstanding senior scholar-athlete. Threw for 277 yards in a 22-of-33 performance, that included a school-record 14 consecutive completions, versus Notre Dame. Completed 31 of 46 attempts for a career-high 393 yards and three touchdowns in his final collegiate game in a victory over Army. As a junior, he hit on 171 of 330 passes for 1,990 yards and nine touchdowns with nine interceptions. Came off the bench to lead the team to a come-from-behind victory over Hawaii

in the season opener. Started the next 10 games before separating his right shoulder, causing him to miss the season finale versus Miami (Fla.). Served as the Eagles' backup quarterback as a sophomore. Played in 11 games with one start. Completed 27 of 60 passes for 280 yards and two touchdowns, with seven interceptions. Saw action in five games as a redshirt freshman. Received a B.S. Degree in Marketing and Finance.

PERSONAL: Was an honorable mention All-American selection by *USA Today* as a senior at Xaverian Brothers High School in Westwood, Mass. Also garnered All-East honors from *Blue Chip Illustrated* and All-New England honors from *SuperPrep*. A two-year starter, he completed 90 of 120 passes for 1,490 yards and seven touchdowns as a senior. Also ran for 400 yards and three touchdowns en route to capturing conference title and runner-up in Massachusetts' Division I-A Super Bowl. Also won three letters in basketball and two in baseball. Competed in CBS' version of the "NFL Quarterback Challenge" over the 2003 offseason and finished in first place. Father Don, played tight end in the NFL nine seasons with the Patriots (1977-83), Raiders (1983), Vikings (1984), and Giants (1985). Younger brother Tim was the starting quarterback for Boston College and started five games for the Washington Redskins last season. Youngest brother Nathanael currently attends Boston College and plays wide receiver. Married college sweetheart Sarah (6/17/2000) and has two daughters, Annabelle (10/16/01) and Malory (2/12/03).

HASSELBECK'S NFL RECORD

Year	Club	G/S	Att	Passing					Sacked	Rate	
				Comp	Yds	Pct	TD	Int			LG
1998	Green Bay			Practice Squad							
1999	Green Bay	16/0	10	3	41	30.0	1	0	19	1/9	77.5
2000	Green Bay	16/0	19	10	104	52.6	1	0	27t	1/2	86.3
2001	Seattle	13/12	321	176	2,023	54.8	7	8	64	38/251	70.9
2002	Seattle	16/10	419	267	3,075	63.7	15	10	49	26/143	87.8
2003	Seattle	16/16	513	313	3,841	61.0	26	15	80t	42/246	88.8
TOTALS		77/38	1,282	769	9,084	60.0	50	33	80t	108/651	83.9

Year	Club	G/S	Att	Rushing				Sacked	Rate
				Yds	Avg	LG	TD		
1998	Green Bay			Practice Squad					
1999	Green Bay	16/0	6	15	2.5	13	0		
2000	Green Bay	16/0	4	-5	-1.3	-1	0		
2001	Seattle	13/12	40	141	3.5	17	0		
2002	Seattle	16/10	40	202	5.1	21	1		
2003	Seattle	16/16	36	125	3.5	18	2		
TOTALS		77/38	126	478	3.8	21	3		

POSTSEASON RECORD

Year	Club	G/S	Att	Passing					Sacked	Rate	
				Comp	Yds	Pct	TD	Int			LG
2003	Seattle	1/1	45	25	305	55.6	0	1	34	2/14	67.4
TOTALS		1/1	45	25	305	55.6	0	1	34	2/14	67.4

SINGLE-GAME HIGHS

Attempts: 55*	at San Francisco	(12/1/02)
Completions: 36*	at San Diego	(12/29/02)
Yards: 449*	at San Diego	(12/29/02)
Longest, no TD: 64	vs. Miami	(10/28/01) to Darrell Jackson
Longest TD: 80	at Baltimore	(11/23/03) to Darrell Jackson
Most TDs: 5**	at Baltimore	(11/23/03)
Interceptions: 3	at Cincinnati	(10/26/03)
Rushes: 7	at San Diego	(12/29/02)
Rushing Yds.: 62	vs. Philadelphia	(12/8/02)
Longest Rush: 21	at San Diego	(12/29/02)
Rushing TD: 1, 3 Times	last vs. Detroit	(11/16/03)

*Club Record, **Ties Club Record

HASSELBECK VS. THE NFL (REGULAR SEASON GAMES STARTED ONLY)

TEAM	GAMES	ATT	COMP	Yds	PCT	TD	INT	LG	SACK	RATE
Arizona	3	74	48	614	64.9	4	1	66t	4/17	103.1
Atlanta	1	31	22	298	71.0	1	0	35	2/0	112.0
Baltimore	1	41	23	333	56.1	5	0	80t	6/40	122.3
Buffalo	1	23	16	134	70.0	1	0	21	0/0	98.8
Carolina	-	-	-	-	-	-	-	-	-	-
Chicago	1	27	19	215	70.1	1	1	32	2/4	90.8
Cincinnati	1	43	26	347	60.5	3	3	46t	2/6	80.3
Cleveland	2	69	46	506	66.7	3	3	34	6/42	84.6
Dallas	1	25	13	152	52.0	0	0	27	1/13	70.8
Denver	2	73	39	423	53.4	1	4	39	10/63	52.5
Detroit	1	28	21	207	75.0	1	0	34t	0/0	107.3
Green Bay	1	39	23	225	58.9	0	1	24	2/10	64.6
Houston	-	-	-	-	-	-	-	-	-	-
Indianapolis	-	-	-	-	-	-	-	-	-	-
Jacksonville	-	-	-	-	-	-	-	-	-	-
Kansas City	2	62	41	524	66.1	4	0	44	4/31	113.9
Miami	1	28	16	230	57.1	2	0	64	4/24	107.7
Minnesota	1	34	17	218	50.0	0	2	29	3/16	46.0
New England	-	-	-	-	-	-	-	-	-	-
New Orleans	1	23	12	137	52.2	2	0	35t	3/18	99.4
NY Giants	1	26	15	185	57.7	1	1	42	3/24	76.6
NY Jets	-	-	-	-	-	-	-	-	-	-
Oakland	3	83	52	503	62.7	3	1	31	10/47	86.6
Philadelphia	2	69	33	285	47.8	2	3	20	11/69	50.7
Pittsburgh	1	31	18	215	58.1	1	0	43	5/24	90.1
St. Louis	3	108	63	805	58.3	4	2	44	6/62	86.4
San Diego	2	88	55	651	62.5	2	2	49	5/31	83.1
San Francisco	3	119	71	949	59.7	6	5	39	5/31	84.3
Seattle	-	-	-	-	-	-	-	-	-	-
Tampa Bay	-	-	-	-	-	-	-	-	-	-
Tennessee	-	-	-	-	-	-	-	-	-	-
Washington	3	85	53	632	62.4	1	3	49	9/61	74.2
Totals	38	1,229	742	8,788	60.4	48	32	80t	103/633	84.4

HASSELBECK'S GAME-BY-GAME PASSING

1998		PASSING									W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
Practice Squad												
1999		PASSING									W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score
10/24	at San Diego	(P)	3	0	0	0.0	0	0	0	0	W	31-3
11/01	Seattle	(P)	6	2	32	33.3	0	0	19	1/9	L	27-7
12/20	Minnesota	(P)	1	1	91	100.0	1	0	9	0	L	24-20
1999	TOTALS	*(16/0)	10	3	41	30.0	1	0	19	1/9		

2000		PASSING										W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score	
09/24	at Arizona	(P)	1	1	11100.0	0	0	0	0/0	0/0	W	29-3	
11/12	at Tampa Bay	(P)	18	9	93	50.0	1	0	27t	1/2	L	20-15	
2000	TOTALS	*(16/0)	19	10	104	52.6	1	0	27t	1/2			
2001		PASSING										W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score	
09/09	at Cleveland	(S)	34	20	178	58.8	0	2	34	4/28	W	9-6	
09/23	Philadelphia	(S)	24	9	62	37.5	0	0	19	7/41	L	3-27	
09/30	at Oakland	(S)	28	14	167	50.0	0	1	21	6/32	L	14-38	
10/07	Jacksonville				Inactive						W	24-15	
10/14	Denver	(P)	0	0	0	0.0	0	0	0	0/0	W	34-21	
10/28	Miami	(S)	28	16	230	57.1	2	0	64	4/24	L	20-24	
11/04	at Washington	(S)	12	6	127	50.0	0	2	49	2/17	L	14-27	
11/11	Oakland	(S)	23	15	181	65.2	1	0	31	1/3	W	34-27	
11/18	at Buffalo	(S)	23	16	134	70.0	1	0	21	0/0	W	23-20	
11/25	at Kansas City	(S)	26	16	162	61.5	1	0	28t	3/23	L	7-19	
12/02	San Diego	(S)	35	19	202	54.3	0	0	45	2/10	W-ot	13-10	
12/09	at Denver	(S)	37	17	243	45.9	1	2	39	5/36	L	7-20	
12/16	Dallas	(S)	25	13	152	52.0	0	0	27	1/13	W	29-3	
12/23	at NY Giants	(S)	26	15	185	57.7	1	1	42	3/24	L	24-27	
12/30	at San Diego				Inactive						W	25-22	
01/06	Kansas City				Did Not Play						W	21-18	
2001	TOTALS	*(13/12)	321	176	2,023	54.8	7	8	64	38/251		#5-7	
2002		PASSING										W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score	
09/08	at Oakland	(S)	32	23	155	71.9	2	0	16	3/12	L	17-31	
09/15	Arizona				Special Teams Only								
09/22	at NY Giants				Special Teams Only								
09/29	Minnesota				Special Teams Only								
10/14	San Francisco				Special Teams Only								
10/20	at St. Louis	(P)	5	2	23	40.0	0	0	12	0/0	L	20-37	
10/27	at Dallas	(P)	19	12	131	63.2	0	1	34	1/7	W	17-14	
11/03	Washington	(S)	44	28	264	63.6	0	0	31	4/24	L	3-14	
11/10	at Arizona	(S)	31	23	260	74.2	1	0	27	1/5	W	27-6	
11/17	Denver	(S)	36	22	180	61.1	0	2	22	5/27	L	9-31	
11/24	Kansas City	(S)	35	25	362	69.4	3	0	44	1/8	W	39-32	
12/01	at San Francisco	(S)	55	30	427	54.5	3	2	39	0/0	L	24-31	
12/08	Philadelphia	(S)	45	24	223	53.3	2	3	20	4/28	L	20-27	
12/15	at Atlanta	(S)	31	22	298	71.0	1	0	35	2/0	W-ot	30-24	
12/22	St. Louis	(S)	32	20	303	62.5	1	0	44	2/11	W	30-10	
12/29	at San Diego	(S)	53	36	449	68.0	2	2	49	3/21	W-ot	31-28	
2002	TOTALS	*(16/10)	419	267	3,075	63.7	15	10	49	26/143		#5-5	
2003		PASSING										W/L	
Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Score	
09/07	New Orleans	(S)	23	12	137	52.2	2	0	35t	3/18	W	27-10	
09/14	at Arizona	(S)	19	8	175	42.1	2	0	66t	1/2	W	38-0	
09/21	St. Louis	(S)	39	22	256	56.4	2	1	35	4/36	W	24-23	
10/05	at Green Bay	(S)	39	23	225	58.9	0	1	24	2/10	L	13-35	
10/12	San Francisco	(S)	27	17	207	63.0	1	1	27	4/21	W	20-19	
10/19	Chicago	(S)	27	19	215	70.1	1	1	32	2/4	W	24-17	
10/26	at Cincinnati	(S)	43	26	347	60.5	3	3	46t	2/6	L	24-27	
11/02	Pittsburgh	(S)	31	18	215	58.1	1	0	43	5/24	W	23-16	
11/09	at Washington	(S)	29	19	241	65.5	1	1	37	3/20	L	20-27	
11/16	Detroit	(S)	28	21	207	75.0	1	0	34t	0/0	W	35-14	
11/23	at Baltimore	(S)	41	23	333	56.1	5	0	80t	6/40	L-ot	41-44	
11/30	Cleveland	(S)	35	26	328	74.3	3	1	32	2/14	W	34-7	
12/07	at Minnesota	(S)	34	17	218	50.0	0	2	29	3/16	L	7-34	
12/14	at St. Louis	(S)	37	21	246	56.8	1	1	27	2/15	L	22-27	
12/21	Arizona	(S)	24	17	179	70.8	1	1	28	2/10	W	28-10	
12/27	at San Francisco	(S)	37	24	315	64.9	2	2	31t	1/10	W	24-17	
2003	TOTALS	(16/16)	513	313	3,841	61.0	26	15	80t	42/246		10-6	
01/04	at Green Bay	(S)	45	25	305	55.6	0	1	34	2/14	L-ot	27-33	
Career Totals		(77/38)	1,282	769	9,084	60.0	50	33	80t	108/651		#20-18	
Playoff Totals		(1/1)	45	25	305	55.6	0	1	34	2/14		0-1	

Games with pass attempt listed
#Reflects games started only

MATT HILL



TACKLE

6-6

304

74

BOISE STATE

3RD NFL SEASON

3RD SEAHAWKS SEASON

5TH ROUND (C) 2002

2003 GAMES/STARTS: 13/2

CAREER GAMES/STARTS: 27/2

NOVEMBER 10, 1978

GRANGEVILLE, IDAHO

2003: Saw action in 13 games, mostly on special teams, with two starts at right tackle. First career start came versus St. Louis (9/21) in place of Pork Chop Womack (toe). Started the following game at Green Bay (10/5). Declared inactive versus Detroit (11/16), at Baltimore (11/23) and versus Cleveland (11/30).

PRO: Selected with the third pick in the fifth round (171st overall) by the Seahawks in the 2002 draft.

OFF THE FIELD

Matt appeared at the Jerry Wunsch's 12 K's of Christmas Run to meet fans and sign autographs. The 12 K's of Christmas helped raise money for Wunsch Family Foundation.

The selection marked the seventh consecutive draft the Seahawks have taken a tackle and marks the 27th tackle the Seahawks have drafted in 27 seasons. **2002:** Made NFL debut at Oakland (9/8), playing tackle on field goal/PAT unit. Saw time in 13 other games, some on special teams,

and was inactive at the New York Giants (9/22) and vs. Minnesota (9/29).

COLLEGE: Began at Boise State as a defensive tackle before being moved to the offensive line as a junior. Did not allow a sack in any games while manning the right tackle position. Named to the All-Western Athletic Conference first team his senior season. Helped an offense that ranked 14th in the nation, averaging 444.4 yards per game, including 275.3 passing yards. Earned All-Big West Conference second-team honors while starting every game at right tackle during his junior year. Played defense as a sophomore. Appeared in every game, starting 10 at defensive tackle and recorded 21 tackles (13 solo) with 1.5 sacks and three stops behind the line of scrimmage. Appeared in five games and finished with nine tackles and one pass deflection as a freshman. Redshirted as a true freshman.

PERSONAL: Earned three letters in football and four each in basketball and track at Grangeville High in Idaho. Was a two-time all-league selection at defensive end and also received all-state honors his junior and senior seasons. Married wife Chelsey, June 22, 2002.

OPENING ACTS

The Seahawks were the NFL's best in 2003 when it came to opening the game or half with a score. Seattle led the NFL scoring 59 points on the team's opening drive and also led the NFL with 100 points on their opening drives of the first and second halves.

OPENING DRIVE POINTS

1st Half	Total	TD	FG	# Scores
Seattle	59	8	1	9
Tennessee	49	5*	5	10
Green Bay	48	6	2	8
NY Jets	46	4	6	10
Cincinnati	42	6	0	6
2nd Half	Total	TD	FG	# Scores
Indianapolis	55	7	2	9
Houston	44	5	3	8
Carolina	42	4*	5	9
Seattle	41	5	2	7
Kansas City	41	5	2	7
Game	Total	TD	FG	# Scores
Seattle	100	13	3	16
Cincinnati	76	10	2	12
Tennessee	75	7	9	16
Green Bay	75	9	4	13
Denver	72	9	3	12

*denotes missed XP

BROCK HUARD



QUARTERBACK

6-4 232

WASHINGTON

6TH NFL SEASON

4TH SEAHAWKS SEASON

FA (INDIANAPOLIS) 2004

2003 GAMES/STARTS: 2/0

CAREER GAMES/STARTS: 8/4

APRIL 15, 1976

PUYALLUP, WASHINGTON

7

2003: Played in two games and completed two of three passes for 22 yards in limited action behind NFL Co-MVP Peyton Manning. Saw action at New Orleans (9/28) and versus Atlanta (12/14).

PRO: Re-joined the Seahawks in 2004 after spending two seasons with the Indianapolis Colts. An original 1999, third-round draft choice by the Seahawks, Huard spent the last two seasons with Indianapolis after the Seahawks traded him on April 19, 2002, for the Colts fifth-round draft choice that year (DT Rocky Bernard). Huard served as a backup in Indianapolis to 2003 NFL Co-MVP Peyton Manning. **1999:** Served as the team's third quarterback throughout his rookie season. Dressed for each game as the emergency QB, but did not see action.

2000: Was named the starter following a Monday Night loss at Kansas City (10/2). Started four games and played in five, completing 49 of 87 attempts for 540 yards, three touchdowns and two interceptions for a 76.8 rating. First career start came at Carolina (10/8) where he completed 19 of 34 passes for 172 yards with no touchdowns or interceptions. finest game of the season came the following week at his collegiate stadium versus Indianapolis (10/15), completing 19 of 26 passes for 226 yards, three touchdowns and one interception for a 121.6 rating. Started the following week at Oakland (10/22), but left the game in the second quarter with a concussion and missed the next three games. He returned to start versus Denver (11/26), but was sacked and left the game in the first quarter with a bruised kidney. Brother Damon started for the Dolphins at Indianapolis (11/26) marking the first time in NFL history two brothers started at quarterback on the same day. Was inactive the remaining six games. **2001:** Began the season as the third QB and saw action in one game for the Seahawks at Oakland (9/30) after injuries to Hasselbeck (groin/heel) and Dilfer (concussion). Was nine of 17 for 127 yards and

a touchdown in that game. Served as the backup QB versus Jacksonville (10/7) and at San Diego (12/30). **2002:** Served as the Colts backup all season but did not see action as QB Peyton Manning took every single season snap. Was active but did not play in postseason.

COLLEGE: One of the top quarterbacks ever to play for the Huskies. Set several school records previously held by older brother, **D a m o n**. Holds school marks for most career passing yards (5 , 7 4 2) , touchdowns passes (51) , 3 0 0 - y a r d games (4) , 2 0 0 - y a r d games (14) , a t t e m p t s

OFF THE FIELD

Having young children and feeling the need to be closer to home played a major role in Brock re-signing with the Seahawks in the offseason.

without an interception (151) and total yards per game (190.4). Named to the District VIII Academic All-American team final two seasons. Decided to forgo senior season. Appeared in nine games as a junior completing 168 of 315 passes for 1,924 yards and 15 touchdowns. Set school single-game highs versus USC with his 33 completions and 62 attempts. Claimed honorable mention All-Pac 10 honors as a sophomore and was a finalist for the Davey O'Brien National Quarterback Award while setting a school record 23 touchdown tosses. Moved into the starting role as a freshman in the third contest of the 1996 season and finished with 1,678 yards and 13 touchdowns.

PERSONAL: Gatorade's Circle of Champions National Player of the Year. All-State and Class AAA State Player of the Year playing under the tutelage of his father, Mike, at Puyallup (Wash.) High School. Added *Parade*, *Super Prep*, *Blue Chip Illustrated*, *ESPN*, *College Sports* and *Schutt* All-American honors while career num-

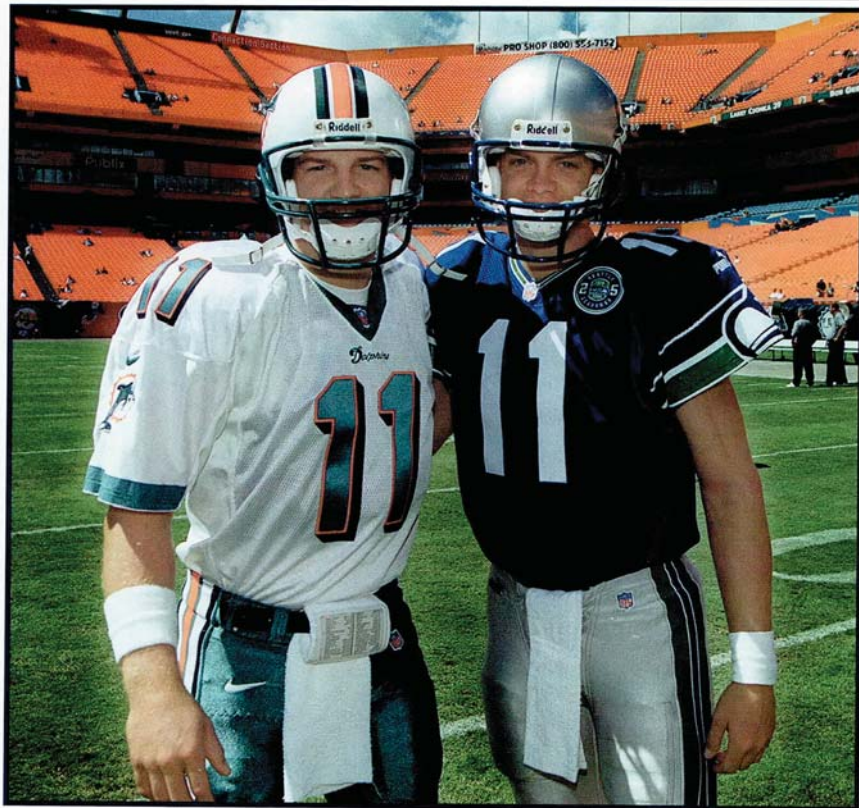
bers totaled 237 of 408 attempts for 3,857 yards and 45 touchdowns to only 10 interceptions. Lettered in basketball, averaging 8.1 points and 7.5 rebounds as a senior. Maintained a 4.0 grade point average as a psychology major at Wash-

ington. Younger brother, Luke, currently coaches at Interlake (Bellevue, Wash.) High School. Married to wife Molly, and has daughter Haley.

HUARD'S NFL RECORD

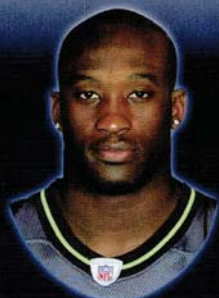
Year	Club	G/S	Att	Comp	Passing				Int	LG	Sacked	Rate
					Yds	Pct	TD	Yds				
1999	Seattle	0/0	0	0	0	00.0	0	0	0	0	00.0	
2000	Seattle	5/4	87	49	540	56.3	3	2	45	13/72	76.8	
2001	Seattle	1/0	17	9	127	52.9	1	0	44	1/5	96.9	
2002	Indianapolis	0/0	0	0	0	00.0	0	0	0	0/0	00.0	
2003	Indianapolis	2/0	3	2	22	66.7	0	0	13	1/3	88.2	
TOTALS		8/4	107	60	689	56.1	4	3	45	15/80	80.3	

Year	Club	G/S	Att	Yds	Rushing		
					Avg	LG	TD
1999	Seattle	0/0	0	0	0.0	0	0
2000	Seattle	5/4	5	29	5.8	10	0
2001	Seattle	1/0	1	11	11.0	11	1
2002	Indianapolis	0/0	0	0	0.0	0	0
2003	Indianapolis	2/0	3	8	2.7	9	0
TOTALS		8/4	9	48	5.3	11	1



Brock Huard and brother, Damon (left), became the first brothers to start at quarterback on the same day. Brock started versus Denver and Damon started for the Miami Dolphins at Indianapolis November 26, 2000.

ORLANDO HUFF



LINEBACKER
6-2 250
FRESNO STATE
4TH NFL SEASON
4TH SEAHAWKS SEASON
4TH ROUND (A) 2001
2003 GAMES/STARTS: 11/2
CAREER GAMES/STARTS: 39/9
AUGUST 14, 1978
UPLAND, CALIF.

57

2003: Endured an injury-plagued season, missing five contests due to knee and ankle injuries. Played in 11 games and started two in place of Randall Godfrey (chest, ribs) vs. Cleveland (11/30) and at St. Louis (12/14). In that Rams game, posted a season-high five tackles and the first sack of career that was good for a safety. It was the first safety since Tim Terry forced one vs. Dallas (12/16/01). Suffered an ankle injury and was declared inactive the final two games of the regular season. Credited with first career touchdown on a special teams fumble recovery in the endzone vs. St. Louis (9/21). In all, posted 20 tackles (16 solo), one sack and four special teams tackles.

PRO: Selected as the first of three fourth-round picks (104th overall) for the Seahawks in the 2001 draft. The fifth-highest outside linebacker selected by Seattle and highest since Terry Wooden was selected in the second round in 1990. **2001:** Saw action on special teams for 12 games and recorded seven special teams tackles. Made his NFL debut versus Denver (10/14). Forced a fumble versus Miami (10/28) that was recovered by Alex Bannister and led to a Seattle touchdown. **2002:** Began season coming in on goal-line situations and playing special teams. At Oakland (9/8), his first career forced fumble at the goal-line was picked up by Shawn Springs for a 71-yard return, the third longest in Seattle history. With an ankle injury to Isaiah Kacyvenski, started the final seven games of the season. Put up a career-high 10 tackles (seven solo) in his first start vs. Denver (11/17), including one pass defended and his second forced fumble of the season. The following week vs. Kansas City, he picked off his first career pass in the endzone to halt a Chiefs drive. Also added six tackles (four

solo) in that game. In all, collected 52 tackles (39 solo) along with eight special teams tackles for the season.

COLLEGE: Originally began playing college ball at Eastern Arizona Junior College, before transferring to Fresno State, where his brother performed on the wrestling team. Finished his career with 191 tackles and 14 quarterback sacks. Named All-Western Athletic Conference first-team choice after leading the team with 105 tackles and 10 sacks in his senior year. As a junior, played in every game, earning All-Western Athletic Conference first-team selection.

Finished tied for second on the team with 86 tackles and four sacks. Also forced and recovered one fumble and had two passes defended. Red-shirted his first

season for the Bulldogs. Spent two seasons at Eastern Arizona (Thatcher, Ariz.) JC. Earned All-Arizona Community College Athletic Conference and Arizona Junior College All-American first-team honors. Named Most Valuable Linebacker and Defensive Player of the Year at Eastern Arizona during his sophomore season.

PERSONAL: First-team All-Baseline Conference and All-Southern Selection during his career as a linebacker at Upland (Calif.) High earning Defensive Most Valuable Player accolades his final two years.

OFF THE FIELD

Orlando is a basketball junky who plays basketball twice a week during the off-season at the Bellevue Bally's Total Fitness and University of Washington.

HUFF'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2001 Seattle	12/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2002 Seattle	16/7	52	39	13	0.0	0.0	1	0	0.0	0	0	5	2	0
2003 Seattle	11/2	20	16	4	1.0	6.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	39/9	72	55	17	1.0	6.0	1	0	0.0	0	0	5	2	0

SINGLE GAME HIGHS

Tackles: 10 vs. Denver (11/17/02)

FF: 1 twice, last time vs. Denver (11/17/02)

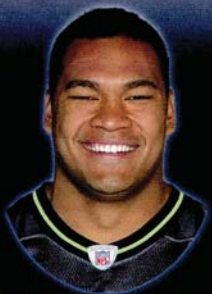
Sacks: 1.0 at St. Louis (12/14/03)

FR: None

Interceptions: 1 vs. Kansas City (11/24/02)

ADDITIONAL STATISTICS

Special Teams Stats: 2001 (7, FF), 2002 (8, FF), 2003 (4, FR for touchdown); Career: (19, 2 FF, FR)
 Postseason GP/GS: 1/0; Postseason statistics: None



WAYNE HUNTER

TACKLE
6-5 303

HAWAII
2ND NFL SEASON
2ND SEAHAWKS SEASON
3RD ROUND 2003
2003 GAMES/STARTS: 0/0
CAREER GAMES/STARTS: 0/0
JULY 2, 1981
HONOLULU, HAWAII

73

2003: Declared inactive for all 16 games and the Wild Card Game at Green Bay (1/4/04).

PRO: Selected with the ninth pick of the third

OFF THE FIELD

Wayne treated the entire Seahawks Academy 2004 graduating class to dinner at Morton's Steakhouse in Seattle.

round (73rd overall). He was the 32nd tackle taken by the Seahawks in draft history, but is only the tenth taken in the third round or higher.

COLLEGE:

Former defensive lineman who began his career at the University of California before transferring to Hawaii. Bothered by back problems as a

sophomore, moving to the offensive line in 2002. Started all year at left offensive tackle position in his final season, registering 69 knockdowns for an offense that averaged 386.1 yards per game. As a third-year sophomore, appeared in 11 games at right defensive tackle for Hawaii, starting the first two contests. Recorded 12 tackles (seven solo) with a stop behind the line of scrimmage. At Cal, played eight games as a reserve defensive tackle at the University of California, recording 14 tackles with 1.5 sacks for 16 yards and five stops for losses of 20 yards.

PERSONAL: Attended Radford (Honolulu, HI) High. Earned three letters each in football, basketball and track. All-American selection by *Prep Star*. Has daughter Shaylyn (8/25/03).

HUNTER'S NFL RECORD

Games Played/Games Started: 2003 (0/0) Career: 0/0

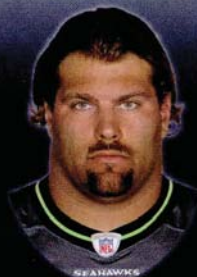
3RD-AND-AUTOMATIC

Since 2000, the Seahawks have finished in the top 10 in third-down conversion percentage three times, including tops in the NFL in 2003 (46.8). Seattle finished sixth in 2002 (43.1), and 10th in 2000 (40.5). Along with Seattle, only Indianapolis, Minnesota, St. Louis, San Francisco and Tennessee have finished in the top 10 at least three times since 2000.

2003 3RD-DOWN CONVERSION LEADERS

Team	Made	Att.	Pct.
1. Seattle	96	205	46.8
2. Minnesota	102	219	46.6
3. New Orleans	106	229	46.3
4. Cincinnati	102	228	44.7
5. St. Louis	92	216	42.6

STEVE HUTCHINSON



GUARD

6-5

313

76

MICHIGAN

4TH NFL SEASON

4TH SEAHAWKS SEASON

1ST ROUND (B) 2001

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 36/36

NOVEMBER 1, 1977

FORT LAUDERDALE, FLA.

2003: Returned from a broken leg in 2002 to form one of the best left sides in football along with T Walter Jones. Started all 16 games and the Wild Card Game. Named to his first Pro Bowl, becoming only the second Seattle offensive lineman (Jones) to earn that honor. Was one of five Pro Bowlers last season, the most since Seattle sent five in 1987. Also earned All-Pro status by *The Associated Press*, becoming only the ninth player in franchise history to earn All-Pro first-team honors, joining Kenny Easley and Cortez Kennedy (three times each), Bobby Joe Edmonds, Norm Johnson, Jones, Steve Largent, Joe Nash, and Fredd Young (one each). Helped Shaun Alexander to his best year with a career-high 1,435 yards and 14 touchdowns, the third-most rush scores in club history, while protecting Matt Hasselbeck en route to a franchise-high 3,841 yards passing, career-high 26 touchdowns passes and four 300-yard games for the second straight year.

PRO: Selected as the 17th overall pick in the first round of the 2001 NFL Draft. Hutchinson was the second of two first-round choices by Seattle (WR Koren Robinson, 9th overall), only the third time in team history. Seattle drafted CB Shawn Springs (3rd) and T Jones (6th) in 1997, and RB Alexander (19th) and T Chris McIntosh (22nd) in 2000. In 2003, became just the second Seattle offensive lineman (Jones) to earn Pro Bowl honors, and just the ninth Seahawks player to earn AP All-Pro status. **2001:** Became the first rookie to start on the offensive line since Walter Jones (1997) and the third rookie to start at guard (Edwin Bailey 1981, Pete Kendall 1996). Started all 16 games and was part of the offensive line that helped Alexander to the fourth-best rushing game in NFL history (266 yards) and helped set a franchise record with 319 rushing yards versus Oakland (11/11). **2002:** Started at left guard until seeing his season cut short due to a broken leg vs. Minnesota (9/29), starting four games total. Replaced by Chris Gray for the remainder of the season. Placed on injured reserve (11/12).

HONORS: 2001, *All-Rookie Team (Football News)*. 2003, *First-team All-Pro (AP, Football*

Digest, The Sporting News, Sports Illustrated Dr. Z, ESPN.com), *First-team All-NFL (Pro Football Weekly)*, *All-NFC Team (Pro Football Weekly)*, *NFC Pro Bowl*.

COLLEGE: A four-year letter winner who started 46 of 47 career games played. Named captain his junior year and tri-captain his senior year. Became the second player in Michigan history to garner first-team All-Big Ten Conference honors four times, joining defensive tackle Mark Messner (1985-88). Was named first-team All-America his junior

and senior seasons and earned freshman All-America accolades in 1997. He was also a Lombardi Award finalist, given to the nation's top interior lineman and also a candidate for the Outland Trophy in 2000 and a semifinalist for the Lombardi Award in 1999. Redshirted as a freshman switching from defensive tackle to guard during spring drills.

PERSONAL: Named to *USA Today's* All-USA second-team and chosen to the *Atlanta Journal's* Top 100 in the Southeast as a senior offensive tackle and defensive end, starting all four years at Coral Springs (Fla.) High. Chosen to play in the Florida North-South all-star game and named third-team All-America by *Prep Football Report*. Posted 294 tackles (175 solo), 19 sacks, 11 forced fumbles, blocked two field goals, and one blocked punt during his career. Served as team captain his senior year and collected a school record 110 tackles (77 solos). Also had 14 sacks and one blocked punt and field goal. Caught three passes for 63 yards (21.0 avg.) as a tight end. Also captained the basketball team and named Homecoming King. An avid hunter and fishing expert. Born in Fort Lauderdale, Fla. and now resides in Key Largo, Fla. Married wife Landyn on April 20, 2002.

OFF THE FIELD

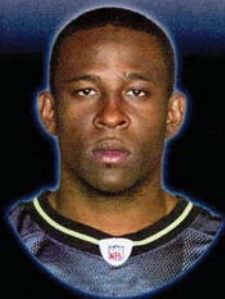
Steve rode in Children's Ride 8 to benefit Children's Hospital. Steve owns a Harley-Davidson Custom Fat Boy and has taken an 1,800 mile trip from Seattle to Poulson, Montana.

HUTCHINSON'S NFL RECORD

Games Played/Games Started: 2001 (16/16), 2002 (4/4), 2003 (16/16); Career: 36/36

Postseason GP/GS: 1/1; Postseason statistics: One reception for 5 yards.

DARRELL JACKSON



WIDE RECEIVER

6-0 201

FLORIDA

5TH NFL SEASON

5TH SEAHAWKS SEASON

3RD ROUND (A) 2000

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 61/55

DECEMBER 6, 1978

TAMPA, FLORIDA

82

2003: Started all 16 games for the second time in career and caught 68 balls, setting career-highs in yards (1,137), touchdowns (9) and receiving average (16.7) that ranked second in the NFL (min. 50 catches). His receiving yards ranked sixth in the NFC (10th NFL) and his nine receiving touchdowns ranked fourth in the NFC (10th NFL). With Koren Robinson out (coach's decision), responded with three catches for 133 yards (44.3 avg.) and two scores at Arizona (9/14), one of which was a 66 yarder.

OFF THE FIELD

Darrell, along with fellow wide receiver Koren Robinson, purchase 20 tickets to each home game for students at Seahawks Academy. He visits the school, located in Seattle, often.

Had another touchdown the following week vs. St. Louis (9/21) on two catches for 50 yards. Moved into fifth-place on Seattle's all-time receiving touchdown list with his fourth score of the year vs. Pittsburgh (11/2). At Baltimore (11/23), caught seven passes for season-high 146 yards and two touchdowns. One score went for career-high 80 yards, which ranks as the fourth-longest pass reception in Seahawks history. Scored two touchdowns for the second straight week vs. Cleveland (11/30), giving him eight for the season. It marked his sixth career two touchdown game and third of season. Finished that day with a season-high eight catches for 102 yards. It was his second straight 100-yard game, third of season and 10th career. At St. Louis (12/14), led the team in receiving for the fourth straight week, eighth of season, with six catches for 99 yards and one score, setting a career-high with nine. Sprained ankle in the

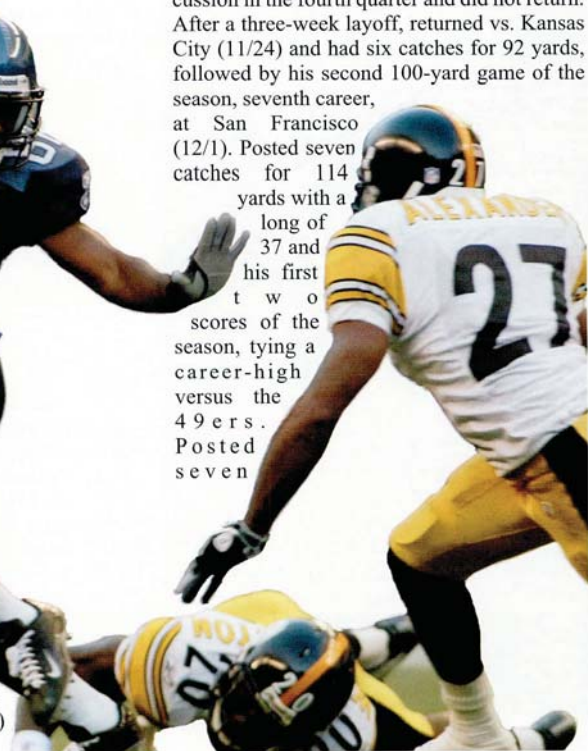
first quarter vs. Arizona (12/21) and did not return, marking only the second time in his career that he did not record a reception. Pulled in five catches for 58 yards with a long of 25 at Green Bay (1/4/04) in the Wild Card Game to end the season.

PRO: Re-signed (3/9/04) with the club after becoming a free agent after initial four-year contract expired. Ranks fifth in Seattle history in catches (253), yards (3,808) and receiving touchdowns (27). Ranks tenth in Seattle history with those 27 total touchdowns. Selected by the Seahawks in the third-round (80th overall) of the 2000 NFL Draft. The eighth player taken by the Seahawks from the University of Florida and the highest selection from that school since the team selected FB John L. Williams in the first-round of the 1986 draft. Entered the draft after a stellar junior season. **2000:** Started 10 games and played in all 16 while becoming the first rookie to start at wide receiver for the Seahawks since Joey Galloway in 1995. The 15th wide receiver selected in the 2000 draft, led all rookies with 53 receptions, 713 yards and six touchdowns. Six scores led the Seahawks and he was the only receiver to catch at least one pass in all 16 games. Led the team in catches five times. Yards were second on the team behind Sean Dawkins' 731 and finished third in receptions behind Dawkins and Ricky Watters' 63. He and fellow rookie receiver James Williams were the first rookie tandem to play in the same game together for the Seahawks since David Daniels and Doug Thomas in 1991. His six touchdown receptions rank fourth all-time among Seahawks rookies behind Daryl Turner's 10 in 1984, Brian Blades' eight in 1988 and Galloway's seven in 1995. Versus St. Louis (9/10), earned a starting role in just his second career game and caught two passes for 42 yards which

included his first-career touchdown from 34 yards--a score which tied the game 34-34 with 2:05 remaining in the game. Led the team with five catches for 59 yards versus the Saints (9/17). Had a career-long, 68-yard touchdown reception at San Diego (9/24). Bested all Seahawks receivers with five catches at Carolina (10/8) and totaled 45 yards. Finished tied with Dawkins for the team lead with six receptions versus Indianapolis (10/15) and totaled 66 yards and an 8-yard touchdown reception. Kept a game-winning drive alive on a third-and-16, with an 18-yard reception versus San Diego (11/5) with under two minutes remaining in the game. Recorded a career-high 98 yards on five receptions plus a 6-yard touchdown at Atlanta (12/3). His 98 yards included a career-long 71-yard reception. Finished second on the team with five receptions for 76 yards and a 9-yard touchdown at Denver (12/10). Hauled in a game-winning 9-yard touchdown pass versus Oakland (12/16) with 28 seconds to play for a 27-24 lead. He tied for the team lead with four receptions and led with 52 yards. **2001:** Started all 16 games and led the team with 70 receptions for 1,081 yards (seventh-most in club history and most since Blades had 1,086 in 1994). Ranked third in the AFC (5th NFL) with a 15.4 reception average and was seventh in the AFC (10th NFL) with 24 catches in third-down situations. Tallied five 100-yard games, giving him the most 100-yard games in a sea-

son since Blades had five in 1989. Had his first career 100-yard game at Oakland (9/30), with five receptions for 125 yards. His second came versus Miami (10/28) with four catches for 121 yards, a season-long 64 yarder and one touchdown. Tallied one catch at Washington (11/4)

but it went for a 46-yard score thrown by Trent Dilfer. Scored for the third consecutive week, and set a career-high with seven catches for 102 yards, versus Oakland (11/11). Posted his final 100-yard game at San Diego (12/30) with 114 yards on five catches, with two long touchdowns from Dilfer of 43 and 48 yards. Teamed with James Williams (4-101) to become the first duo to record 100-yard games since James McKnight (4-100) and Galloway (7-117) versus Oakland (10/26/97). Tacked on two more scores versus Kansas City (1/6/02) to give him a career-high eight for the season. His back-to-back games with two scores were the first time since Steve Largent accomplished that feat (9/18/83 versus San Diego and 9/25/83 versus Washington). **2002:** Started all 13 games played in, missing games vs. Washington (11/3), at Arizona (11/10) and vs. Denver (11/17) after suffering a concussion at Dallas (10/27). Set career highs vs. Arizona (9/15) with 10 catches and 174 yards with a season-long 48-yarder. It was fourth-most receiving yards in a single game in club history and his sixth-career 100-yard game. Led the team in receiving for the second straight week at the New York Giants (9/22) with seven catches for 54 yards. Had 37-game catch streak ended at St. Louis (10/20). Totaled two catches for 42 yards at Dallas (10/27) with a long of 34, but suffered a concussion in the fourth quarter and did not return. After a three-week layoff, returned vs. Kansas City (11/24) and had six catches for 92 yards, followed by his second 100-yard game of the season, seventh career, at San Francisco (12/1). Posted seven catches for 114 yards with a long of 37 and his first two scores of the season, tying a career-high versus the 49ers. Posted seven



at Atlanta (12/15) for 99 yards and handled punt return duties for the first time in his career, in place of Bobby Engram (toe), returning four for 32 yards with a long of 14. Led the team in receiving for the third time and scored his third touchdown vs. St. Louis (12/22), posting four catches for 71 yards. Scored another touchdown, his

18th career, at San Diego and had five catches for 90 yards to end the season. Also rushed three times for 3 yards during the year.

HONORS: 2000, *All-Rookie Team (Pro Football Weekly, Football News)*; *Seattle P-I Sports Star of the Year Nominee*.

COLLEGE: A three-year letterman and one-year starter for the Gators. Started 11 games as a junior and led the team with 69 receptions for 1,156 yards. Tied a school record with six consecutive 100-yard games, equaling the mark by Carlos Alvarez in 1969. String included games against Tennessee, Kentucky, Alabama, LSU, Auburn and Georgia. Had nine touchdown

THROUGH 61 GAMES

	Jackson	Largent	Galloway	Blades
Receptions	253	230	254	227
Yards	3,808	3,794	3,939	3,153
Yards/Catch	15.1	16.5	15.5	13.9
Yards/Game	62.4	62.2	64.6	51.7
TDs	27	29	34	18
100-Yard Games	10	13	11	9

receptions. Saw action in the Orange Bowl versus Syracuse but did not catch a pass. Played in every game with one start as a sophomore and finished with 26 catches for 292 yards and four scores. Saw limited action in nine games as a freshman recording four receptions for 53 yards and one touchdown. First collegiate touchdown was on a 16-yard reception versus Arkansas. Played in the Citrus Bowl versus Penn State, but did not have a reception.

PERSONAL: Two-time all-state as a receiver at Tampa Catholic High in Florida. Earned various All-American mentions. Set a national prep record by averaging 24.05-yards per catch on 191 career receptions for 4,594 yards and 50 touchdowns. Also, set a national record by averaging 160.5 yards per game as a prep junior. In his final two seasons he caught 156 passes for 3,913 yards and 46 touchdowns. As a senior, caught 89 passes for 2,087 yards (23.4 avg.) and 28 touchdowns. As a junior he caught 67 passes for 1,826 (27.3 avg) and 18 touchdowns. His 27.3-yard average is a national record. Named McDonald's All-American honorable mention as a basketball player. Finished high school with a 3.64 grade point average and earned SEC Academic honor roll as a junior at Florida. One of eight children. Born on December 6, 1978, in Dayton, Ohio and lives in Tampa during the off-season.

JACKSON VS. THE NFL

TEAM	GAMES	ATT	COMP	Yds	LG	TD
Arizona	3	13	307	23.6	66t	2
Atlanta	2	12	197	16.4	71	1
Baltimore	1	7	146	20.9	80t	2
Buffalo	2	7	79	11.3	16	0
Carolina	1	6	45	7.5	13	0
Chicago	1	2	31	15.5	21	0
Cincinnati	1	6	98	16.3	29	0
Cleveland	2	13	119	9.2	26t	2
Dallas	2	6	127	21.2	34	0
Denver	4	14	237	17.0	39	2
Detroit	1	4	56	14.0	26	0
Green Bay	1	4	58	14.5	20	0
Houston	0	0	0	0	0	0
Indianapolis	1	6	66	11.0	23	1
Jacksonville	2	4	60	15.0	24	0
Kansas City	5	23	292	12.7	29	2
Miami	2	7	136	19.4	64	1
Minnesota	2	8	123	15.4	26	0
New Orleans	2	8	112	14.0	29	0
New England	0	0	0	0	0	0
NY Giants	2	11	79	7.2	14	0
NY Jets	0	0	0	0	0	0
Oakland	5	23	312	13.6	54	2
Philadelphia	2	5	43	8.6	19	0
Pittsburgh	1	5	85	17.0	43	1
San Diego	5	19	375	19.8	68t	4
St. Louis	5	14	262	18.7	38t	4
San Francisco	4	21	276	13.1	37	2
Tampa Bay	0	0	0	0	0	0
Tennessee	0	0	0	0	0	0
Washington	2	5	87	17.4	46t	1
Totals	61	253	3,808	15.1	80t	27

100-YARD GAMES

09/30/01	at Oakland	5	125	25.0	54	0
10/28/01	Miami	5	121	24.2	64	1
11/11/01	Oakland	7	102	14.6	31	1
12/09/01	at Denver	4	104	26.0	39	1
12/30/01	at San Diego	5	114	22.8	48t	2
09/15/02	Arizona	10	174	17.4	48	0
12/01/02	at San Francisco	7	114	16.3	37	2
09/14/03	at Arizona	3	133	44.3	66t	2
11/23/03	at Baltimore	7	146	20.9	80t	2
11/30/03	Cleveland	8	102	12.8	26t	2

JACKSON'S NFL RECORD

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2000 Seattle	16/10	53	713	13.5	71	6	1	-1	-1.0	0	
2001 Seattle	16/16	70	1,081	15.4	64	8	1	9	9.0	0	
2002 Seattle	13/13	62	877	14.1	48	4	3	3	1.0	0	
2003 Seattle	16/16	68	1,137	16.7	80t	9	0	0	0.0	0	
TOTALS	61/45	253	3,808	15.1	80t	27	5	11	2.2	0	

POSTSEASON

Club	G/S	Receiving					Rushing				
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD	
2003 Seattle	1/1	5	58	11.6	25	0	0	0	0.0	0	
TOTALS	1/1	5	58	11.6	25	0	0	0	0.0	0	

SINGLE-GAME HIGHS

Most Receptions: 10 vs. Arizona (9/15/02)

Most Yards: 174 vs. Arizona (9/15/02)

Longest: 80t at Baltimore (11/23/03)

Most Touchdowns: 2 six times, last time vs. Cleveland (11/30/03)

100-Yard Games: 10, last time vs. Cleveland (11/30/03)

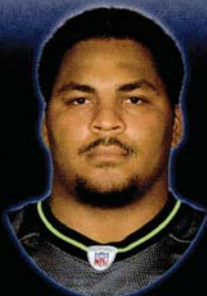
Additional Career Stats: Returned four punts for 32 yards with a long of 14 (all in 2002).

JACKSON'S GAME BY GAME

2000	Opponent	No	Yds	Avg	LG	TD	2002	Opponent	No	Yds	Avg	LG	TD
09/03	at Miami	2	15	7.5	9	0	09/08	at Oakland	3	7	2.3	7	0
09/10	St. Louis	2	42	21.0	34t	1	09/15	Arizona	10	174	17.4	48	0
09/17	New Orleans	5	59	11.8	25	0	09/22	at NY Giants	7	54	7.7	14	0
09/24	at San Diego	1	68	68.0	68t	1	09/29	Minnesota	3	47	15.7	26	0
10/02	at Kansas City	4	51	12.8	23	0	10/14	San Francisco	5	53	10.6	19	0
10/08	at Carolina	6	45	7.5	13	0	10/20	at St. Louis	0	0	0.0	0	0
10/15	Indianapolis	6	66	11.0	23	1	10/27	at Dallas	2	42	21.0	34	0
10/22	at Oakland	4	26	6.5	9	0	11/03	Washington	INACTIVE (concussion)				
10/29	Kansas City	2	17	8.5	10	0	11/10	at Arizona	INACTIVE (concussion)				
11/05	San Diego	2	27	13.5	18	0	11/17	Denver	INACTIVE (concussion)				
11/12	at Jacksonville	1	12	12.0	12	0	11/24	Kansas City	6	92	15.3	29	0
11/26	Denver	1	19	19.0	19	0	12/01	at San Francisco	7	114	16.3	37	2
12/03	at Atlanta	5	98	19.6	71	1	12/08	Philadelphia	3	34	11.3	19	0
12/10	at Denver	5	76	15.2	37	1	12/15	at Atlanta	7	99	14.1	30	0
12/16	Oakland	4	52	13.0	20	1	12/22	St. Louis	4	71	17.8	38t	1
12/23	Buffalo	3	40	13.3	16	0	12/29	at San Diego	5	90	18.0	41	1
TOTALS (16/10)		53	713	13.5	68t	6	TOTALS (13/16)		62	877	14.1	48	4

2001	Opponent	No	Yds	Avg	LG	TD	2003	Opponent	No	Yds	Avg	LG	TD
09/09	at Cleveland	5	17	3.4	7	0	09/07	New Orleans	3	53	17.7	29	0
09/23	Philadelphia	2	9	4.5	8	0	09/14	at Arizona	3	133	44.3	66t	2
09/30	at Oakland	5	125	25.0	54	0	09/21	St. Louis	2	50	25.0	35	1
10/07	Jacksonville	3	48	16.0	24	0	10/05	at Green Bay	4	58	14.5	20	0
10/14	Denver	4	38	9.5	20	0	10/12	San Francisco	5	55	11.0	23	0
10/28	Miami	5	121	24.2	64	1	10/19	Chicago	2	31	15.5	21	0
11/04	at Washington	1	46	46.0	46t	1	10/26	at Cincinnati	6	98	16.3	29	0
11/11	Oakland	7	102	14.6	31	1	11/02	Pittsburgh	5	85	17.0	43	1
11/18	at Buffalo	4	39	9.8	13	0	11/09	at Washington	4	41	10.3	14	0
11/25	at Kansas City	5	61	12.2	22	0	11/16	Detroit	4	56	14.0	26	0
12/02	San Diego	6	76	12.7	45	0	11/23	at Baltimore	7	146	20.9	80t	2
12/09	at Denver	4	104	26.0	39	1	11/30	Cleveland	8	102	12.8	26t	2
12/16	Dallas	4	85	21.3	27	0	12/07	Minnesota	5	76	15.2	22	0
12/23	at NY Giants	4	25	6.2	10	0	12/14	at St. Louis	6	99	16.5	27	1
12/30	at San Diego	5	114	22.8	48t	2	12/21	Arizona	0	0	0.0	0	0
1/6/02	Kansas City	6	71	11.8	21	2	12/27	at San Francisco	4	54	13.5	19	0
TOTALS (16/16)		70	1,081	15.4	64	8	TOTALS (16/16)		68	1,137	16.7	80t	9
							01/04	at Green Bay	5	58	11.6	25	0
							PLAYOFFS (1/1)		5	58	11.6	25	0

WALTER JONES



TACKLE

6-5 315

71

FLORIDA STATE

5TH NFL SEASON

8TH SEAHAWKS SEASON

1ST ROUND (B) 1997

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 106/106

JANUARY 19, 1974

ALICEVILLE, ALABAMA

2003: Re-signed (9/2) with the club and started all 16 games, joining fellow Pro Bowler Steve Hutchinson to form one of the best left sides in football. Named to fourth career Pro Bowl after the season (1999, 2001-03) and was one of five Seattle representatives, the most since 1987. Helped Shaun Alexander to his best year with a career-high 1,435 yards and 14 touchdowns, the third-most rush scores in club history, while protecting Matt Hasselbeck en route to his franchise-high 3,841 yards passing, career-high 26 touchdowns passes and another four, 300-yard games for the second straight year.

PRO: Selected with the sixth overall pick in the first round of the 1997 draft. Choice was acquired from the Tampa Bay Buccaneers on draft day for the Seahawks' 12th overall choice in the first round and a third-round choice obtained from the Atlanta Falcons on March 28. Became the first Seahawks offensive lineman to play in the Pro Bowl, following the 1999 season. Named to his third consecutive Pro Bowl, fourth career, following the 2003 season. Has started all 106 career games. **1997:** Earned the starting job at left tackle in training camp and started 12 games, earning consensus first-team All-Rookie honors. Inactive for four games (San Diego, 9/21, at Kansas City, 9/28, at Denver, 11/2, at San Diego, 11/9) with a sprained ankle. Only the second rookie to start at left tackle in team history, joining Ray Roberts (1992). Part of a line that paved the way for team records for total yards (5,759) and passing yards (4,187). Seahawks ranked fifth in the league, allowing one sack every 17.9 pass attempts. Named NFL Offensive Rookie of the Month for October. No other offensive lineman has earned the honor. Named the AFC Western Division's Outstanding Rookie by *The Sporting News*. **1998:** Started all 16 games at left tackle protecting the vulnerable blindside of the Seahawks' quarterbacks. Contributed to an offensive line that gave up only 34 sacks on the season, the ninth-lowest total in the NFL. Helped guide the offense to 408 total yards in an opening-day 38-0 victory at Philadelphia (9/6), including 188 on the ground.

Helped contribute to five 100-yard rushing performances, including a 178-yard career-high game for Ricky Watters versus Indianapolis (12/20). Team totaled 226 rushing yards in that game, the first time the Seahawks rushed over the 200-yard mark since 1996. Held Derrick Thomas without a sack at Kansas City (10/4) and the San Diego Chargers (10/25) No. 1 ranked defense sackless. Protected Jon Kitna on his 298-yard passing game versus Tennessee (11/29). **1999:** Started all 16 games at left tackle en route to his first Pro Bowl selection. Part of an offensive line that paved the way for 350 second-half yards at Chicago (9/19) in a come-from-behind victory. Helped lead the way for 132 rushing yards at Green Bay (11/1) and a season-high 173 yards on the ground, including a season-high 37 points, the following week versus Cincinnati (11/8). **2000:** Started all 16 games at left tackle. Part of an offensive line that did not surrender a sack in back to back games (at Atlanta (12/3) and at Denver, 12/10), for the first time in 324 games. Paved the way for season-high 189 yards rushing at Kansas City (10/2) and helped Watters gain 168 yards in a victory versus Oakland (12/16). Ground game averaged 4.3 yards per carry (the club's highest total since 1997). **2001:** Started all 16 games at left tackle and the last 69 consecutive regular season games. Named to his second Pro Bowl in the last three seasons while helping Alexander to the fourth-best rushing game in NFL history (266 yards) and helped set a franchise record with 319 rushing yards vs. Oakland (11/11/01). **2002:** Re-signed (9/16) with the club and started all 14 games he played in at left tackle, missing the first two (contract) at Oakland (9/8) and vs. Arizona (9/15). Was part of the offensive line that blocked for Alexander's record-setting five touchdown first

OFF THE FIELD

Walter appeared at the Seahawks Pro Shop in October to sign autographs for fans.

half vs. Minnesota (9/29). Also part of the line that did not allow a sack, the first time since November 18, 2001, at Buffalo. Helped block for Matt Hasselbeck, as he passed for four 300-yard games including two 400-yard games. Seattle's passing game ranked third in the NFL while the team set records for most yards in one season (5,818) and most 500-yard games in one season (3). Also paved the way for Alexander to set club record with 18 total touchdowns, including a club-record 16 rushing touchdowns. Named to his third career Pro Bowl after the season (1999, 2001, 2002).

HONORS: 1997, *First-team All-Rookie (Pro Football Weekly, College and Pro Football Weekly, Football News); NFL Offensive Rookie of the Month (October); AFC West Outstanding Rookie (The Sporting News).* 1999, *AFC Pro Bowl.* 2001, *AFC Pro Bowl; All-Pro Team (AP, Sports Illustrated, Pro Football Weekly, Football News).* 2002, *NFC Pro Bowl; All-Pro Team (Pro Football Weekly); All-NFC Team (Pro Football Weekly).* 2003 *NFC Pro Bowl; All-NFC Team (Pro Football Weekly).*

COLLEGE: Second-team All-Atlantic Coast Conference choice as a junior. ACC Lineman of Week versus North Carolina State. Eight-time winner of the Victors Club given to the player for exceptional performance. Redshirted in 1995 after transferring from Holmes Community College in Holmes, Miss. Lettered two seasons and was named Mississippi Junior College Player of the Year by the *Jackson Clarion-Ledger* in 1994. Allowed just one sack in two seasons. Also played some tight end in the second half of the 1994 season. Criminology major.

PERSONAL: Football and basketball letterman at Aliceville High School in Aliceville, Ala. Joined his offensive line teammates to donate \$40,300 in 1997 through their performance-based *Building Blocks for Kids* program to Evergreen Hospital in Kirkland for a new pediatrics playroom. O-line performance-based incentives raised over \$36,000 in 1998, benefiting the Rainier Vista Boys & Girls Club. Lives in Woodinville, Wash., with his wife, Valeria (12/24/97). They have paternal twins (11/29/99), Walterius and Valeria, and one stepson, Rafael (6/17/86).

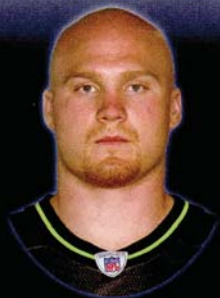
JONES' NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1997	Seattle	—	12/12	2001	Seattle	—	16/16
1998	Seattle	—	16/16	2002	Seattle	—	14/14
1999	Seattle	—	16/16	2003	Seattle	—	16/16
2000	Seattle	—	16/16				1/1
				NFL TOTALS		106/106	2/2



Walter Jones made his fourth Pro Bowl appearance in 2004 and was joined by linemate Steve Hutchinson who made his first appearance.

ISAIAH KACYVENSKI



LINEBACKER
6-1 252

58

HARVARD

5TH NFL SEASON

5TH SEAHAWKS SEASON

4TH ROUND (B) 2000

2003 GAMES/STARTS: 14/0

CAREER GAMES/STARTS: 55/9

OCTOBER 3, 1977

ENDICOTT, NEW YORK

2003: Played in 14 games mostly on special teams and as a reserve middle linebacker, posting six tackles (two solo). Second on the team with 16 special teams tackles in the regular season and had two special teams tackles in the post-season.

PRO: Selected by the Seahawks in the fourth round (119th overall) of the 2000 NFL Draft. The choice came from San Francisco with the 154th choice for the Seahawks' 86th pick. **2000:** Played in all 16 games and totaled 13 tackles (10 solo) and one interception in limited action on defense. Led the team with 15 special teams tackles becoming the eighth rookie to do so (first since David Daniels in 1991). Had a season-high three tackles at Atlanta (12/3) and Buffalo (12/23). Recorded first career interception versus

OFF THE FIELD

Isaiah participated in Practice with the Pros for the second consecutive year in Vancouver, B.C. Practice with the Pros is a partnership between the NFL and CFL.

Oakland (12/16) off of a tipped pass by Michael Sinclair. **2001:** Saw action in all 16 games on special teams and played in goal-line situations. Led the team with 21 special teams tackles (most since Tim Hauck's 22 in 1997). Replaced Anthony Simmons (hip) briefly at San Diego (12/30) and recorded two solo stops. Replaced Simmons (thigh) versus Kansas City (1/6/02) in the second quarter and tallied a career-high eight tackles (seven solo) and his second career interception, returning it 22 yards to help set up a Seattle scoring drive. **2002:** Started the first nine games before being sidelined with an ankle injury. Made first career start at Oakland (9/8)

and tallied the third-most tackles in team history with a career-high 16 (11 solo). Later posted seven tackles, including his third career interception, returning it 27 yards vs. Arizona (9/15). Posted two more double-digit tackle games during the season, tallying 10 at the New York Giants (9/22) and 13 vs. San Francisco (10/14). Injured his ankle at Arizona (11/10), where he collected five tackles, but finished the game. Declared inactive (ankle) vs. Denver (11/17), vs. Kansas City (11/24) and at San Francisco (12/1). Placed on injured reserve (12/4) after undergoing shoulder surgery. Collected a career-high 71 tackles (51 solo).

COLLEGE: Four-year starter, becoming the first player in Harvard history to start every game of his career. Earned All-Ivy League first-team honors three times, and finished his Crimson career with a school-record 395 tackles, and adding 11 interceptions, eight fumble recoveries and 4.5 sacks. Established a school mark with 135 tackles as a senior, topping his own mark of 108 set the previous season. Added two sacks and five interceptions as a senior. Finished sophomore season with 80 tackles and his freshman season with 72 while earning Ivy League Rookie of the Year.

PERSONAL: Earned nine letters in three different sports at Union Endicott High in New York. Three-time all-conference and all-state selection as a prep senior. Saw action at running back, safety, punter, punt returner, and kick returner. *USA Today* honorable mention his final prep season. Captain of the wrestling team his last three years, and a state finalist in 1996. Finished fifth in the state pentathlon. National Honor Society member and a Scholar All-American. Graduated with a degree in Pre-Med. Wed, Lauren, February 16, 2002, and had first child Isaiah Jr. November 3, 2003.

SINGLE-GAME HIGHS

Tackles: 16 at Oakland (9/8/02)

Sacks: None

Interceptions: 1 three times, last time vs. Arizona (9/15/02)

Forced Fumbles: None

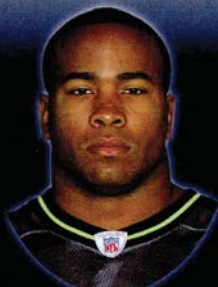
Fumble Recoveries: None

KACYVENSKI'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Trk	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2000 Seattle	16/0	13	10	3	0.0	0.0	1	0	0.0	0	0	2	0	0
2001 Seattle	16/0	11	9	2	0.0	0.0	1	22	22.0	22	0	1	0	0
2002 Seattle	9/9	71	51	20	0.0	0.0	1	27	27.0	27	0	1	0	0
2003 Seattle	14/0	6	2	4	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	55/9	101	72	29	0.0	0.0	3	49	16.3	27	0	4	0	0

ADDITIONAL STATISTICS

Special Teams Stats: 2000 (15, FR), 2001 (21), 2002 (0), 2003 (16); **Career:** (52, FR)
Postseason GP/GS: 1/0; **Postseason statistics:** 2 special teams tackles



D.D. LEWIS

LINEBACKER

54

6-1 241

TEXAS

3RD NFL SEASON

3RD SEAHAWKS SEASON

FREE AGENT 2002

2003 GAMES/STARTS: 15/5

CAREER GAMES/STARTS: 31/5

JANUARY 8, 1979

HOUSTON, TEXAS

2003: Played an important role in the Seahawks linebacking corps, filling in for Chad Brown (foot, flu) and Anthony Simmons (neck) while seeing extensive time in the nickel package. Played in 15 games, starting five and leading the team in tackles four of those games. Opened the season with a then career-high eight stops (seven solo) vs. New Orleans (9/7). Saved the day, along with Ken Hamlin, on their hit on Rams WR Dane Looker that popped the ball into the air and intercepted by Simmons that led to Seattle's comeback win over St. Louis (9/21). Made first career start at Cincinnati (10/26) in place of Brown (foot) and posted seven tackles (four solo). The following week he blocked a punt that Seattle converted into a field goal. It was the first punt block since Alex Bannister blocked a Denver punt 10/14/01 (34 games). Made second start vs. Detroit (11/16) in place of Simmons (coach's decision) and posted a career-high 11 tackles (eight solo) but was declared inactive the following week with a back injury. Made third and fourth starts at Minnesota (12/7) and at St. Louis (12/14) in place of Simmons (neck). Posted 18 tackles (11 solo) in those two games, including second double-digit tackle game of the season with 10 at the Rams. Started for the third straight week vs. Arizona (12/21) but this was in place of Brown (flu). Replaced Brown (ankle) in the Wild Card Game at Green Bay (1/4/04) early in the second quarter and led the team with 10 tackles (eight solo). Finished the regular season with a career-high 56 tackles (38 solo) and third on the team with 10 special teams tackles.

PRO: Signed by the Seahawks as an undrafted free agent April 30, 2002. The lone 2002 free agent to make the opening weekend active roster. **2002:** Played in all 16 games, beginning the season on special teams, ranking fourth with 11 special teams tackles. Moved into the linebacker rotation after injuries to Simmons (ankle) and Brown (foot). Saw his first action at St. Louis (10/20) where he had three solo tackles and one forced fumble (by Lamar Gordon) that led to a Seahawks score in the fourth quarter. Collected a career-high four tackles twice in back-to-back weeks, at Arizona (11/10) and vs. Denver (11/17).

COLLEGE: Started all 51 games of his career, a UT record. Recorded 314 tackles with 17 sacks and 40 stops behind the line of scrimmage. Holds the school's all-time record with 10 fumble recoveries. Shared UT's Most Valuable Player, Most Valuable

OFF THE FIELD

D.D. has become increasingly involved in the community. One highlight was helping out the Special Olympics Football Clinic at the Seahawks facility.

Player and Outstanding Linebacker (third straight year) as a senior. Ranked third on team with 81 tackles (47 solo) and second with 5.5 sacks for minus 50 yards, both career highs. Tied for team lead with 78 tackles (45 solo) and led the squad

with a school-record-tying five fumble recoveries. Had 4.5 sacks for minus 43 yards and 15 stops for minus 60 yards. Recorded 78 tackles (44 solo) as a sophomore with five sacks for minus 44 yards and 13 stops for minus 55 yards. Third on team with 77 tackles (44 solo) as a red-shirt freshman and three sacks.

PERSONAL: Married to the former Nicole Resse (7/29/00) and has a son, Zion Joshua (10/2/00). Training to become an ordained minister. Was a college teammate of defensive tackles Cedric Woodard (1997-99) and Marcus Tubbs. Born January 8, 1979 in Bermahaven, Germany.

LEWIS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2002 Seattle	16/0	17	15	2	0.0	0.0	0	0	0.0	0	0	0	1	0
2003 Seattle	15/5	56	38	18	0.0	0.0	0	0	0.0	0	0	2	0	0
NFL TOTALS	31/5	73	53	20	0.0	0.0	0	0	0.0	0	0	2	1	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2003 Seattle	1/0	10	8	2	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	1/0	10	8	2	0.0	0.0	0	0	0.0	0	0	0	0	0

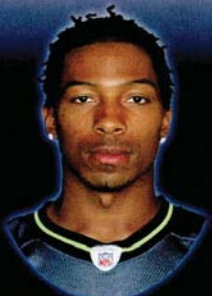
SINGLE-GAME HIGHS

Tackles: 11 vs. Detroit (11/16/03)
Sacks: None
Interceptions: None

Forced Fumbles: 1 at St. Louis (10/20/02)
Fumble Recoveries: None

ADDITIONAL STATISTICS

Special teams stats: 2002 (11), 2003 (10, blocked punt); **Career:** (21, blocked punt)
Postseason special teams tackles: 2003 (1)



KEN LUCAS

21

CORNERBACK
6-0 205
MISSISSIPPI
4TH NFL SEASON
4TH SEAHAWKS SEASON
2ND ROUND 2001
2003 GAMES/STARTS: 14/7
CAREER GAMES/STARTS: 46/31
JANUARY 23, 1979
CLEVELAND, MISSISSIPPI

2003: Began the season at right corner opposite Marcus Trufant for the first five games of the season with Shawn Springs out (shoulder). Posted eight tackles (all solo) and his second career forced fumble that led to a Seattle touchdown in the opener vs. New Orleans (9/7). Followed that up the next week at Arizona with season-high nine tackles (eight solo). Suffered an ankle injury vs. San Francisco (10/12) and was replaced by Springs, his first game back from injury. Lucas was inactive vs. Chicago (10/19) and at Cincinnati (10/26). Spent the next four games as the team's third corner in nickel situations. At Baltimore (11/23), picked up lone fumble recovery of the season, second career, and returned it 24 yards to help set up a Seattle

touchdown. In return to the lineup vs. Cleveland (11/30) in place of Springs, had seven tackles (six solo) and lone interception on the season, fifth career, returning it 27 yards. In last start at Minnesota (12/7) also had seven stops (four solo). Served as the nickel back in the final three games and the Wild Card Game.

PRO: Selected with the ninth pick in the second round (40th overall) of the 2001 NFL Draft. The sixth highest cornerback taken by the Seahawks. **2001:** Became first rookie to start at corner since Springs (1997). Started first two games of the season at left corner in place of Shawn Springs (hamstring) opposite Paul Miranda in place of Willie Williams (arm). Had a season-high four passes

defensed at Cleveland (9/9), including one late in the game near the goal line in Seattle's 9-6 win. Had seven tackles (five solo) versus Philadelphia (9/23) and first career fumble recovery. Williams returned and Lucas moved over to the right side for games 3-4. Put up another seven-tackle (all solo) game at Oakland (9/30) followed by four (three solo) versus Jacksonville (10/7). Springs returned and Lucas played primarily in the nickel defense, posting three tackles in that span. Started games 11-13 and had six solo stops versus Dallas (12/16) and three passes defensed. Posted a career-high 10 tackles (all solo) at San Diego (12/30), including his first career interception. Had 46 tackles (41 solo) during the season and was second on the team with 15 passes defensed. **2002:** Entered the season as the full-time starter at the right corner position. Ranked third on the team with 82 tackles (71 solo) and tied (Springs) for the team-lead with 12 passes defensed. Posted a career-high 12 tackles (seven solo) in the first game of the season at Oakland (9/8). Three games later he had a season-high three passes defensed along with seven tackles vs. Minnesota (9/29) on ESPN's Sunday Night Football. Posted his first interception of the season, second career, at San Francisco (12/1), as well as his first career forced fumble, adding to six tackles. Named NFC Defensive Player of the Week for his performance at Atlanta (12/15), where he had a career-high two picks with 67 return yards and three tackles. Closed the season with nine solo stops and a season-high tying three passes defensed.

HONORS: **2002**, *NFC Defensive Player of the Week 15 (at Atlanta)*.

COLLEGE: Began Rebel career as a wide receiver before shifting to the defensive backfield as a junior. Finished career with 17 regular season starts, recording 85 tackles (59 solo) with seven interceptions and 33 passes

defensed. Member of several All-American teams after leading the nation with a school-record 25 passes defensed as a senior. An All-Southeastern Conference first-team selection, started every game at cornerback recording 42 tackles (27 solo) with five interceptions for 60 yards. Played in 10 games junior season, starting seven at corner. Finished with 34

tackles (27 solo), deflected eight passes and intercepted two others for 24 yards.

Appeared in every game as a reserve receiver before shifting to cornerback later his sophomore season. Finished with 12 receptions for 152 yards and 75 yards on a pair of reverses. Returned 11 kick-offs for 185 yards and also had a 17-yard punt return. Versus Arkansas State, became the first player in Rebel history to block two punts in one game. Played in every game as a true freshman, lining up at receiver. Caught nine passes for 96 yards and gained 3 yards on a reverse.

PERSONAL: Earned first-team All-District honors at both wide receiver and kick returner, while picking up All-County honors at wide receiver and cornerback at East Side (Cleveland, Miss.) High. District Rookie of the Year as a freshman and voted team's Most Outstanding Player in 1994 and Most Valuable Player in 1995. Also lettered four times in baseball, finishing with a .395 career batting average. Grew up in the same town as teammate Pork Chop Womack.

OFF THE FIELD

Ken joined the United Way Hometown Huddle - Habitat for Humanity project where he painted and spackled walls. Hometown Huddle is a league-wide day of community service.

LUCAS' NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2001 Seattle	16/8	46	41	5	0.0	0.0	1	0	0.0	0	0	15	0	1
2002 Seattle	16/16	82	71	11	0.0	0.0	3	67	22.3	40	0	12	1	0
2003 Seattle	14/7	62	52	10	0.0	0.0	1	27	27.0	27	0	12	1	1
NFL TOTALS	46/31	190	164	26	0.0	0.0	5	94	18.8	40	0	39	2	2

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2003 Seattle	1/0	7	4	3	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	1/0	7	4	3	0.0	0.0	0	0	0.0	0	0	0	0	0

SINGLE GAME HIGHS

Tackles: 12 at Oakland (9/8/02)

Sacks: None

Interceptions: 2 at Atlanta (12/1/02)

FF: 1, Twice, last time at Baltimore (11/23/03)

FR: 1, Twice, last time vs. New Orleans (9/17/03)

ITULA MILI



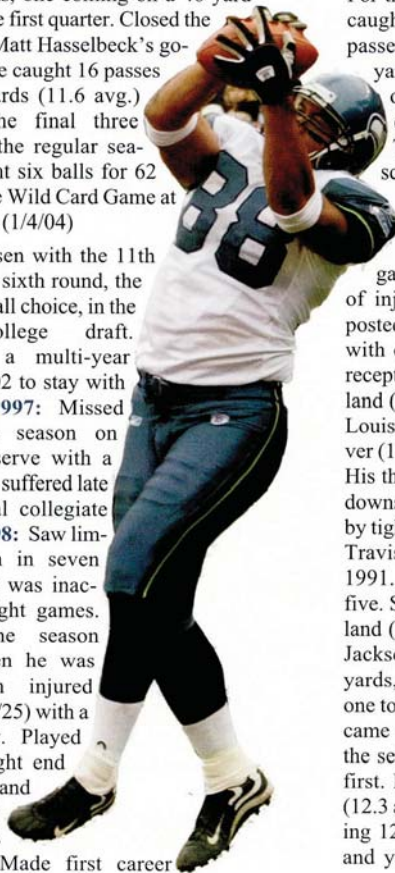
TIGHT END
6-4 260
BRIGHAM YOUNG
5TH NFL SEASON
8TH SEAHAWKS SEASON
6TH ROUND 1997
2003 GAMES/STARTS: 16/12
CAREER GAMES/STARTS: 87/37
APRIL 20, 1973
LAIE, HAWAII

OFF THE FIELD

Itula participated in the Outback Steakhouse Book Brigade at Phantom Lake Elementary School in Bellevue. The Book Brigade encourages reading among elementary-age children

2003: Played in all 16 games, starting 12. Broke own franchise mark for receptions by a tight end with 46 for 492 yards. Also set the career touchdown mark by a tight end with career-high four, giving him 12 for his career, surpassing Minnesota Vikings head coach, and former Seahawks tight end, Mike Tice. Had a career game at Cincinnati (10/26) with five catches for a season-high 80 yards and a career-high two touchdowns, one coming on a 46-yard bomb in the first quarter. Closed the season as Matt Hasselbeck's go-to guy as he caught 16 passes for 186 yards (11.6 avg.) through the final three games of the regular season. Caught six balls for 62 yards in the Wild Card Game at Green Bay (1/4/04)

PRO: Chosen with the 11th pick in the sixth round, the 174th overall choice, in the 1997 college draft. Resigned a multi-year deal 3/14/02 to stay with the club. **1997:** Missed the entire season on injured reserve with a knee injury suffered late in his final collegiate season. **1998:** Saw limited action in seven games and was inactive for eight games. Missed the season finale when he was placed on injured reserve (12/25) with a knee injury. Played in multi-tight end sets at Oakland (11/15) and at Dallas (11/22). Made first career



reception at Dallas, for a 20-yard pickup. **1999:** Saw action in all 16 games with two starts.

Made first career start in the season opener versus Detroit. Also, started at Chicago (9/19). For the season, caught four passes for 24 yards with one touchdown.

The first score of his career came on a 1-yard pass from Jon Kitna at San Diego (10/17).

2000: Had a career season surpassing his career numbers through the first four games. Started the first four games in place of injured Christian Fauria (hamstring) and posted 11 receptions for 129 yards (11.7 avg.) with one touchdown. Had a career-high five receptions in his fifth start of the year at Oakland (10/22) and a career-high 52 yards vs. St. Louis (9/10). Started for the sixth time at Denver (12/10) and caught a career-long 34 yarder. His three touchdowns and Fauria's two touchdowns tied a team record with five touchdowns by tight ends for a single season. Mike Tice and Travis McNeal combined for five scores in 1991. **2001:** Played in all 16 games, starting five. Started season with two catches at Cleveland (9/9) for 21 yards. Had his best game vs. Jacksonville (10/7) with two catches for 42 yards, including a career-long 41-yarder and one touchdown. His second score of the season came vs. Miami (10/28) on a 15-yard catch in the second quarter to put Seattle on the board first. In all, caught eight passes for 98 yards (12.3 avg.). **2002:** Played in all 16 games, starting 12. Established career-highs in receptions and yards through 11 games, surpassing his

2000 season totals. Set the club mark for tight ends with 43 catches for 508 yards. Scored on 1-yard tosses in the first two games of the season (at Oakland, 9/8 and vs. Arizona, 9/15). Of eight career scores, six are from 1-yard out. Had 11 receptions for 79 yards his first seven games before catching 18 passes for 220 yards in his next four games. Finished the season by recording career highs with seven catches for 119 yards, his first career 100-yard game, and a long of 49.

COLLEGE: Four-year letterman who played tight end, fullback, and H-back. Finished his career with 126 receptions for 1,777 yards and 11 touchdowns in 40 games, with 22 starts. First-team All-Western Athletic Conference as a senior after catching a single-season best 46 passes for 692 yards and three scores in 14 games. Had 108 yards on nine receptions versus Washington. Injured his knee in the West-

ern Athletic Conference title game and missed the Cougars bowl game. Started at fullback and H-back as a junior and caught 36 passes for 440 yards and three scores. Had two 100-yard games, 101 yards on four receptions versus Utah State and 108 yards on five catches against Fresno State. Played six games, with three starts, as a freshman. Served on an LDS mission to New Zealand in 1992 and 1993. Majored in Geography.

PERSONAL: Lettered in football, basketball, and track at Kahuku High School in Laie, Hawaii. Football team won the state championship as a junior and senior. All-state choice as a wide receiver. State high jump champion as a junior despite school not having a pit for him to practice. Plays the guitar. Born in Kahuku, Hawaii. Lives in Laie, Hawaii, with his wife, Melisa (8/31/99) and their son, Tiki (1/25/02).

MILI'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
1997	Seattle		Injured Reserve				
1998	Seattle	7/0	1	20	20.0	20	0
1999	Seattle	16/2	4	24	6.0	9	1
2000	Seattle	16/6	28	288	10.3	34	3
2001	Seattle	16/5	8	98	12.3	41	2
2002	Seattle	16/12	43	508	11.8	49	2
2003	Seattle	16/12	46	492	10.7	46t	4
NFL TOTALS		87/37	130	1,430	11.0	49	12

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
1999	Seattle	1/0	0	0	0.0	0	0
2003	Seattle	1/0	6	62	10.3	15	0
NFL TOTALS		2/0	6	62	10.3	15	0

SINGLE-GAME HIGHS

Most Receptions: 7 at San Diego (12/29/02)

Most Yards: 119 at San Diego (12/29/02)

Most Touchdowns: 2 at Cincinnati (10/26/03)

Longest Reception: 49 at San Diego (12/29/02)

FOR THE RECORD

If he isn't already, Itula Mili is quickly becoming one of Seattle's all-time best tight ends. Mili has club records for most receptions (46), yards (508), and touchdowns (4) in a single season. Mili broke Mike Tice's (9) franchise record with 12 career touchdowns and is only 37 receptions and 254 yards from breaking Christian Fauria's franchise mark for most career receptions (166) and yards (1,683) by a tight end.

BRANDON MITCHELL



DEFENSIVE END

6-3 290

TEXAS A&M

8TH NFL SEASON

3RD SEAHAWKS SEASON

UNRESTRICTED FA (NE) 2002

2003 GAMES/STARTS: 14/6

CAREER GAMES/STARTS: 81/45

JUNE 19, 1975

ABBEVILLE, LOUISIANA

97

2003: Played in 14 games, starting six. Named starter at left end replacing Antonio Cochran vs. Pittsburgh (11/2). Tied career-high with three sacks on the year and first career forced fumble, with one sack that forced fumble coming vs. Arizona (12/21) with a season-high five solo tackles. Other two sacks came at Cincinnati (10/26) and at Baltimore (11/23). Posted two solo tackles in the Wild Card Game at Green Bay (1/4/04).

PRO: An original second-round draft choice (59th overall) in the 1997 NFL Draft by the New England Patriots. Signed with the Seahawks as an unrestricted free agent April 11, 2002. **1997:** Appeared in 14 games as a rookie, including both playoff games as a backup to Willie McGinest at defensive end. Finished the season with nine tackles. He was listed among the Patriots inactives prior to four of the first five games, but worked his way into the lineup by the sixth game of the season. Made NFL debut at Indianapolis (9/7) and recorded his first career tackle. **1998:** Played in each of the first seven games, earning his first start in the seventh game of the season, when he replaced McGinest (injury) at Miami (10/24). Broke his ankle in that game, causing him to miss the remainder of the 1998 season after being placed on injured reserve (10/30). Opened the season with three solo tackles, including a John Elway 9-yard sack at Denver (9/7), the first sack of his career and the first by a Patriot in 1998. Started at right defensive end and recorded a career-high seven solo stops, including a 6-yard sack of Dan Marino, before leaving the game with a fractured ankle at Miami (10/25). Ended the season with 21 total tackles (17 solo), including two sacks for 15 yards. **1999:** Started every game for the Patriots at left defensive end, opposite Willie McGinest and amassed 61 total tackles, including three sacks, both career highs. One of just six defensive players to start every game, forming a defensive unit that finished the season ranked eighth in the NFL, the highest defensive ranking by the Patriots in 11 years. Registered five tackles as the Patriots held the New York Giants (9/26) to just

57 yards rushing in the game and a 2.2-yard average per carry. Versus Cleveland (10/2), sacked Tim Couch for a loss of 5 yards on third down to end a fourth quarter drive. It was his first sack of the season and the third sack of his career. Assisted in the Patriots best defensive effort of the season versus Arizona (10/31), yielding just 166 total net yards in a 27-3 win over the Cardinals, allowing just 90 net yards passing and 76 yards rushing. Registered a career high with seven solo tackles against the New York Jets (11/15). Recorded a career-high nine total tackles versus Buffalo (12/26). **2000:** Started nine

of 11 games recording 29 tackles and a pass defended before being placed on injured reserve with a right leg injury (12/6). Tied a career high with nine tackles versus Tampa Bay

(9/3). Recorded two tackles at Kansas City (12/4) before having to leave the game with an injured right leg in the second quarter. **2001:** Appeared in 16 regular-season games with 11 starts as a defensive tackle for Super Bowl XXXVI champion New England Patriots. Started two of three postseason games. Totaled 43 tackles with one sack and a blocked field goal for the season. Blocked a Mike Vanderjagt 46-yard attempt at Indianapolis (10/21) that set up a touchdown on the ensuing play. Tied for team lead with season-high six tackles at Denver (10/28). Blocked a Kris Brown 34-yard field goal in second round of playoffs that was recovered by Troy Brown who lateraled to Antwan Harris who ran 49 yards for a touchdown. Started Super Bowl XXXVI at defensive tackle. **2002:** Started the first two games of the season in place of John Randle (knee) at defensive tackle. Posted a season-high six tackles and one sack, seventh career, at Oakland (9/8). Started vs. Arizona (9/15) but left in

OFF THE FIELD

Brandon played in the Bruce King Celebrity Golf Classic at Twin Lakes in Federal Way. The tourney supported the Boys & Girls Club of Federal Way.

the second quarter (calf) after one solo stop and two passes defended. Declared inactive (calf) the following two games at the New York Giants (9/22) and vs. Minnesota (9/29). Returned vs. San Francisco (10/14) but re-injured his calf two weeks later at Dallas (10/27). Placed on injured reserve October 30.

COLLEGE: Started the final 34 games of collegiate career and totaled 174 tackles, including a school-record 33 tackles for loss. Finished with 21 sacks and moved ahead of former Seattle defensive tackle Sam Adams into seventh on the Aggies, all-time sack list. Started every game at defensive end and totaled 53 tackles and six sacks as a senior earning All-Big 12 first-team honors. Was a semi-finalist for the Lombardi Award, given annually to the nation's top line-

man. Posted 52 tackles and six sacks as a junior as a first-team All-Southwest Conference performer and Lombardi Award semi-finalist. Consensus first-team all-conference honors and named Southwest Conference Defensive Player of the Year totaling 62 tackles and a career-high nine sacks with two forced fumbles, three recoveries and six passes defended. Played in every game as a reserve as a freshman and finished with seven tackles.

PERSONAL: Born in Abbeville, La., where he attended Abbeville High and earned prep All-American honors. Totaled 112 tackles, including seven sacks as a senior. Posted 125 stops as a junior. Lettered in track and won the prep state championship in the shot put. Majored in sports management at Texas A&M.

MITCHELL'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
1997 New England	12/0	9	6	3	0.0	0.0	0	0	0.0	0	0	0	0	0
1998 New England	7/1	21	17	4	2.0	15.0	0	0	0.0	0	0	0	0	0
1999 New England	16/16	61	42	19	3.0	13.0	0	0	0.0	0	0	3	0	1
2000 New England	11/9	29	13	16	0.0	0.0	0	0	0.0	0	0	1	0	0
2001 New England	16/11	43	26	17	1.0	5.0	0	0	0.0	0	0	0	0	0
2002 Seattle	5/2	8	5	3	1.0	4.0	0	0	0.0	0	0	3	0	0
2003 Seattle	14/6	24	20	4	3.0	17.0	0	0	0.0	0	0	2	1	0
NFL TOTALS	81/45	195	129	66	10.0	54.0	0	0	0.0	0	0	9	1	1

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
1997 New England	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2001 New England	3/2	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0
2003 Seattle	1/1	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	6/3	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0	0

SINGLE-GAME HIGHS

Tackles: 9 twice, last time vs. Tampa Bay (9/3/00)
Sacks: 1.0 10 times, last time vs. Arizona (12/21/03)
Interceptions: None

Forced Fumbles: 1 vs. Arizona (12/21/03)
Fumble Recoveries: 1 vs. Indianapolis (9/19/99)

ADDITIONAL STATISTICS

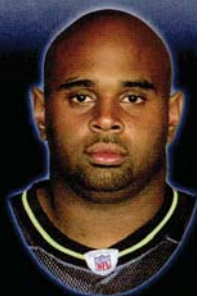
Blocked FG: 1 at Indianapolis (10/21/01); also blocked FG at Pittsburgh in playoffs (1/27)

RUSH TO JUDGEMENT

Although the Seahawks defense only improved in overall rank from 28th to 19th from 2002 to 2003, Seattle shaved 42.7 rushing yards allowed/game off their average. The Seahawks ranked last against the run in 2002, but under Ray Rhodes made the second greatest improvement in the NFL in terms of yards allowed/game. Seattle finished 2003 ranked 14th in the NFL versus the run.

TEAM	DIFFERENCE IN RUSHING YARDS/GAME		
	2002 (RANK)	2003 (RANK)	DIFFERENCE
New England	137.4 (31)	89.6 (4)	-47.8
<i>Seattle</i>	<i>152.6 (32)</i>	<i>109.9 (14)</i>	<i>-42.7</i>
Jacksonville	129.4 (25)	87.9 (2)	-41.5
Buffalo	132.6 (29)	100.4 (8)	-32.2
Dallas	113.6 (15)	89.1 (3)	-24.5

RASHAD MOORE



DEFENSIVE TACKLE

6-3 324

TENNESSEE

2ND NFL SEASON

2ND SEAHAWKS SEASON

6TH ROUND 2003

2003 GAMES/STARTS: 14/6

CAREER GAMES/STARTS: 14/6

MARCH 16, 1979

HUNTSVILLE, ALABAMA

95

2003: Became an important piece in Seattle's run defense, as the linemen allowed only four running backs to surpass 100-plus yards, compared to 10 in 2002. Finished the season with six starts in 14 games splitting time with John Randle. Posted a career-high four tackles four times and also had a fumble recovery vs. Cleveland (11/30) and first sack at Cincinnati (10/26). Totaled 30 tackles (20 solo). Posted three tackles (one solo) in the Wild Card Game.

PRO: Selected with the 10th pick of the 6th round (183rd overall) of the 2003 draft. Only the fifth player in Seahawks history to be drafted from the University of Tennessee.

COLLEGE: Recorded 95 tackles (61 solo), 3.5 sacks, nine stops behind the line of scrimmage, three fumble recoveries, two forced fumbles, and five pass deflections during his career. Was an All-SEC honorable mention by the *Associated Press* as a senior. Recorded a career-high 41 tackles (28 solo) with two sacks for minus 26 yards and four stops for losses of 31 yards. Had a quarterback pressure, a forced fumble and three fumble recoveries. Closed out his career with three tackles versus Maryland in the Peach Bowl. As a junior, played in every game, starting four. Finished with 28 tackles (13 solo), an interception, three passes defended, and seven quarter-

back pressures. Collected a season-high five tackles (four solo) with a pair of pressures versus Louisiana State in the SEC Championship. Appeared in seven games as a reserve defensive tackle his second year, recording 22 tackles (17 solo) with 1.5 sacks for minus 21 yards and five stops for losses of 29 yards. His freshman year, he missed the first four games of the season with a high ankle sprain, collecting four tackles (three solo) in limited action. Red-shirted his true freshman year.

PERSONAL: Attended Johnson High in Huntsville, Ala. Player of the Year and All-Around and Defensive MVP as a senior.

Made 65 tackles, 10.5 sacks, three fumble recoveries, including one returned for a touchdown, as a senior. All-Metro and All-Area in basketball. Born Glenn Rashad Moore. Majored in psychology.

OFF THE FIELD

Rashad attended the Communities in Schools First & Goal Luncheon. The luncheon was a reward for selected children that set and achieved goals during the school year.

MOORE'S NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2003 Seattle	14/6	30	20	10	1.0	3.0	0	0	0.0	0	0	0	0	0	1
NFL TOTALS	14/6	30	20	10	1.0	3.0	0	0	0.0	0	0	0	0	0	1

POSTSEASON

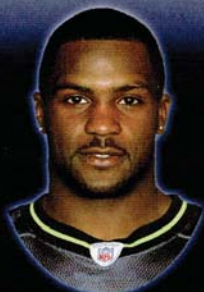
Club	G/S	Tackles			Sacks			Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
2003 Seattle	1/0	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	1/0	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0

SINGLE-GAME HIGHS

Tackles: 4 four times, last time at St. Louis (12/14/03)
Sacks: 1.0 at Cincinnati (10/26/03)
Interceptions: None

Forced Fumbles: None
Fumble Recoveries: 1 vs. Cleveland (11/30/03)

MAURICE MORRIS



RUNNING BACK

5-11 202

OREGON

3RD NFL SEASON

3RD SEAHAWKS SEASON

2ND ROUND (A) 2002

2003 GAMES/STARTS: 16/1

CAREER GAMES/STARTS: 27/1

DECEMBER 1, 1979

CHESTER, SOUTH CAROLINA

20

2003: Seeing his role expand, played in all 16 games with first career start coming vs. St. Louis (9/21) in place of Shaun Alexander (birth of child) and caught a career-high three passes for 28 yards. Set career-highs with 38 total carries and 239 yards (6.3 avg.) and four receptions for 32 yards and his first career receiving touchdown vs. Arizona (12/21). Had a career-long 43-yard run vs. Pittsburgh (11/2). Served as the team's primary kickoff returner, totaling 47 for 1,007 yards (21.4 avg.) and a long of 56 coming at Minnesota (12/7) where he returned five kickoffs for a season-high 153 yards (30.6 avg.). Also had three special teams tackles in the regular season. In the Wild Card Game at Green Bay (1/4/04), returned four kickoffs for 70 yards and rushed once for 4 yards.

OFF THE FIELD

Maurice helped out with the Toy Drive for Children's Hospital in South-center around the holiday season.

PRO: Selected with the first of two second-round picks (54th overall), becoming the 36th running back selected in Seattle history.

2002: Saw action in 11

games and totaled 153 yards on 32 carries. Won kickoff return duties in training camp and ranked eighth in the NFC with a 24.1 kickoff return average. Returned his first kickoff 66 yards at Oakland (9/8). The Raiders did not kick off to him thereafter. Came in for Alexander (eye) during the second quarter vs. Arizona (9/15) and carried seven times for 35 yards, while adding five kickoffs for 102 yards. Established a club record with 231 kickoff return yards on the sec-

ond-most returns (7) while taking one a club record tying 97 yards for the score (James Jefferson vs. Kansas City, 10/8/89). It was the first time a Seattle player took one the distance since Charlie Rogers vs. Buffalo (12/23/00, 21 games). Also tied Seahawks records for kickoff return touchdowns (1) in a career, season, game, and as a rookie. The 231 kickoff return yards were the most in the NFC in 2002. Saw extended time at running back the next week at Dallas (10/27), carrying six times for 24 yards, with four of those carries for 20 yards coming on a scoring drive in the second quarter. Led the team in rushing for the first time at Arizona (11/10) with career highs in carries (15) and yards (72) for a 4.8 average and a career-long of 24. Tweaked hamstring in that game and saw limited action the rest of the season.

COLLEGE: Spent two years at Oregon after transferring from Fresno City College where he was a two-time JC Grid-Wire All-American. Set national JC records of 4,487 all-purpose yards and 3,708 yards rushing on 593 carries. Set Fresno City records with 26 scores in 1998, career rushing touchdowns (45) and total (49). Held below 100 yards only once in his JC career (92 vs. Siskiyous). Holds Oregon's school record for most carries in one season (286 in 2000) and became the school's first two-time 1,000-yard rusher. Finished his Ducks career with 2,237 yards on 466 carries with 17 touchdowns and 307 yards and three scores on 35 receptions. His 2,237 rush yards are fifth in school history.

PERSONAL: Rushed for over 1,600 yards and 25 touchdowns as a senior at Chester High. Has six brothers and eight sisters of Diane and Bernard Morris. Born in Chester, S.C.

SINGLE-GAME HIGHS

Rush Attempts: 15 at Arizona (11/10/02)
Rush Yards: 72 at Arizona (11/10/02)
Longest Rush: 43 vs. Pittsburgh (11/2/03)
Most Rush Touchdowns: None

Most Receptions: 3 vs. St. Louis (9/21/03)
Most Rec. Yards: 28 vs. St. Louis (9/21/03)
Longest Reception: 13 vs. St. Louis (9/21/03)
Most Rec. Touchdowns: 1 vs. Arizona (12/21/03)

ADDITIONAL STATISTICS

Special Teams Tackles: 2002 (2), 2003 (3); Career: (5)
Most KO Returns: 7 at St. Louis (10/20/02)

Most KO Return Yards: *231 at St. Louis (10/20/02)
Longest KO Return: *97t at St. Louis (10/20/02)

* Club Record

MORRIS' NFL RECORD

Kickoff Returns

Club	G/S	No	Yds	Avg	LG	TD
2002 Seattle	11/0	34	821	24.1	97t	1
2003 Seattle	16/1	47	1,007	21.4	56	0
TOTALS	27/1	81	1,828	22.6	97t	1

Rushing

Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2002 Seattle	11/0	32	153	4.8	24	0	3	25	8.3	12	0
2003 Seattle	16/1	38	239	6.3	43	0	4	32	8.0	13	1
TOTALS	27/1	70	392	5.6	43	0	7	57	8.1	13	1

Receiving

POSTSEASON

Kickoff Returns

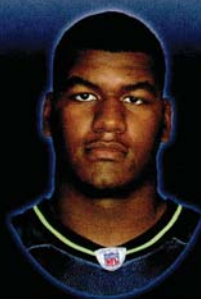
Club	G/S	No	Yds	Avg	LG	TD
2003 Seattle	1/0	4	70	17.5	19	0
TOTALS	1/0	4	70	17.5	19	0

Rushing

Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2003 Seattle	1/0	1	4	4.0	4	0	0	0	0.0	0	0
TOTALS	1/0	1	4	4.0	4	0	0	0	0.0	0	0

Receiving

DENNIS NORMAN



TACKLE

6-5 312

68

PRINCETON

4TH NFL SEASON

4TH SEAHAWKS SEASON

7TH ROUND (B) 2001

2003 GAMES/STARTS: 1/0

CAREER GAMES/STARTS: 1/0

JANUARY 26, 1980

MARLTON, N.J.

2003: Made his NFL debut on the field-goal unit at Green Bay (10/5) and also played on the unit in the Wild Card Game at Green Bay (1/4/04). Was declared inactive the other 15 games of the regular season.

PRO: Selected as the second of three seventh-round draft picks, 22nd in the round (222nd overall). **2001:** Was declared inactive all 16 games. **2002:** Dressed, but did not play, vs. St. Louis (12/22) and at San Diego (12/29). Declared inactive the other 14 games of the season.

COLLEGE: A three-year letterwinner that was named first-team All-Ivy League his final three seasons. Started 26 of 29 career games played after missing his freshman year due to a broken left leg. One of four players to be named All-Ivy League three times (Derek Graham, Damani Leech, Matt Evans). Only tackle ever drafted from Princeton and the sixth player overall. First Princeton player chosen since Judd Garrett by Philadelphia in 1990. Second-highest choice ever from Princeton (center Jon Schultheis was chosen in the seventh-round, 182nd overall, by

Philadelphia). Won the Heptagonal championship in discus (168-8) as a sophomore.

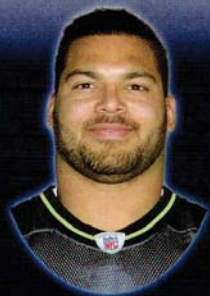
PERSONAL: A three-time letterwinner in track, two-time letterwinner in basketball and football at Cherokee (N.J.) High. Won Group IV discus championship senior year and was named All-South Jersey in track. Member of the National Honor Society and a National Merit Scholar.

Parents are Dennis Norman, Sr. and Linda Bethea. Has two brothers, Charles and Matthew, and one sister, Aimee. Majored in computer science engineering. Born in Philadelphia, Pa.

OFF THE FIELD

Dennis assisted at the Special Olympics Football Clinic at the Seahawks practice facility.

CHIKE OKEAFOR



DEFENSIVE END

6-4 265

PURDUE

6TH NFL SEASON

2ND SEAHAWKS SEASON

UNRESTRICTED FA (SF) 2003

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 73/35

MARCH 27, 1976

GRAND RAPIDS, MICH.

56

VETERANS

2003: Started all 16 games at right end and tied career-high with 47 tackles (33 solo) and established a career-high with 8.0 sacks, leading the team. In Seahawks debut vs. New Orleans (9/7), had three tackles (two solo), one sack that forced a fumble that was recovered by Chad Brown and his first career interception, returning it 18 yards. The following week at Arizona (9/14), had another sack that forced another fumble, sixth of

career. Posted a career-high seven tackles (three solo) and third sack of the year vs. San Francisco (10/12), his former team. Posted a sack in a career-high three consecutive games (at Baltimore, 11/23; vs. Cleveland,

OFF THE FIELD

Chike isn't big into "bling bling," but he does wear a "Chaos" medallion around his neck. The medallion is worn to keep negative and chaotic energy away and help maintain a "simple" life.

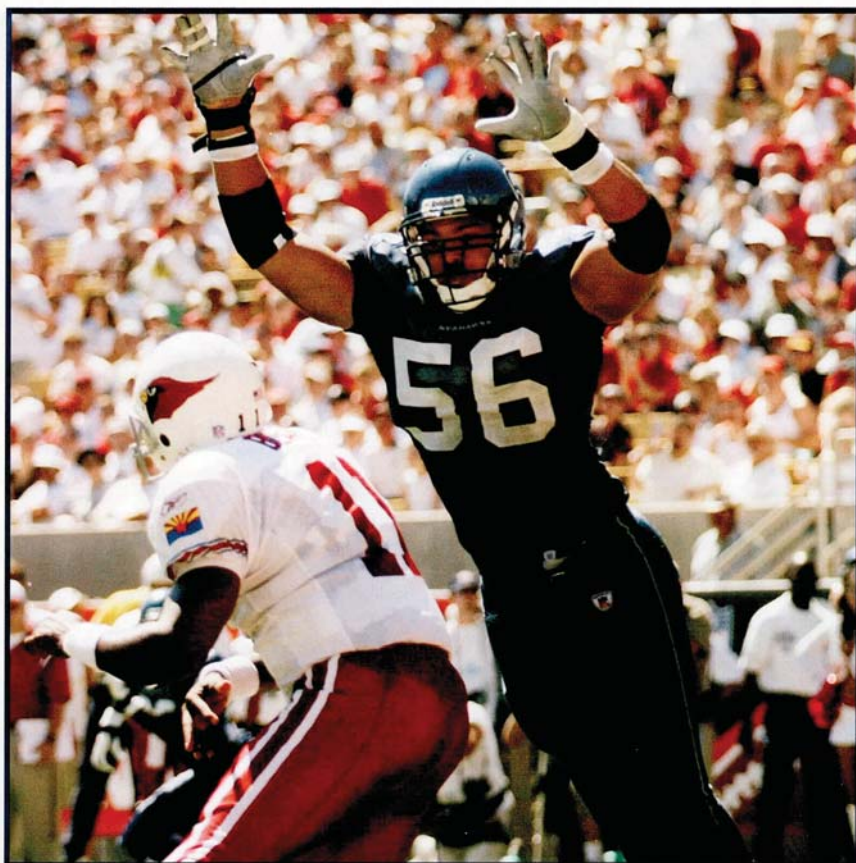
11/30; at Minnesota, 12/7) while totaling 11 tackles (nine solo). Posted a season-high 2.0 sacks vs. Arizona (12/21) to go along with four tackles (three solo). Had two stops (one solo) in the Wild Card Game at Green Bay (1/4/04).

PRO: Signed by Seattle April 7, 2003 as an unrestricted free agent from the San Francisco 49ers, where he played the first four years of his career. Selected in the third round of the 1999 NFL Draft (89th overall). **1999:** Played in 12 games at end and on special teams, where he recorded four special teams tackles. Had nine solo stops on the year and his first sack came vs. St. Louis (11/21). Declared inactive Weeks 14-17 due to left MCL injury. **2000:** Played in 15 games and posted 28 tackles (21 solo) and three sacks. Returned his first career kickoff 17 yards at San Diego. Tallied a career-high five tackles and 1.5 sacks at Denver (12/23). **2001:** Played in 14 games, starting three. Finished the season with

32 tackles (23 solo) and 2.5 sacks. Made first career start, recording a career-high tying five tackles (three solo) at Indianapolis (11/25). Posted a career-high 2.5 sacks vs. Miami (12/16). Also had four tackles (three solo) against the Dolphins. Had three tackles (one solo) vs. Philadelphia (12/22) before leaving the game with a fibula injury. Was inactive the following two weeks to close out the season. Also declared inactive for the 49ers, Wild Card game at Green Bay (1/13/02). **2002:** Started all 16 games for the 49ers, ranking second on the team with a career-high six sacks, and posting a career-high in tackles with 47 (34 solo). Also added two forced fumbles, one fumble recovery and three passes defended. Began the season with recording one sack in each of the Niners first three games. Tied his career-high with five tackles (four solo) at Arizona (12/21). Started both postseason contests vs. the New York Giants (1/5/03) and at Tampa Bay (1/12/03).

COLLEGE: Second-team All-Big Ten selection and named to the Super Sleeper Team by the Sports Network as a senior. Started every game his final season, recording 65 tackles (45 solo) and eight sacks. Started every game as a junior and had 85 tackles (45 solo) and 3.5 sacks, on his way to a second-team All-Big Ten selection. Played outside linebacker as a sophomore and led the team with a career-high 103 tackles. Named Freshman All-America after finishing his first year with 65 tackles (46 solo).

PERSONAL: Was a finalist for Indiana Mr. Football, earning All-state and *Super Prep* All-Midwest honors while at West Lafayette High. Named Indiana Region IV MVP. Posted 132 tackles and rushed for 1,169 yards and 12 scores on 132 carries his senior season of high school. Majored in engineering at Purdue, where his mother is a professor. Full name is Chikezie (Chike) Russell Okeafor, pronounced CHEEK-eh o-KEY-fur. His first name, means "well made by God" in the Ibo dialect of the Nigerian language. Married wife Stephane April 3, 2004.



Okefor led the Seahawks with 8.0 sacks in 2003.

OKEAFOR'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions								
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	
1999 San Francisco	12/0	9	9	0	1.0	4.0	0	0	0.0	0	0	0	0	0	0
2000 San Francisco	15/0	28	21	7	3.0	24.0	0	0	0.0	0	0	1	1	0	
2001 San Francisco	14/3	32	23	9	2.5	11.0	0	0	0.0	0	0	0	1	0	
2002 San Francisco	16/16	47	34	13	6.0	30.0	0	0	0.0	0	0	3	2	1	
2003 Seattle	16/16	47	33	14	8.0	43.0	1	18	18.0	18	0	2	2	0	
NFL TOTALS	73/35	163	120	43	20.5	112.0	1	18	18.0	18	0	6	6	1	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2001 San Francisco	0/0				Inactive (fibula)									
2002 San Francisco	2/2	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	1
2003 Seattle	1/1	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	3/3	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0	1

OKEAFOR'S SINGLE-GAME HIGHS

Tackles: 7 vs. San Francisco (10/12/03)

FF: 1 six times, last time at Arizona (9/14/03)

Sacks: 2.5 vs. Miami (12/16/01)

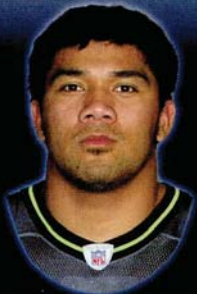
FR: 1 vs. Arizona (10/27/02)

Interceptions: 1 vs. New Orleans (9/7/03)

ADDITIONAL STATISTICS

Special Teams Tackles: 1999 (4), 2000 (3); Career (7)

KO Returns: 1 for 17 yards (2000).



ANTON PALEPOI

DEFENSIVE END
6-3 283

91

UNLV
3RD NFL SEASON
3RD SEAHAWKS SEASON
2ND ROUND (B) 2002
2003 GAMES/STARTS: 7/0
CAREER GAMES/STARTS: 20/1
JANUARY 19, 1978
SALT LAKE CITY, UTAH

2003: Played as a reserve defensive end and on special teams in seven games with nine inactives. Totaled three tackles (one solo), two special teams tackles and one kickoff return for 14 yards in the regular season. Posted two stops (one solo) at Minnesota (12/7). In the Wild Card Game, had one special teams tackle and also played defensive end.

PRO: Selected with the second of two second-round picks (60th overall) and was the first defensive end selected since Mike Holmgren's inaugural draft as general manager in 1999.

2002: Played in 13 games, starting one, and began the season in a reserve end role and some on special teams. Finished the season with 17 total tackles, one sack, two passes defended, and a forced fumble. Posted his first career sack and first forced fumble vs. Minnesota (9/29) to go along with two tackles. Posted career highs in tackles twice with three each against Kansas City (11/24) and at San Francisco (12/1). Made his first career start vs. Philadelphia (12/8) in place of Lamar King (knee). However, suffered an ankle injury in the second quarter and did not return. Declared inactive (ankle) for the remaining three games of the season. Also had three

special teams tackles and one kickoff return for 8 yards.

COLLEGE: Started college career at Dixie Junior College (St. George, Ut.) and named Western States Football League Most Valuable Player in 1999 before signing with UNLV upon graduation. Played in

17 games at UNLV, recording 56 tackles, 12.5 sacks for 72 yards, and forced three fumbles. Elected All-Mountain West Conference first-team his junior year. Had 16.5 sacks and one fumble recovery and led Dixie College to the junior college national championship game. Was one of two first-team JC All-American defensive linemen to sign with UNLV.

PERSONAL: Earned first-team all-state honors as a strong safety at Hunter High. Parents are Tony and Tutaga Palepoi.

OFF THE FIELD

Anton spent part of Christmas Eve serving dinner at the Union Gospel Mission in downtown Seattle.

PALEPOI'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2002 Seattle	13/1	17	10	7	1.0	7.0	0	0	0.0	0	0	2	1	0
2003 Seattle	7/0	3	1	2	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	20/1	20	11	9	1.0	7.0	0	0	0.0	0	0	2	1	0

SINGLE-GAME HIGHS

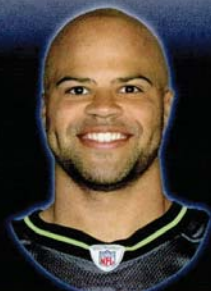
Tackles: 3 twice, last time at SF (12/1/02)
Sacks: 1.0 vs. Minnesota (9/29/02)
Interceptions: None

FF: 1 vs. Minnesota (9/29/02)
FR: None

ADDITIONAL STATISTICS

Special Teams Tackles: 2002 (3), 2003 (2); **Career (5)** **KO Returns:** Two for 22 yards.

KRIS RICHARD



CORNERBACK
5-11 190
USC

42

3RD NFL SEASON
3RD SEAHAWKS SEASON
3RD ROUND 2002
2003 GAMES/STARTS: 15/1
CAREER GAMES/STARTS: 22/1
OCTOBER 28, 1978
CARSON, CALIF.

2003: Played 15 games with one start coming at Cincinnati (10/26) when the Bengals opened with two tight ends. Used primarily in the team's dime package and pressed in to nickel duty and backup safety late in the season when injuries hit the secondary. Posted 11 total tackles (nine solo) and his first career sack vs. Cleveland (11/30). Had a career-high three tackles (all solo)

vs. Arizona (12/21). Declared inactive (stinger) for the Wild Card Game. Also had five special teams tackles.

PRO: Selected with the 20th pick in the third round (85th overall) in the

career-high three solo tackles and one pass defended. Also saw time at corner at St. Louis (10/20) after Ken Lucas (eye) left the game briefly. Declared inactive at Oakland (9/8) and at the New York Giants (9/22), dressed, but did not play, vs. Denver (11/17), inactive vs. Kansas City (11/24), at San Francisco (12/1), vs. Philadelphia (12/8), and at Atlanta (12/15). Placed on injured reserve December 17 (hernia).

COLLEGE: Three-year starter who finished his college career with 125 tackles with four stops behind the line of scrimmage and 20 pass deflections. Had eight interceptions, three that were returned for touchdowns. Earned All-Pac-10 Conference honorable mention his senior year.

PERSONAL: Played quarterback at Serra High School (Gardena, Calif.). *Super Prep* All-American, *Prep Star* All-American and *Super Prep* All-Farwest. As a senior, completed 92 of 171 passes (53.8%) for 1,369 yards and 10 touchdowns, plus ran for 900 yards with seven scores. Added 69 tackles, 6 interceptions and two forced fumbles as a cornerback. As a junior, passed for 372 yards and 6 touchdowns and rushed for 264 yards, making 42 tackles and six passes defended on defense, and also returned a punt 79 yards for a touchdown. Also ran track and was on the Serra's 1996 state championship 400-meter relay team. Served as student body president. Nickname is "Hurricane."

OFF THE FIELD

Kris shared his time and helped serve a Thanksgiving feast to the students at Seahawks Academy.

2002 draft. His selection marked the fourth consecutive year the Seahawks selected a cornerback in the draft, 19th in Seahawks history. **2002:** Saw action in seven games, mostly on special teams. Made his NFL debut on special teams vs. Arizona (9/15). With Shawn Springs (foot) out, saw extensive time in the dime package for the first time vs. Minnesota (9/29) and had a

RICHARD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions							
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR
2002 Seattle	7/0	3	3	0	0.0	0.0	0	0	0.0	0	0	1	0	0
2003 Seattle	15/1	11	9	2	1.0	8.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	22/1	14	12	2	1.0	8.0	0	0	0.0	0	0	1	0	0

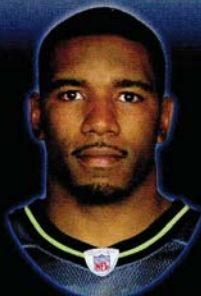
ADDITIONAL STATISTICS

Special Teams Tackles: 2003 (5); Career: (5).

BIG BROTHER

Seahawks CB Bobby Taylor has nine years of experience and will play the role of big brother in the Seahawks defensive backfield. Combined, the Seahawks six other top defensive backs (Damien Robinson-7, Ken Lucas-3, Kris Richard-2, Marcus Trufant-1, Ken Hamlin-1, and Michael Boulware-R) have just 14 years experience.

DAMIEN ROBINSON



SAFETY
6-2 223

22

IOWA

5TH NFL SEASON

2ND SEAHAWKS SEASON

UFA (NY JETS) 2003

2003 GAMES/STARTS: 15/4

CAREER GAMES/STARTS: 83/65

DECEMBER 23, 1973

DALLAS, TEXAS

2003: Suffered a dislocated shoulder in training camp and lost starting job to Ken Hamlin but saw time in 15 games with four starts, two in place of Hamlin (knee) and two in place of Reggie Tongue (hamstring). In first start vs. Pittsburgh (11/2), led the team with nine tackles (seven solo). The following week at Washington (11/9), made only interception, 13th career, and returned it 26 yards to the Redskins' 2-yard line. Injured shoulder on that play and was inactive the following week vs. Detroit. Picked up seventh career fumble recovery at Baltimore (11/23). In two starts replacing Tongue, posted 12 tackles (11 solo) coming at St. Louis (12/14) and vs. Arizona (12/21). Started in place of Hamlin (coach's decision) in the Wild Card Game at Green Bay (1/4/04) and had eight tackles (all solo), one pass defended and one special teams tackle.

PRO: Joined the Seahawks as an unrestricted free agent March 11, 2003 after spending the 2001 and 2002 seasons with the New York Jets. Spent 1997-2000 with the Tampa Bay Buccaneers, where he was picked up from the Philadelphia Eagles practice squad September 17, 1997. Originally selected in the fourth round of the 1997 draft by Philadelphia (119th overall). **1997:** Inactive for Tampa Bay's final 13 regular season contests. **1998:** Played in seven games at free safety and on special teams and recorded 17 tackles. Season ended with a fractured forearm while blocking at New Orleans and was placed on injured reserve (10/27). **1999:** Earned the Bucs' starting free safety spot during training camp and went on to start all 16 regular season games and two playoff games. Recorded a career-high 92 tackles, 10 passes defended, two interceptions, two fumble recoveries, one forced fumble, one special teams tackle, and added his first career reception (17 yards). Made first career start in season opener versus New York Giants (9/12). Had career-high 11 tackles at Green Bay (10/10). Had first two career interceptions, a fumble recovery and caught a 17-yard pass versus Green Bay (12/9). **2000:** Started all 16 regular season games and made 71 tackles and career-highs in interceptions (6),

passes defended (11) and fumble recoveries (3). Had six tackles, two passes defended and recorded his sixth interception of the season versus the Rams on Monday night football (12/18).

2001: Started 14 contests and finished the regular season with 96 tackles, a fumble recovery, two passes defended, and two interceptions. Made nine tackles and a key pass defended which led to an interception to secure the win versus Miami (10/14). **2002:** Started 15 games

for the New York Jets and finished the regular season with 95 tackles, two interceptions, six passes defended, and a forced fumble. In two postseason games, tallied nine tackles and two interceptions. Had 13 tackles, a pass

defended and a forced fumble at Buffalo (9/8). Led the team with 11 tackles (nine solo) and recorded his 300th career tackle at Jacksonville (9/29). Intercepted first pass of the season, 11th career, versus Kansas City (10/6). Picked off second pass in as many games, versus Minnesota (10/20). Led the team with seven solo tackles versus Miami (11/10). Turned in a team-high 15 tackles at Oakland (12/2). Recorded his first postseason interception and returned it 24 yards versus Indianapolis (1/4/03). Registered second career postseason interception at Oakland (1/12/03).

COLLEGE: Played in 44 games at Iowa, making 35 starts during his four-year career. Registered 276 tackles, 14 interceptions, 28 passes defended, and two forced fumbles. Recorded 15 tackles and a fumble recovery in three bowl games. Ranks third on Iowa's all-time interception list. Earned first-team all-Big Ten honors as

OFF THE FIELD

Damien joined fellow teammate Alex Bannister and seven Sea Gals during the offseason to visit the United Arab Emirates and Qatar. There, they visited troops overseas to boost morale and show their support.

a senior.

PERSONAL: Attended Hillcrest High School where he was a Blue Chip All-America performer and was named one of the top 100 play-

ers in the state of Texas as a senior. He and his wife, Michele, have three daughters, Zoya (6/17/97), Zariah (3/10/99) and Zen (5/13/02).



D. ROBINSON'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg				
1997 Tampa Bay	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0
1998 Tampa Bay	7/0	17	6	11	0.0	0.0	0	0	0.0	0	0	0	0
1999 Tampa Bay	16/16	92	50	42	0.0	0.0	2	36	18.0	24	0	10	1
2000 Tampa Bay	16/16	71	51	20	0.0	0.0	6	1	0.2	1	0	11	0
2001 NY Jets	14/14	96	55	41	0.0	0.0	2	58	29.0	30	0	2	0
2002 NY Jets	15/15	95	67	28	0.0	0.0	2	12	6.0	12	0	6	1
2003 Seattle	15/4	30	26	4	0.0	0.0	1	26	26.0	26	0	4	0
NFL TOTALS	83/65	401	255	146	0.0	0.0	13	133	10.2	30	0	33	2

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg				
1997 Tampa Bay	IA	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0
1999 Tampa Bay	2/2	6	2	4	0.0	0.0	0	0	0.0	0	0	1	0
2000 Tampa Bay	1/1	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0
2001 NY Jets	1/1	6	5	1	0.0	0.0	0	0	0.0	0	0	0	0
2002 NY Jets	2/2	9	5	4	0.0	0.0	2	24	12.0	24	0	0	0
2003 Seattle	1/1	8	8	0	0.0	0.0	0	0	0.0	0	0	1	0
NFL TOTALS	7/7	33	23	10	0.0	0.0	2	24	12.0	24	0	2	0

SINGLE-GAME HIGHS

Tackles: 15 vs. Oakland (12/2/02)

Sacks: None

Interceptions: 2 vs. Green Bay (12/26/99)

FF: 1 twice, last time at Buffalo (9/8/02)

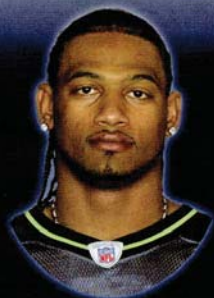
FR: 1 seven times, last time at Baltimore (11/23/03)

ADDITIONAL STATISTICS

Receptions-Yards: 1999 (1-17), 2000 (1-36); **Career:** 2 for 53 yards.

Special Teams Tackles: 1998 (2), 1999 (1), 2003 (5); **Career:** (8)

KOREN ROBINSON



WIDE RECEIVER

6-1 205

N.C. STATE

4TH NFL SEASON

4TH SEAHAWKS SEASON

1ST ROUND (A) 2001

2002 GAMES/STARTS: 15/15

CAREER GAMES/STARTS: 47/44

MARCH 19, 1980

BELMONT, NORTH CAROLINA

81

VETERANS

2003: Started all 15 games played, did not play at Arizona (9/14). Finished second on team in receptions (65) and receiving yards (896). Caught first Seahawks touchdown of 2003 in week one versus New Orleans (9/7). After sitting out at Arizona (9/14) because of a coach's decision, returned to lead the team in receptions (7) and yards (96) and scored the game-winning touchdown with 1:00 to play against St. Louis (9/21). At Green Bay (10/5), led the team in receiving for the third time in four games with a season-high eight catches for 75 yards. Caught an 18-yard pass on third-and-nine with 1:47 left in the game to set-up the go-ahead field goal against San Francisco (10/12). Hauled in three passes for 65 yards (21.7 avg.) in win over Chicago (10/19). Led team with 88 receiving yards at Washington (11/9), including a season-long of 37. Scored third touchdown (9th career) of the year at Baltimore (11/23), a season-high 38 yarder in the third quarter. Recorded first and only 100-yard receiving game of the season, 6th career, with six catches for 122 yards versus Cleveland (11/30). In a must-win game at San Francisco (12/27), led the team in catches for the fourth time in 2003 with six for 85 yards. Also recorded fourth touchdown of the season, 10th career, a 30-yarder late in the third quarter to put the Seahawks up for good and propel them into the playoffs for the first time since 1999. In first career playoff game at Green Bay (1/4/04), led team with seven catches for 88 yards, including a long of 33 yards.

PRO: Selected with the ninth pick in the first round of the 2001 NFL Draft. Robinson, who passed up his final two seasons of college eligibility, became just the second receiver taken in the first round by Seattle and first since Joey Gallowsay was selected eighth overall in 1995. He was the 27th wide receiver drafted by the Seahawks. Became the Seahawks highest draft choice since Shawn Springs was selected third overall and Walter Jones sixth overall in 1997.

2001: Finished season third on the team with 39 receptions and third among rookie wide receivers in catches and fourth in yards with 536. Started first career game and caught one pass for 3 yards versus Philadelphia (9/23). Caught a career-high

five passes for a career-high 78 yards at Oakland (9/30). Caught two passes, including his first touchdown catch of the season, at Buffalo (11/18). Caught three balls for 58 yards with a career-long 42-yarder at New York Giants (12/23). **2002:** One of four offensive starters to start all 16 games and led the club in receptions (78), receiving yards (1,240) and receiving touchdowns (5). Receiving yardage was second most in team history for a single season and became only the second Seahawks player besides Steve Largent (1,287) to surpass the 1,200-yard mark. Receptions were fourth-most in Seahawks history for a single season. Finished season second in the NFC (4th NFL) among receivers with at least 60 catches with a 15.9-yard average. Had five receptions for 82 yards versus Arizona (9/15). Posted two of the longest receiving plays in Seahawks history at St. Louis (10/20), two of three total catches. Scored first touchdown of the season on a 79-yard pass from Trent Dilfer in the second quarter, the eighth-longest connection in club history. Caught a team record 83-yard reception and took it to the Rams 2-yard line. Had 166 yards in the game, his first career 100-yard game. Posted second 100-yard receiving game with 100 yards on a career-high eight catches versus Washington (11/3). Led the team in receiving for the second straight week, fourth time in season, with seven catches for 96 yards at Arizona (11/10) and also rushed once for a career-long 20 yards. Established career-high with 168 receiving yards on eight catches versus Kansas City (11/24), best NFL week 12 performance. Also had one touchdown in that game. Teamed with Matt Hasselbeck (362 yards) and Shaun Alexander (145 yards) to give Seattle a 300-yard passer, 100-yard rusher and 100-yard receiver for the first time since visiting San Diego September 15, 1985. Caught four passes for 85 yards and one touchdown at San Francisco (12/1). Had four receptions for 44 yards and a touchdown versus Philadelphia (12/8). Led team with career-high nine receptions for 143 yards, fourth career 100-yard game at Atlanta (12/15). Went over 1,000 yards for the season versus Falcons becoming only the fifth Seattle receiver to

accomplish the feat. Tied career high with nine catches for 103 yards, his fifth-career 100-yard game at San Diego (12/29). Five 100-yard games in one season rank second in Seahawks history, one behind Steve Largent's six 100-yard games (1979).

COLLEGE: Tied Torry Holt's all-time record with 14 100-yard games receiving, accomplishing the feat in just 22 games (Holt needed 41).

Third on NCSU's career list with 15 touchdowns catches, fourth in school annals with a 17.4-yard average per reception, fifth with 1,914 yards receiving, and seventh with 110 receptions. Gained 560 yards on 24 kickoff returns and 312

84 points--the third-best mark in school history. His 1,880 all-purpose yards rank second in team record books. Led the ACC in all-purpose yardage (170.9 ypg) and receptions per game (5.6). Started the season with six consecutive 100-yard games. Had a season-high nine receptions versus Virginia for 121 yards. Set a school bowl record with 327 all-purpose yards in the MicronPC.com Bowl versus Minnesota. Totaled seven receptions for season-high 157 yards in that game with a 23-yard touchdown. Also scored on a 19-yard reverse and gained 151 yards on six kickoff returns. Named the Atlantic Coast conference Rookie of the Year as a freshman while garnering ACC Player of the Week honors versus Duke and Georgia Tech. Tied a career-high 10 receptions for 129 yards and a 40-yard touchdown versus Duke. Posted the team's longest play from scrimmage for the season, a 70-yard touchdown catch, hauling in five passes for a career-high 168 yards. Closed out the season tying a career-high catching 10 passes versus East Carolina. Redshirted his first season with the Wolfpack.

PERSONAL: Donates \$1000 to the National Alzheimer's Association - Seattle/Central Washington chapter - for every touchdown, 10 catch game, 100-yard receiving game, and catches of 40 yards or more. Also, along with teammate Darrell Jackson, purchases 20 tickets (10 each) for every home game for the students of Seahawks Academy. Named the *Gaston Gazette's* offensive Player of the Year and ranked the state's No. 41 prospect by the *Fayetteville Observer-Times* as a tailback at South Point (N.C.) High. Rushed for 1,700 yards and 22 touchdowns as a senior, including a career-best performance of 389 yards and three touchdowns as a junior. Also rushed for 222 yards and three touchdowns as a senior. Rushed for 893 total yards and 12 touchdowns, earning All-Southwest 3-A Conference honors as a defensive back.

OFF THE FIELD

Koren donates \$1000 to the National Alzheimer's Association (Seattle/Central Washington chapter) for every touchdown, 10-catch game, 100-yard receiving game and every catch of 40 yards or more.

yards with a pair of touchdowns on 28 punt returns. Added 110 yards on 28 carries, giving him 2,896 all-purpose yards for his career, the tenth-best total in Wolfpack history. All-American second-team and Biletnikoff semi-finalist as a sophomore at North Carolina State joining Torry Holt as the only players in school history to gain over 1,000 yards receiving in a season. Led the team with 62 receptions for 1,061 yards (17.1 avg.) and 13 touchdowns. Only Holt caught more passes (88 in 1998) in a season for the Wolfpack. Yards rank third on the school's season record list behind Holt (1,099 in 1997 and 1,604 in 1998). Set a school record with six consecutive 100-yard games and tied the season-record with eight games over the century mark. Also returned 20 kickoffs for 506 yards (25.3 avg.) and 14 punts for 218 yards and an ACC-leading 15.6 average. Led team in scoring with

K. ROBINSON'S NFL RECORD

	Club	G/S	Receiving				TD	Rushing			
			No	Yds	Avg	LG		Att	Yds	Avg.	TD
2001	Seattle	16/13	39	536	13.7	42	1	4	13	3.3	0
2002	Seattle	16/16	78	1,240	15.9	83	5	8	56	7.0	0
2003	Seattle	15/15	65	896	13.8	38t	4	4	15	3.8	0
NFL TOTALS		47/44	182	2,672	14.7	83	10	16	84	5.3	0

POSTSEASON

	Club	G/S	Receiving				TD	Rushing			
			No	Yds	Avg	LG		Att	Yds	Avg.	TD
2003	Seattle	1/1	7	88	12.6	33	0	0	0	0.0	0
NFL TOTALS		1/1	7	88	12.6	33	0	0	0	0.0	0

SINGLE GAME HIGHS

Most Receptions: 9 twice, at Atlanta (12/15/02) and at San Diego (12/29/02)

Most Yards: 168 vs. Kansas City (11/24/02)

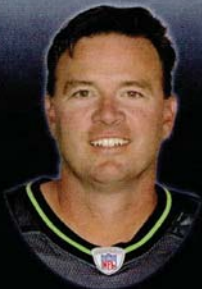
Longest Reception: 83 at St. Louis (10/20/02)

Most Touchdowns: 1 ten times, last time at San Francisco (12/27/03)

Longest Touchdown: 79 at St. Louis (10/20/02)

TOM ROUEN

16



PUNTER
6-3 225
COLORADO
12TH NFL SEASON
2ND SEAHAWKS SEASON
UFA (PITT) 2003
2003 GAMES/STARTS: 16/0
CAREER GAMES/STARTS: 172/0
JUNE 9, 1968
HINSDALE, ILL.

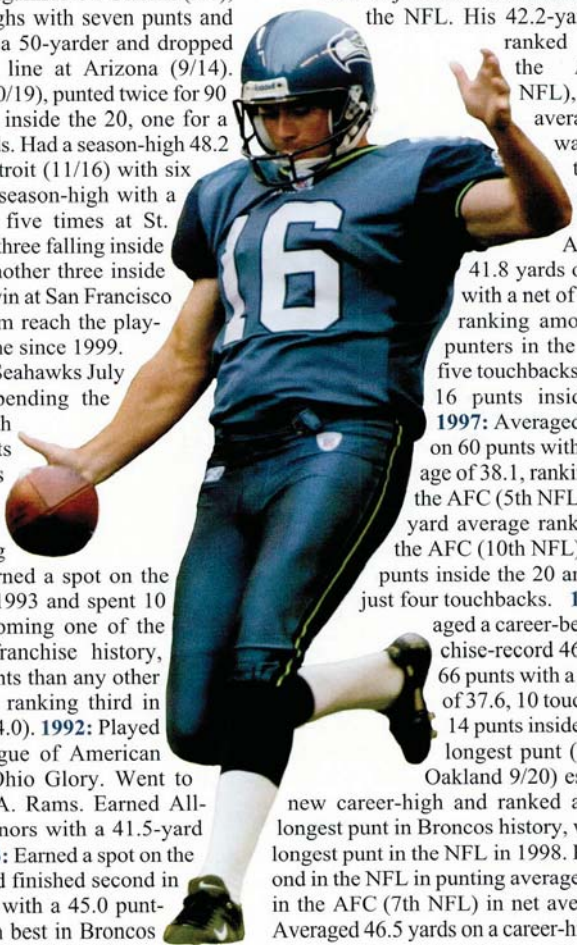
2003: Finished second in the NFC (4th NFL) with a 37.1 net punting average and second in the NFC (3rd NFL) with a career-high 29 punts inside the 20. Tied a career best with just three touchbacks. Tied a career-high his first game in a Seahawks uniform with five punts inside the 20 against New Orleans (9/7), also had season highs with seven punts and 296 yards. Booted a 50-yarder and dropped one at the 3-yard line at Arizona (9/14). Against Chicago (10/19), punted twice for 90 yards placing both inside the 20, one for a season-high 61 yards. Had a season-high 48.2 average against Detroit (11/16) with six punts and tied his season-high with a 61-yarder. Punted five times at St. Louis (12/14) with three falling inside the 20. Dropped another three inside the 20 in a critical win at San Francisco (12/27) to help team reach the play-offs for the first time since 1999.

PRO: Signed with Seahawks July 22, 2003, after spending the 2002 season with Denver, NY Giants and Pittsburgh. Was originally a free agent in the NY Giants training camp in 1992. Earned a spot on the Broncos roster in 1993 and spent 10 seasons there becoming one of the best punters in franchise history, recording more punts than any other Bronco (612) and ranking third in punting average (44.0). **1992:** Played in the World League of American Football for the Ohio Glory. Went to camp with the L.A. Rams. Earned All-World League Honors with a 41.5-yard punt average. **1993:** Earned a spot on the Broncos roster, and finished second in the NFL and AFC with a 45.0 punting average, fourth best in Broncos

history at the time. **1994:** Led the NFL with a 37.1 net yard average and 42.9 punt average ranked third in the AFC. Placed 23 of 76 punts inside the 20-yard line. **1995:** Averaged 42.2 yards on 52 punts, with a net of 37.6 during the regular season. Placed 22 punts inside the 20 with just three touchbacks, lowest in the NFL. His 42.2-yard average ranked eighth in the AFC (T-15 NFL), while net average of 37.6 was third in the AFC (5th NFL).

1996: Averaged 41.8 yards on 65 punts with a net of 36.2 yards, ranking among the top punters in the AFC. Had five touchbacks and placed 16 punts inside the 20.

1997: Averaged 43.3 yards on 60 punts with a net average of 38.1, ranking fourth in the AFC (5th NFL). His 43.3-yard average ranked sixth in the AFC (10th NFL). Placed 22 punts inside the 20 and recorded just four touchbacks. **1998:** Averaged a career-best and franchise-record 46.9 yards on 66 punts with a net average of 37.6, 10 touchbacks and 14 punts inside the 20. His longest punt (76 yards at Oakland 9/20) established a new career-high and ranked as the third longest punt in Broncos history, was also the longest punt in the NFL in 1998. Ranked second in the NFL in punting average, and fourth in the AFC (7th NFL) in net average. **1999:** Averaged 46.5 yards on a career-high 84 punts



with a net of 35.6 yards and a long of 65 yards. Placed 19 punts inside the 20 and had 16 touchbacks, while adding one special teams tackle. Led the NFL with a gross average of 46.5, making him the first Bronco to do so since Mike Horan in 1990. **2000:** Averaged 40.2 yards on 61 punts with a long of 62 yards and placed 18 inside the 20. Had one punt blocked and made one special teams tackle. Posted a net average of 32.3. **2001:** Played in all 16 games and ranked second in the AFC (T8th NFL) in net average (36.5). His 81 punts and 3,668 yards were the second high-

est totals of his career, just behind 1999 totals (84-3,908). **2002:** Spent the 2002 season with three teams; Denver, the NY Giants and Pittsburgh. Punted the first eight games for Denver before being released October 29, 2002. Picked up by the NY Giants and punted two games before moving on to Pittsburgh where he played in two regular season games and two postseason games. Played in 12 total games, punting 44 times for 1,888 yards (42.9 avg., 33.0 net avg.) with eight downed inside the 20 and seven touchbacks.

COLLEGE: Finished career with a 42.8 average playing for both Colorado (1988-90) and Colorado State (1987). As a junior, led the nation in punting with a 45.9 average, earning All-America honors. Was a college teammate of Chad Brown at Colorado in 1990. **PERSONAL:** Attended Heritage High in Littleton, Colo. where he played football and baseball. Thomas Francis Rouen was born June 9, 1958 in Hinsdale, Ill. He is married to six-time Olympic medalist Amy Van Dyken (3/10/01).

OFF THE FIELD

Tom filmed a public service announcement in 2003 for 'Special Kicks' with Blue Ribbon Partner Camp Fire USA. 'Special Kicks' raised money for every punt Tom landed inside the 20-yard line.

ROUEN'S NFL RECORD

Club	G/S	Punting							
		No.	Yards	Avg.	Net Avg.	LG	I20	TB	Blk
1993 Denver	16/0	67	3,017	45.0	37.1	62	17	8	1
1994 Denver	16/0	76	3,258	42.9	37.1	59	23	8	0
1995 Denver	16/0	52	2,192	42.2	37.6	61	22	3	1
1996 Denver	16/0	65	2,714	41.8	36.2	57	16	5	0
1997 Denver	16/0	60	2,598	43.3	38.1	57	22	4	0
1998 Denver	16/0	66	3,097	46.9	37.6	76	14	10	1
1999 Denver	16/0	84	3,908	46.5	35.6	65	19	16	0
2000 Denver	16/0	61	2,455	40.2	32.3	62	18	9	1
2001 Denver	16/0	81	3,668	45.3	36.5	64	25	8	1
2002 Den-NYG-Pitt	12/0	44	1,888	42.9	33.0	63	8	7	2
2003 Seattle	16/0	67	2,762	41.2	37.1	61	2	3	2
NFL TOTALS	172/0	723	31,620	43.7	36.2	76	214	81	9

POSTSEASON

Club	G/S	Punting							
		No.	Yards	Avg.	Net Avg.	LG	I20	TB	Blk
1993 Denver	1/0	4	135	33.8	28.8	45	0	1	0
1996 Denver	1/0	5	213	42.6	32.0	52	3	1	0
1997 Denver	4/0	17	619	36.4	31.4	53	6	1	1
1998 Denver	3/0	10	449	44.9	34.1	59	4	1	1
2000 Denver	1/0	9	346	38.4	35.6	62	0	0	0
2002 Pittsburgh	2/0	12	403	33.6	25.3	40	3	1	0
2003 Seattle	1/0	6	225	37.5	31.0	45	0	0	0
NFL TOTALS	13/0	63	2,390	37.9	34.3	62	16	5	2

ADDITIONAL STATISTICS

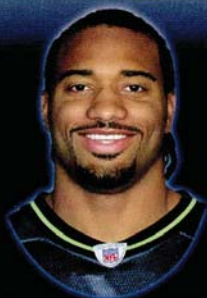
Special Teams Tackles: 1998 (1); 1999 (1); 2000 (1); 2001 (3); Career: (6).

SINGLE GAME HIGHS

Punts: 9 four times, last time vs. Wash. 11/18/01
 Avg. (3 min.): 54.4 at Oakland (9/20/98)
 Net (3 min): 52.3 vs. San Diego (11/11/01)

Longest: 76 at Oakland (9/20/98)
 Inside 20: 5 three times, last time vs. New Orleans (9/7/03)

ANTHONY SIMMONS



LINEBACKER
6-0 240

CLEMSON

7TH NFL SEASON

7TH SEAHAWKS SEASON

1ST ROUND 1998

2003 GAMES/STARTS: 13/13

CAREER GAMES/STARTS: 79/72

JUNE 6, 1976

SPARTANBURG, S.C.

51

VETERANS

2003: Re-signed with the club in the offseason and started all 13 games played. Despite missing three games, two due to injury (neck at Minnesota 12/7 and at St. Louis 12/14) and inactive for one (coaches decision vs. Detroit 11/16), still led the team with 100 tackles (80 solo) for the third time in career, also marking the third 100-tackle season of career. Began season with 18th career double-digit tackle game with team leading 11 (10 solo) against New Orleans (9/7), also recovering his first career fumble. Against St. Louis (9/21), picked off sixth career pass with 3:15 left in the game, setting up game-winning drive. Recorded 10 tackles (nine solo) for second time in five games and also added first sack of the season, eighth career, versus San Francisco (10/12). In win over Chicago, recorded second sack and second interception of the season, returning the interception 33 yards to set up a score in the second quarter. At Washington (11/9), tied for team lead in tackles with seven and picked off third pass of the season, eighth career. Posted 20th career double-digit tackle game with team-high 13 solo at Baltimore (11/23). Returned from injury (neck) versus Arizona (12/21) and again led team in tackles with eight solo. Recorded third sack, 10th career, and a pass defended against Arizona (12/21). Posted fourth double-digit tackle game of the season, 21st career, at San Francisco (12/27) with 10 (seven solo). Game was the eighth time he led the team in tackles in 2003. In the Wild Card Game at Green Bay (1/4/04), posted eight tackles and one pass defended.

PRO: Drafted with the 15th selection in the first-round of the 1998 draft. Since 2000 season leads all Seahawks with 416 tackles. One of the fastest linebackers in the NFL. Possesses incredible burst and recovery speed, and the ability to pursue from sideline-to-sideline. Can play inside linebacker, but is best suited to the outside, where he has excelled since 2000. **1998:** Played 11 games with four starts at outside linebacker. Suffered a knee injury in the preseason, and was inactive for season opener at Philadelphia (9/6) and versus Arizona (9/13). Saw first action of career vs. Washington (9/20). Played mostly on

special teams, until the fourth quarter when he played outside linebacker. Saw limited action at outside linebacker at Pittsburgh (9/27) and recorded his first career tackle. Saw action on special teams at Kansas City (10/4) and vs. Denver (10/11). Saw action at outside linebacker versus Kansas City (11/8) and had five tackles. Made first career start at Oakland (11/15) and recorded 10 tackles. Started for outside linebacker Darrin Smith (ankle). Saw action at outside linebacker when middle linebacker Dean Wells missed parts of the second quarter at Dallas (11/22) and Smith moved inside. Started at outside linebacker vs. Tennessee (11/29) and finished with six tackles. Intercepted Vinny Testaverde at the N.Y. Jets (12/6) and returned it 36 yards for a touchdown, his first career score. Saw limited action on defense versus San Diego (12/13). Started at outside linebacker for Smith (knee) at Denver (12/27) and finished with a season-high 11 tackles. **1999:** Started all 16 games at middle linebacker, finishing tied for third on the team with 90 tackles. Made first NFL start at middle linebacker versus Detroit (9/12). Registered eight tackles (five solo) at Oakland (10/3). Recorded team-high 11 tackles (10 solo) versus Denver (11/14) and finished second two weeks later with 10 stops versus Tampa Bay (11/28). Led team with career-high 15 tackles versus San Diego (12/12). **2000:** Moved to outside linebacker and led the team with a career-high 147 tackles (119 solo), good for third all-time in team history and 2nd in the AFC (4th NFL). Led the team in tackles eight times and four of the last five games. Posted seven double-digit tackle games, giving him 11 for his career, including a career-high tying, 15-tackle performance versus Denver (11/26). He

OFF THE FIELD

Anthony helped out with last year's United Way Hometown Huddle Habitat for Humanity project. All 32 teams around the NFL participate in a Hometown Huddle project.

collected 26 tackles in two games versus Denver. Recorded first career sack (0 yards) at Miami (9/3) and finished with four sacks (21 yards) for the year. Collected one sack versus Denver (11/26) and at Atlanta (12/3) that resulted in fumbles recovered by Michael Sinclair. Sinclair took Denver's fumble 63 yards for a score. Tallied interceptions in back-to-back weeks versus Kansas City (10/29) and versus San Diego (11/5). 2001: Led the team with 123 tackles (103 solo) and paced the team in tackles six times for the season. Led the team with nine solo tackles versus Cleveland (9/9). Posted five tackles (four solo) and his first forced fumble of the season (third career) at Oakland (9/30). Posted his first double-digit tackle performance (12th career) with 10 tackles at Washington (11/4). Led the team in tackles and posted second straight double-digit tackle performance, collecting 11 tackles and second forced fumble (fourth career) versus Oakland (11/11). Led the team for a third straight week, along with third straight double-digit tackle game with 10, at Buffalo (11/18). Led the team with 13 tackles, along with first sack of season (fifth career) versus San Diego (12/2). Tied for team lead with 10 tackles at the New York Giants (12/23). Effort marked fifth double-digit game of the season (16th career). 2002: Helped Seahawks to a 4-2 record after returning from an ankle injury suffered on the season's opening drive at Oakland (9/8). Inactive for following nine games. Returned to the starting lineup and tied Reggie Tongue for the team-lead with eight tackles versus Kansas City (11/24). Collected eight tackles (six solo) and first sack of the season, seventh career, at San Francisco (12/1). Posted six tackles and tallied first interception of the season, fourth career, returning it 4 yards ver-

sus Philadelphia (12/8). Led team in tackles for the second time with seven solo stops at Atlanta (12/15), helping hold the elusive Michael Vick to only 40 yards rushing. Led the team for the third time in tackles with 11 versus St. Louis (12/22), 17th career double-digit tackle game. Also forced fifth-career fumble (Trung Canidate). Added second interception of the season that led to a Shaun Alexander score and a 20-3 lead.

HONORS: 1998, *All-Rookie Team, Pro Football Weekly/College & Pro Football Weekly.*

COLLEGE: Earned All-America honors all three seasons at Clemson while playing 33 games with 23 starts at weak inside linebacker. Led the team in tackles three times, including a team-record 178 as a sophomore in 1996. Ranks third in school history with 486 career tackles. Recorded 19 or more tackles three times for the Tigers. First team All-American by the *Associated Press* and *The Sporting News* in 1997. Led Clemson that year with 158 tackles while adding eight sacks for 57 yards.

PERSONAL: Named Defensive Player of the Year in South Carolina by the *Spartanburg Herald-Journal* and the *Greenville News* as a senior at Spartanburg High. Earned All-American mention as a senior. Two-time all-state selection. Led the team to the state Big 16 title as a senior. Created a group called Life (Leaders in Football and Education) Line, consisting of Clemson football players, that spoke to children throughout South Carolina and the Atlantic Coast Conference on the importance of education and staying away from drugs. Extensively involved in youth programs in his hometown of Spartanburg, S.C. Earned a degree in Marketing. Has one daughter, Shatearia, and lives in Spartanburg.

SIMMONS' NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions			TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG				
1998 Seattle	11/4	41	31	10	0.0	0.0	1	36	36.0	36t	1	2	0	0
1999 Seattle	16/16	90	55	35	0.0	0.0	0	0	0.0	0	0	3	0	0
2000 Seattle	16/16	147	119	28	4.0	21.0	2	15	7.5	8	0	2	2	0
2001 Seattle	16/16	123	103	20	2.0	16.0	0	0	0.0	0	0	7	2	0
2002 Seattle	7/7	46	35	11	1.0	7.0	2	19	9.5	15	0	2	1	0
2003 Seattle	13/13	100	80	20	3.0	21.0	3	38	12.7	33	0	8	1	1
NFL TOTALS	79/72	547	423	124	10.0	65.0	8	108	13.5	36t	1	24	6	1

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions			TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG				
1999 Seattle	1/1	3	2	1	0.0	0.0	0	0	0.0	0	0	0	0	0
2003 Seattle	1/1	8	6	2	0.0	0.0	0	0	0.0	0	0	1	0	0
NFL TOTALS	1/1	11	8	3	0.0	0.0	0	0	0.0	0	0	1	0	0

SINGLE GAME HIGHS

Tackles: 15, 2 Times (Last vs. Denver, 11/26/00)

Sacks: 1.0, 10 Times (Last vs. Arizona 12/21/03)

Interceptions: 1, 8 Times (Last at Wash. 11/9/03)

Forced Fumbles: 1, 6 Times (Last at Balt. 11/23/03)

Fumble Recoveries: 1 vs. New Orleans (9/7/03)

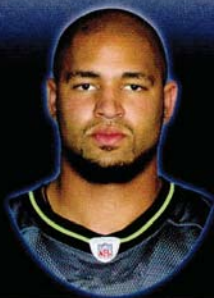
Touchdowns: 1 (int.), at New York Jets (12/6/98)

ADDITIONAL STATISTICS

Special Teams Tackles: 1998 (2); 1999 (2); Career (4).

JERRAMY STEVENS

VETERANS



TIGHT END
6-7 260

86

WASHINGTON

3RD NFL SEASON

3RD SEAHAWKS SEASON

1ST ROUND (A) 2002

2003 GAMES/STARTS: 16/3

CAREER GAMES/STARTS: 28/4

NOVEMBER 13, 1979

OLYMPIA, WASHINGTON

2003: Played in all 16 games totaling six receptions for 72 yards as the second tight end, also saw action on special teams. Started three games, at Arizona (9/14), vs. St. Louis (9/21) and at St. Louis (12/14) when the offense opened in a two tight end formation. Caught one pass for 17 yards against Pittsburgh (11/2). Saw extended playing time at tight end with Itula Mili out (concussion) versus Cleveland (11/30) and hauled in two passes for 20 yards. Against Arizona (12/21), caught a season-long 26 yard pass. Saw time at tight end and on special teams in the Wild Card Game at Green Bay (1/4/04).

PRO: Local product chosen with the 28th overall pick in the first round of the 2002 NFL Draft, becoming the highest tight end ever selected by the club and 13th in its 26-year history. Established franchise records for rookie tight end with 26 catches, 252 yards and three touchdowns in 2002 seeing action in just 12 games. **2002:** Saw action in 12 games with one start en route to setting franchise receiving marks for a rookie tight end with 26 catches, 252 yards and three touchdowns. Made NFL debut at Oakland (9/8) and had three receptions for 18 yards. Started first career game and caught one pass for 10 yards versus Minnesota (9/29), but left game in the second quarter (ankle). Declared inactive the next four games. Returned from ankle injury to play in two tight end sets at Arizona (11/10). Caught two passes, including his first career touchdown, a 6-yarder from Matt Hasselbeck versus Kansas City (11/24). Had three catches for 32 yards that included second touchdown pass of the season, an 11-yarder, versus Philadelphia (12/8). Also had three catches for 19 yards, including his third touchdown catch in four games, at Atlanta (12/15). Tied Darrell Jackson and Koren Robinson for team-lead with a career-high four receptions and career-high 70 yards, including a career-long of 29, versus St. Louis (12/22). Tied career-high four receptions for 22 yards at San Diego (12/29).

COLLEGE: Entered the draft as a redshirt junior and left the University of Washington ranking third in catches among tight ends (74) and fourth

among tight ends in receiving yards (953). Only Rod Jones and Mark Bruener had more career receptions. Started 22 of the 27 games he appeared in and was a semifinalist for the 2000 John Mackey Award, given to the nation's top tight end. Followed in the footsteps of former Husky tight ends into the NFL; Aaron Pierce, Eric Bjornson, Mark Bruener, Ernie Conwell, Cam Cleeland, and Jeremy Brigham. Junior season cut short due to a broken left foot suffered vs. Idaho. Played in five games, starting vs. Idaho and in the season finale at Miami, and recorded 10 receptions for

88 yards. Talled a career-high, and set a school b o w l - g a m e record, with nine receptions for 109 yards and a score vs. Texas in the 2001 Holiday Bowl. As a s o p h o m o r e , recorded the best tight end output in Husky history setting a school record with 43 catches for 600 yards and three touchdowns while starting all 11 games. Named All-American second-team by Gannett News Service, *College Football News* and *Football News*. All-Pac-10 Conference second-team selection by coaches and media while *Football News* named him first-team All-Pac-10. Co-winner of KOMO 1000's Most Outstanding Offensive Player award. Caught five passes for 51 yards in the team's 2001 Rose Bowl win over Purdue. Played in all 11 games as a redshirt freshman, starting nine, while hauling in 21 passes for 265 yards and four scores. His 21 receptions were the most ever by a freshman tight end. Earned Freshman All-American second-team honors by *The Sporting News* and an All-Pac-10 Freshman team choice by the *Seattle P-I*. Redshirted the year and spent the first part of the season as scout squad quarterback before converting to tight end.

PERSONAL: Top quarterback prospect out of

OFF THE FIELD

Jerramy held the First Annual Jerramy Stevens Skills Camp at Interlake High School in Bellevue to benefit Blue Ribbon Partner, Treehouse. Over 80 children ages 12-18 participated.

Olympia's River Ridge High where he passed for 1,497 yards and 15 touchdowns as a senior, and also had 17 catches for 242 yards and three scores. Also played basketball and ran track. Par-

ents are Fran and Bob. Has one brother and two sisters. Sister, Jameka, played volleyball at the University of Hawaii. Earned a degree in American Ethnic Studies.

STEVENS' NFL RECORD

	Club	Receiving					LG	TD
		G/S	No	Yds	Avg			
2002	Seattle	12/1	26	252	9.7	29	3	
2003	Seattle	16/3	6	72	12.0	26	0	
NFL TOTALS		28/4	32	324	10.1	29	3	

POSTSEASON

	Club	Receiving					LG	TD
		G/S	No	Yds	Avg			
2003	Seattle	1/0	0	0	0.0	0	0	
NFL TOTALS		1/0	0	0	0.0	0	0	

SINGLE-GAME HIGHS

Most Receptions: 4, twice, vs. St. Louis (12/22/02) and at San Diego (12/29/02)

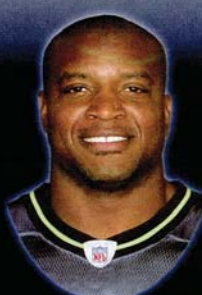
Most Yards: 70 vs. St. Louis (12/22/02)

Longest Reception: 29 at Atlanta (12/15/02)

Most Touchdowns: 1, 3 times, last at Atlanta (12/15/02)

Longest Touchdown: 11 yards vs. Philadelphia (12/8/02)

MACK STRONG



FULLBACK
6-0 245
GEORGIA
12TH NFL SEASON
12TH SEAHAWKS SEASON
FREE AGENT 1993
2003 GAMES/STARTS: 16/9
CAREER GAMES/STARTS: 148/77
SEPTEMBER 11, 1971
COLUMBUS, GEORGIA

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2003: Paved the way for a 1,000-yard rusher for the fourth straight season and set career-highs in both rushing (174) and receiving (216) yardage. Also set career highs in rushing attempts (37), rushing average (4.7) and receptions (29). Played in all 16 games and started nine at fullback. Rushed five times for 32 yards (6.4 avg.) against New Orleans (9/7) including a career-long 20 yarder, his longest run since 12/4/94 vs. Indianapolis. Against San Francisco (10/12), opened the game with a 27-yard catch, his longest since a 35-yarder at the New York Giants (12/23/01). Also set career-high with a 21-yard jaunt for fourth-career rushing touchdown and first since 11/12/95 at Jacksonville (122 games). Rushed three times for 11 yards and caught three passes for 18 yards versus Chicago (10/19). Caught two passes for 28 yards with a long of 15 at Washington (11/9). Against Detroit (11/16), rushed three times for 17 yards (5.7 avg.).

Set season highs in both carries (6) and rushing yards (33) at Baltimore (11/23). Tied a career-high with four catches leading to a career-high 56 receiving yards versus Cleveland (11/30), also rushing four times for 22 yards. Saw time at fullback and on special teams in the Wild Card Game at Green Bay (1/4/04).

PRO: Signed with the Seahawks as a free agent in 1993 and has worked into the starting job at fullback, until 1999 when he was used primarily on special teams and reserve in the offensive backfield. Scored the game-winning touchdown against Tampa Bay with 42

OFF THE FIELD

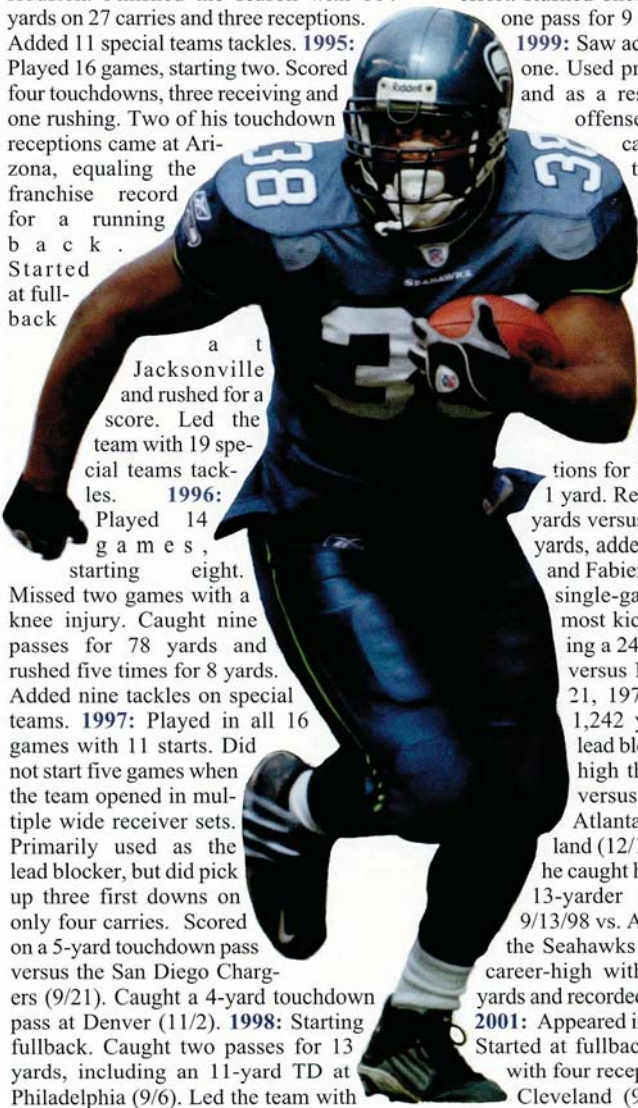
Mack and his wife Zoe served as spokesmen for last year's Childhaven Seahawks Tackle Abuse Dinner. Childhaven is

seconds left and tied a team record for a running back with two touchdown receptions at Arizona in 1995. Has 79 special teams tackles, including a team-leading 19 in 1995. 1993: Spent the entire season on the practice squad after signing as a free agent on 4/29. 1994: Played the last eight games as a reserve fullback and running back. Inactive the first eight games. Made his first appearance on offense against Tampa Bay and scored the game-winning touchdown with 42 seconds remaining in a 22-21 win. Started at running back against the Colts. Scored the eventual game-winning touchdown on a 13-yard run in a 16-14 win at Houston. Finished the season with 114 yards on 27 carries and three receptions. Added 11 special teams tackles. 1995: Played 16 games, starting two. Scored four touchdowns, three receiving and one rushing. Two of his touchdown receptions came at Arizona, equaling the franchise record for a running back. Started at fullback

at Jacksonville and rushed for a score. Led the team with 19 special teams tackles. 1996: Played 14 games, starting eight. Missed two games with a knee injury. Caught nine passes for 78 yards and rushed five times for 8 yards. Added nine tackles on special teams. 1997: Played in all 16 games with 11 starts. Did not start five games when the team opened in multiple wide receiver sets. Primarily used as the lead blocker, but did pick up three first downs on only four carries. Scored on a 5-yard touchdown pass versus the San Diego Chargers (9/21). Caught a 4-yard touchdown pass at Denver (11/2). 1998: Starting fullback. Caught two passes for 13 yards, including an 11-yard TD at Philadelphia (9/6). Led the team with

two special teams tackles and added 14 yards on three carries. Scored in his second consecutive game on a 4-yard pass in a victory over Arizona (9/13). Led the team with two special teams tackles. Guided the way for Ricky Watters' 136 yards rushing. Caught two passes for 11 yards and carried the ball twice for 2 yards versus Denver (1/11). Did not start at San Diego (10/25), when he was dinged on the opening kickoff but returned to play. Did not start versus Oakland (11/1), when the team opened with three wide receiver set. Started versus Indianapolis (12/20), and helped block for Watters' career-high 178-yard rushing effort. Rushed once for 6 yards and caught one pass for 9 yards at Denver (12/27).

1999: Saw action in 14 games starting one. Used primarily on special teams and as a reserve blocking back on offense. Posted second-highest career special teams tackle total with 12. Only rushing attempt came at San Diego (10/17) for no yards and only pass reception was versus San Diego (12/12) for 5 yards. Start came versus Denver (11/14). 2000: Assumed starting fullback duties week two versus St. Louis (9/10), and recorded two receptions for 17 yards and one rush for 1 yard. Returned one kickoff for 26 yards versus Indianapolis. His return yards, added to Charlie Rogers' 198 and Fabien Bownes' 44 yards, set a single-game record with 268 for most kickoff return yards, breaking a 24-year old mark of 251 set versus New Orleans, November 21, 1976. Helped Watters gain 1,242 yards this season as his lead blocker. Recorded a season-high three catches three times, versus New Orleans (9/17), at Atlanta (12/3) and versus Oakland (12/16). In that Raiders game, he caught his first touchdown pass, a 13-yarder from Jon Kitna, since 9/13/98 vs. Arizona (44 games), to put the Seahawks on the board first. Set a career-high with 23 receptions for 141 yards and recorded one special teams tackle. 2001: Appeared in 16 games with 13 starts. Started at fullback and tied a career-high with four receptions for 20 yards versus Cleveland (9/9). Started and helped



block for Shaun Alexander's 266-yard rushing performance (fourth-best in NFL history) as well as Seattle's team-record 319-yard rushing night versus Oakland (11/11). Started and rushed twice for 6 yards and caught two passes for 21 yards, including a 20-yarder versus San Diego (12/2). Also had one special teams tackle. Rushed a season-high four times with a long of 6 versus Dallas (12/16). Caught a career-best 35 yarder in the fourth quarter at New York (12/23) versus the Giants. **2002:** Played in all 16 games with 12 starts at fullback. Had 23 rushing attempts, second most of career, for 94 yards with 22 receptions for 120 yards and two touchdowns. Started and had two receptions for 9 yards, including first touchdown of the season, ninth of career and first since 12/16/00 (21 games) versus San Francisco (10/14). Rushed twice for 5 yards and caught one touchdown pass for 2 yards versus Kansas City (11/24). The reception was the 10th touchdown catch of career, and the most since he had two in 1998. Carried the

ball five consecutive times in overtime to set up Rian Lindell's game-winning field goal at San Diego (12/29).

HONORS: 2003, *Sports Illustrated* Dr. Z All Pro Team.

COLLEGE: Four-year letterman and two-year starter. Offensive team captain as a senior. Rushed for a single-season high 358 yards on 63 carries, a 5.7-yard average, and three scores in 1992. Finished his career with 812 yards on 195 carries, a 4.2 average, and nine scores. Had six touchdowns on 67 carries in 1991. Added 35 career receptions for 400 yards, an 11.4 average, and one score. Sociology major.

PERSONAL: Football, basketball, and track letterman at Brookstone High School in Columbus, Ga. Rushed for 4,414 yards and 83 touchdowns. Won the Steve Largent Award in consecutive years (2001-2002), first Seahawk to win the award twice. Lives in Kirkland, Wash., with his wife Zoe (3/8/98), and sons Isaiah (10/17/01) and Evan (3/22/04).

STRONG'S NFL RECORD

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1993	Seattle		Practice Squad									
1994	Seattle	8/1	27	114	4.2	14	2	3	3	1.0	5	0
1995	Seattle	16/2	8	23	2.9	9	1	12	117	9.8	25	3
1996	Seattle	14/8	5	8	1.6	4	0	9	78	8.7	20	0
1997	Seattle	16/11	4	8	2.0	6	0	13	91	7.0	20	2
1998	Seattle	16/7	15	47	3.1	9	0	8	48	6.0	11t	2
1999	Seattle	14/1	1	0	0.0	0	0	1	5	5.0	5	0
2000	Seattle	16/13	3	9	3.0	4	0	23	141	6.1	24	1
2001	Seattle	16/13	17	55	3.2	12	0	17	141	8.3	35	0
2002	Seattle	16/12	23	94	4.1	9	0	22	120	5.5	12	2
2003	Seattle	16/9	37	174	4.7	21t	1	29	216	7.4	32	0
NFL TOTALS		148/77	140	532	3.8	21t	4	137	960	7.0	35	10

POSTSEASON

	Club	G/S	Rushing					Receiving				
			Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1999	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	0
2003	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		2/0	0	0	0.0	0	0	0	0	0.0	0	0

STRONG'S SINGLE GAME HIGHS

Rushes: 10, at Houston (12/11/94)

Receptions: 4, 3 Times (Last vs. Cleveland 11/30/03)

Yards: 44, at Houston (12/11/94)

Yards: 56, vs. Cleveland (11/30/03)

Longest: 21t, vs. San Francisco (10/12/03)

Longest: 35, vs. New York Giants (12/23/01)

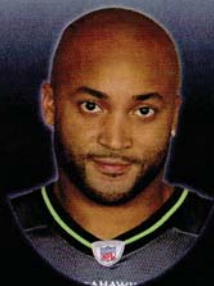
TD: 1, 4 Times (Last vs. San Francisco 10/12/03)

TD: 2, at Arizona (10/29/95)

ADDITIONAL STATISTICS

Special Teams Tackles: 1994 (11); 1995 (19); 1996 (9); 1997 (10); 1998 (10); 1999 (12); 2000 (1); 2001 (3); 2002 (1); 2003 (3) **Career** (79). Returned 13 kickoffs for 237 yds. (18.2 avg.) with a long of 30.

BOBBY TAYLOR



CORNERBACK
6-3 216

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NOTRE DAME

10TH NFL SEASON

1ST SEAHAWKS SEASON

UFA (PHILADELPHIA) 2004

2003 GAMES/STARTS: 7/7

CAREER GAMES/STARTS: 119/109

DECEMBER 28, 1973

LONGVIEW, TEXAS

2003: Missed nine games due to a foot injury, but started all seven games played for Philadelphia. Collected 28 tackles with one interception and 10 passes defended. Suffered a left foot strain in week one versus Tampa Bay (9/8) and missed the next four games. Returned at New York Giants (10/19) and recorded three tackles and two passes defended, one in the final seconds against Giants TE Jeremy Shockey that preserved a 14-10 win for the Eagles. Reinjured left foot and missed the next five games. Returned for the second time at Carolina (11/30) and helped the Eagles to a win with five tackles and a pass defended. Against Dallas (12/7), intercepted only pass of the season (14th career). Recorded seven tackles the next week at Miami (12/15). Had best game of season against San Francisco (12/21) with eight tackles and four passes defended. Started both Eagles playoff games and recorded three solo tackles and two passes defended in a win over Green Bay (1/11/04). Added four tackles and a pass defended in the NFC Championship Game against Carolina (1/18/04).

PRO: Signed with the Seahawks March 25, 2004. Spent the first nine seasons of career with the Philadelphia Eagles where he helped form one of the best cornerback tandems in the NFL with fellow Pro Bowler Troy Vincent. After leading the team with career-high five interceptions in 2002, earned first Pro Bowl selection of career. Played in more postseason games (12) and won more of them (6) than any player in Eagles history. At 6-3 considered a very large corner who plays with strength and intelligence. Matches up with the league's biggest and strongest receivers. The Eagles with current Seahawks defensive coordinator Ray Rhodes at the helm moved up in the 1995 draft to select Taylor in the second round (50th overall). **1995:** Assumed starting right cornerback spot in week four at New Orleans (10/1). Recorded first-career interception off of Troy Aikman at Dallas (11/6). Put stamp on the NFL by earning two NFC Defensive Player of the Week awards in December. Against Dallas (12/10), held all-pro Michael Irvin to just three catches and broke up two Aikman-to-Irvin bombs on the Cowboys'

final series. Then shut down Lions all-pro Herman Moore in a playoff win versus Detroit (12/30). Voted to the 1995 NFL All-Rookie team. **1996:** Started all 16 games for the Eagles and recorded career-high 62 total tackles (55 solo) with three interceptions and career-high 23 passes defended. Sacked the Packers' Brett Favre for first career sack at Green Bay (9/9). Recorded four solo tackles and four passes defended versus Detroit (9/15). At Arizona

(11/24), registered eight solo tackles. **1997:** Started five of six games before suffering partial ACL tear which ended season at Jacksonville (10/12). Recorded two sacks and forced two fumbles at Dallas (9/15). **1998:** Suffered a fractured scapula in the final preseason game at Baltimore while returning an interception. Returned in week six against Washington (10/11), and started 10 of final 11 games. Finished season with 45 tackles (32 solo) and seven passes defended. Recorded career-high 10 tackles (nine solo) at Washington (11/15). **1999:** Started 14 of 15 games before being placed on injured reserve after breaking jaw against New England (12/19). Registered 54 tackles (43 solo) along with 19 passes defended and four interceptions. Also recovered career-high three fumbles. Returned interception 18 yards for a touchdown at New York Giants (10/3). Returned an interception 28 yards at Arizona (12/5). **2000:** Started 15 of 16 games. Recorded 54 tackles (36 solo), 16 passes defended and picked off three passes. Had seven tackles versus Washington (10/8) with two passes defended. Picked off pass and returned it 25 yards at Arizona (10/15). At Pittsburgh (11/12), returned interception a career-high 38 yards. Sealed playoff-clinching win at

OFF THE FIELD

Taylor has become a big brother of sorts to 2nd-year safety Ken Hamlin. The two live within blocks of each other in Houston and spent the offseason working out together.

Cleveland (12/10) by intercepting a Doug Pederson pass at the Philadelphia 3-yard line with only 50 seconds remaining. Started both of the Eagles' playoff games, recording seven tackles (six solo) and two passes defended. **2001:** Totaled 44 tackles (31 solo) while starting 14 of 16 games. Collected 15 passes defended and one interception. Tied career-high with three fumble recoveries and forced career-high three fumbles. In week one against St. Louis (9/9) registered first sack since 9/15/97 at Dallas. Forced two fumbles at Seattle (9/23). Recorded four passes defended against Dallas (9/30). Forced fumble and recovered fumble at Dallas (11/18). At Kansas City (11/29), knocked down three passes and recovered a fumble. Started all three playoff games and recorded six tackles (five solo) and one pass defended. **2002:** Voted to first Pro Bowl after starting all 16 games for the second time in career. Recorded 49 tackles (33 solo) with eight passes defended and career-high five interceptions (2nd NFL). Tied for 3rd in the NFL with seven total take-aways. Had seven tackles and a fumble recovery versus Dallas (9/22). Picked off first pass of season against Houston (9/29). Notched seven tackles and a forced fumble in win over Tampa Bay (10/20). Recovered fumble and returned an interception 23 yards for touchdown, 2nd career, against St. Louis (12/1). Notched career-high two interceptions at Seattle (12/8). Started both playoff games. In NFC Divisional Game against Atlanta (1/11/03) picked off

a Michael Vick pass and returned it 39 yards for a touchdown to earn Player of the Week honors, also had two passes defended. In the NFC Championship Game against eventual Super Bowl champion Tampa Bay (1/19/03), recorded three tackles (one solo), an interception and one pass defended.

HONORS: 2002: NFC Pro Bowl Squad, All-NFL (Pro Football Weekly), All-Pro (Football Digest), All-Pro Second Team (AP), All-NFC (Pro Football Weekly).

COLLEGE: Was a three-year starter at Notre Dame. Finished college career with 142 tackles and five interceptions. Also had one sack in 1994 against Florida State. On the play he forced a fumble, recovered it and returned it 57 yards for a touchdown. As a senior in 1994 he started 11 games for the Irish and was named to numerous All-America teams. Earned a degree in Sociology.

PERSONAL: Bobby and his sister, Comfort, were raised in Longview, Texas, by their mother, Mary. Attended Longview High School where he lettered in basketball, football and track. Was recruited to play basketball by Michigan and most of the Southwestern Athletic Conference schools. Works out in the offseason with Seahawks safety Ken Hamlin who lives in the same Houston neighborhood. Single and resides Houston, Texas.

TAYLOR'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions				LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
1995 Philadelphia	16/12	52	47	5	0.0	0.0	2	52	26.0	35	0	17	0	0	
1996 Philadelphia	16/16	62	55	7	1.0	0.0	3	-1	-0.3	0	0	23	0	2	
1997 Philadelphia	6/5	18	14	4	2.0	0.0	0	0	0.0	0	0	3	2	0	
1998 Philadelphia	11/10	45	32	13	0.0	0.0	0	0	0.0	0	0	7	0	0	
1999 Philadelphia	15/14	54	43	11	0.0	0.0	4	59	14.8	18t	1	19	0	3	
2000 Philadelphia	16/15	54	36	18	0.0	0.0	3	64	21.3	38	0	16	2	1	
2001 Philadelphia	16/14	44	31	13	1.0	0.0	1	5	5.0	5	0	15	3	3	
2002 Philadelphia	16/16	49	33	16	0.0	0.0	5	43	8.6	23t	1	8	1	2	
2003 Philadelphia	7/7	28	21	7	0.0	0.0	1	0	0.0	0	0	10	0	0	
NFL TOTALS	119/109	406	312	94	4.0	0.0	19	222	11.7	38	2	118	8	11	

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions				LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
1995 Philadelphia	2/2	6	6	0	0.0	0.0	0	0	0.0	0	0	4	0	0	
1996 Philadelphia	1/1	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	
2000 Philadelphia	2/2	7	6	1	0.0	0.0	0	0	0.0	0	0	2	0	0	
2001 Philadelphia	3/3	6	5	1	0.0	0.0	0	0	0.0	0	0	1	0	0	
2002 Philadelphia	2/2	6	4	2	0.0	0.0	2	40	20.0	39t	1	3	0	0	
2003 Philadelphia	2/2	7	7	0	0.0	0.0	0	0	0.0	0	0	3	0	0	
NFL TOTALS	12/12	32	28	4	0.0	0.0	2	40	20.0	39t	1	13	0	0	

SINGLE GAME HIGHS

Tackles: 10 at Washington (11/15/98)
Sacks: 2.0 at Dallas (9/15/97)
Interceptions: 2 at Seattle (12/8/02)

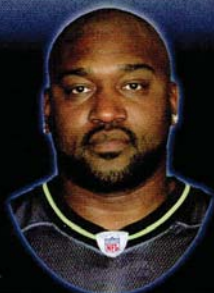
Forced Fumbles: 2, 2 Times (Last at Seattle 9/23/01)
Fumble Recoveries: 2 at Atlanta (9/22/96)
Touchdowns: 1 (int.), 3 Times (Last vs. Atlanta 1/11/02)

ADDITIONAL STATISTICS

Special Teams Tackles: 1995 (6); 1996 (4); 1997 (2); 2001 (1) Career (13).

CHRIS TERRY

VETERANS



TACKLE

6-5 295

GEORGIA

6TH NFL SEASON

3RD SEAHAWKS SEASON

WAIVERS (CAROLINA) 2002

2003 GAMES/STARTS: 12/10

CAREER GAMES/STARTS: 74/72

AUGUST 8, 1975

JACKSONVILLE, FLORIDA

72

2003: Missed first four games of season but returned and started 10 of 12 games at right tackle. Started first game of the season against San Francisco (10/12). At Cincinnati (10/26), started at right tackle as the Seahawks offense put up 462 yards and Matt Hasselbeck threw for season-high 347 yards. Started against Detroit (11/16), and helped the offensive line protect Hasselbeck as he completed 21 of 28 passes and was not sacked, just the second time the Seahawks hadn't allowed a sack since 11/18/01 at Buffalo. Helped the offense again reach 400 yards at Baltimore (11/23). Started against Cleveland (11/30) as the offense produced a 300-yard passer, a 100-yard rusher and two 100-yard receivers in same game for the first time in franchise history while recording a season-high 463 offensive yards. Helped lead the way as Shaun Alexander ran for season-high 135 yards against Arizona (12/21). Started at right tackle in first postseason game of career in the Wild Card Game at Green Bay (1/4/04).

PRO: Claimed by the Seahawks November 19, 2002, after being released by Carolina Panthers where he spent the first four years of career. Signed a multi-year contract with the Seahawks on January 24, 2003. Was originally drafted in the second round of the 1999 draft from Georgia. Fixture at right tackle for Carolina and was a part of a vastly improved offensive line in 2001 that established a team record for fewest sacks allowed in a season and ranked eighth in the league in sacks allowed per pass attempt. **1999:** Only Panthers rookie to start all 16 games. Consensus all-rookie selection at right tackle. Helped offensive compile a team-record 483 yards at Washington (10/3) and helped the offensive unit

total 450 net yards at San Francisco (9/10), the third-highest total in team history, as well as 447 yards versus Seattle (10/8). Contributed to a 117-yard rushing performance by Brad Hoover versus Green Bay (11/27). **2001:** Started 15 games for Carolina at right tackle on an offensive line that set team record for fewest sacks allowed in a season (31). Ranked eighth in the NFL in sacks per pass attempt after finishing last in that category in 2000. The offensive front held opponents without a sack in three games and allowed no more than one sack in nine games. Injured left heel caused him to miss first NFL start versus San Francisco (11/18), ending a string of 41 consecutive starts. Contributed on an offensive line that did not allow a sack for the second game of the season at Buffalo (12/9) and helped quarterback Chris Weinke record his first career 300-yard passing game versus St. Louis (12/23). The offensive line recorded its third sackless game of the season versus Arizona (12/30). Aided Richard Huntley in rushing for a team-record 168 yards versus New England (1/6) in the season finale. **2002:** Started the first 10 games for the Panthers before being claimed off waivers by the Seahawks November 19. Declared inactive, missing only the second game of his career versus Kansas City (11/24). Started at right tackle at San Francisco (12/1) in place of Floyd Womack (ankle), and continued to start the rest of the season at right tackle. Helped solidify an offensive line that allowed just 33 sacks, lowest total since allowing 29 in 1988. Also helped club total franchise-record 5,818 yards and most 500-yard games in one season (3).

COLLEGE: Converted from defensive end to right tackle following his sophomore year and started every game in final two seasons. Second All-America selection and first-team All-SEC honoree as a senior (1998). Helped Bulldogs average more than 400 yards of offense per game. As a junior, helped Georgia finish second in the SEC in rushing offense, third in total offense and fourth in scoring. Played strongside defensive end as a sophomore. Recorded 17 tackles and three pass deflections along with a sack. Redshirt freshman, accounted for seven tackles and two tackles for loss in six games.

OFF THE FIELD

Chris volunteered his time at the Kirkland Boys and Girls Club where he played basketball and other activities with the children.

gain 452 total yards versus San Francisco (12/18). **2000:** Started all 16 games at right tackle for second straight season. Helped the offense

Majored in sociology.

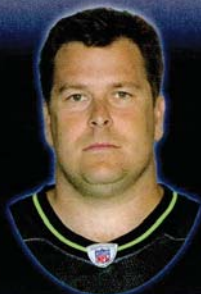
PERSONAL: Graduate of Jean Ribault HS in Jacksonville, Fla. Named *Florida Times-Union* Area Defensive Player of the Year as a senior.

Three-year starter on the defensive line, recording 93 tackles and 11 sacks. Earned all-area honors in basketball.

TERRY'S NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1999	Carolina	16/16		2002	Car/Seattle	15/15	
2000	Carolina	16/16		2003	Seattle	12/10	1/1
2001	Carolina	15/15		NFL TOTALS		74/72	1/1

ROBBIE TOBECK



CENTER/GUARD

6-4 297

WASHINGTON ST.

11TH NFL SEASON

5TH SEAHAWKS SEASON

UFA (ATLANTA) 2000

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 136/126

MARCH 6, 1970

TARPON SPRINGS, FLORIDA

61

2003: One of four Seahawks offensive linemen to start all 16 games. Since returning from knee surgery in 2000, has started 48 consecutive games. Part of a line that allowed Matt Hasselbeck to set a Seahawks record with 3,841 passing yards. Also helped pave way for Shaun Alexander to eclipse the 1,000-yard mark for the third consecutive season. Started at Cincinnati (10/26) as the offense posted first 400-yard game of season, including 347 passing yards from Hasselbeck. Against Detroit (11/16), started and contributed as the line did not allow a sack, just the second time the Seahawks hadn't allowed a sack since 11/18/01 at Buffalo. Started at Baltimore (11/23) as the offense posted second 400-yard game of the season. Started against Cleveland (11/30) and helped offense produce a 300-yard passer, 100-yard rusher and two 100-yard receivers for the first time in franchise history, also posting a season-high 463 offensive yards. Started at center in the Wild Card Game at Green Bay (1/4/04).

PRO: Signed with the Seahawks March 20, 2000. Had surgery in 2000 offseason to repair a torn tendon in his left knee he suffered in an offseason workout. Originally signed by Atlanta as a free agent on May 7, 1993. Was waived by Atlanta following training camp on August 30, 1993, and signed to the practice squad a day later. Signed to the Atlanta active roster from the practice squad on January 1, 1994. Started five seasons for Atlanta making the switch from guard to center in 1998. Blocked for four 1,000-yard rushers in Atlanta. **1993:** Spent the first 15 weeks on Falcons practice squad and signed to active roster prior to the season finale versus Phoenix (1/2), but was inactive. **1994:** Played in five

games in first season on the active roster seeing action at guard, center and tight end in short-yardage situations. **1995:** Took over as starting left guard in training camp. Made mark as a first-year starter by occupying left guard position for every snap of all 16 games. Only Falcons lineman to play every offensive snap. Helped Craig Heyward gain a personal-best 1,083 rushing yards and Jeff George set career-highs for passing yards and completions. **1996:** Started all 16 games for second straight season at left guard. Helped the Falcons total over 300 yards in offense in 11 games, including 100 yards rushing in eight games. Pass blocking helped the Falcons collect 250 or more passing yards in seven contests. Was key blocker in Jamal Anderson's 1,055-yard rushing season. Had a 1-yard touchdown reception versus Pittsburgh (10/27) after lining up as a tight end. Also caught a 14-yard pass versus New Orleans (11/17). **1997:** Played in all 16 games starting 15. Did not start season opener at Detroit due to a fractured left thumb in team's first preseason game. Helped Falcons place sixth in average time of possession. Blocked for Chris Chandler who compiled the NFL's second-best quarterback rating while completing 59.1 percent of his passes. Paved the way for Jamal Anderson's 1,052 yards, including two 150-yard plus games. **1998:** Switched to center during training camp and started 16 games there, including three postseason games. Helped lead team to Super Bowl XXXIII versus Denver (1/31/99). Played instrumental role in Jamal Anderson's NFL-leading 1,846 yards rushing. **1999:** Started 15 games at center for the Atlanta Falcons. Inactive vs. Arizona (12/26) with an injured quadriceps muscle. **2000:** Recovered

OFF THE FIELD

Robbie participated in the Coca-Cola Football Clinic at Seahawks headquarters in Kirkland with fullback Mack Strong.

and was part of an offensive line that did not surrender a sack in back-to-back games at Atlanta (12/3) and at Denver (12/10) for the first time in 324 games. Helped block for Ricky Watters when he eclipsed the 10,000-yard career rushing mark at Atlanta (12/3). **2001:** Started all 16 games at center. Part of an offensive line that helped Shaun Alexander to the fourth-best rushing game in NFL history (266 yds.), and helped set a franchise record with 319 rushing yards versus Oakland (11/11). **2002:** One of only two offensive linemen to start all 16 games and the only lineman to start all 16 at the same position. Part of an offensive line that allowed just 33 total

from offseason knee surgery soon enough to see action the last four games, spending the first 12 on the physically unable to perform list. Split time at center with Chris Gray

sacks on the season, lowest total since allowing 29 in 1988. Helped offense rank seventh in the NFL averaging 363.6 yards/game and third in passing offense averaging 254.9 yards/game. Helped team set franchise record with 5,818 total yards and three games with 500 total yards.

COLLEGE: Started all 12 games at center for the 9-3 Cougar football team as a senior. Moved to center from guard prior to final season and earned second-team All-Pac-10 honors. Recipient of the Frank Butler Award by his teammates. Also earned first-team All-Academic Pac-10 honors. Played two seasons at Kilgore Junior College in Texas where he played defensive end. **PERSONAL:** Lettered in both football and basketball at New Port Richie High School in Tarpon Springs, Fla. Played running back and was the leading tackler from his linebacker position. A versatile athlete, he was a presence in the middle for the basketball team averaging an eye-catching 21 rebounds and 21 points a game for an undefeated 20-0 team which was ranked second in the state of Florida. Has four children, McKenzie (12/9/93), Mason (2/11/95), Mia (10/23/97) and Madden (9/24/99).

TOBECK'S NFL RECORD

Year	Team	—	GP/GS	Postseason	Year	Team	—	GP/GS	Postseason
1994	Atlanta	—	5/0		2000	Seattle	—	4/0	
1995	Atlanta	—	16/16	1/1	2001	Seattle	—	16/16	
1996	Atlanta	—	16/16		2002	Seattle	—	16/16	
1997	Atlanta	—	16/15		2003	Seattle	—	16/16	1/1
1998	Atlanta	—	16/16	3/3	NFL TOTALS		—	136/126	
1999	Atlanta	—	15/15		POSTSEASON		—	5/5	



Although he hasn't earned Pro Bowl recognition, Tobeck is regarded as the leader of the Seahawks offensive line.

MARCUS TRUFANT



CORNERBACK

5-11 199

WASHINGTON ST.

2ND NFL SEASON

2ND SEAHAWKS SEASON

1ST ROUND 2003

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 16/16

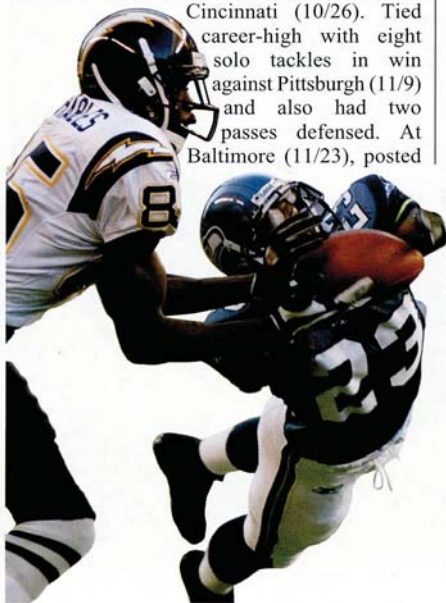
DECEMBER 25, 1980

TACOMA, WASHINGTON

23

2003: One of two rookies (S Ken Hamlin) to start on defense and make an immediate impact. Started all 16 games, the first five games at left corner with Shawn Springs out (shoulder) and the last 11 at right corner. Led the team with 20 passes defended which tied for second in the NFC (T-5th NFL). Also collected 78 tackles (69 solo) with two interceptions and one fumble recovery. Started in place of Springs against New Orleans (9/7) and didn't waste anytime making his presence felt with five tackles and two passes defended, one of which was batted in the air and intercepted by Chike Okefor. At Arizona (9/14), recovered first career fumble and returned it 31 yards to the Arizona 6-yard line to set up the Seahawks first score. Against St. Louis the next week (9/21), recorded a career-high eight solo tackles. In first game at right corner versus Chicago (10/19), tied career and season-high of eight tackles and picked off first-career pass while posting team-high three passes defended. Knocked down two more passes at

Cincinnati (10/26). Tied career-high with eight solo tackles in win against Pittsburgh (11/9) and also had two passes defended. At Baltimore (11/23), posted



career and team-high five passes defended. In the season finale at San Francisco (12/27), snagged

second-career interception, posted three solo stops and two passes defended. Started the Wild Card Game at Green Bay (1/4/04) and recorded five solo stops and one special teams tackle.

PRO: Local product chosen with the 11th overall pick in the first-round of the 2003 NFL Draft, becoming the first defensive player taken in the first round by the Seahawks since DE Lamar King (1999) and only the third cornerback drafted in the first round by the Seahawks in team history. The fifth highest cornerback taken by Seattle and highest since Shawn Springs was chosen third in 1997.

HONORS: 2003, *Pro Football Weekly All-Rookie Team*.

COLLEGE: Started at Washington State since early in his freshman year. Did not allow a touch-down reception in his last two seasons. Finished college career with 201 tackles (153 solo), five tackles for loss, eleven interceptions, and 49 pass deflections in 42 games. As a senior, was selected an All-American second-team pick by the *Associated Press* and First-Team All-Pac 10 Conference choice. Served as team captain and started every game at left cornerback. Finished the season third on the team with 74 tackles (59 solo). Also had three interceptions, deflected 13 passes and recovered a fumble. Returned 38 punts for 402 yards (10.6 avg.). Was selected All-Pac-10 Conference honorable mention as a junior. Started seven games, missing four with a broken thumb. Recorded 37 tackles (31 solo) with three stops for loss, forced and recovered a fumble, had three interceptions, and seven passes defended. Started every game at left cornerback as a sophomore, earning Player of the

OFF THE FIELD

In April, Marcus kicked off the Trufant Family Foundation with a dinner and auction to benefit local schools and the Boys & Girls Club that helped him achieve his goal of playing professional football.

Game honors versus Stanford. Recorded 53 tackles (43 solo) with three interceptions and 16 passes defended and a fumble recovery. Freshman All-Pac 10 Conference selection. Played in 11 games, starting seven of the final eight contests. Recorded 37 tackles (27 solo) with two interceptions and 13 pass defended.

PERSONAL: Attended Wilson (Tacoma, Wash.) High School. Earned three varsity letters, two in basketball and track. Served as as team captain for three sports as a senior. As a junior, named the top offensive player on the team, while in basketball, he was chosen Mr. Defense.

Triple jumped 47-6 to capture ninth place at the State track meet. As a senior, earned All-State first team honors by *Associated Press*, the *Seattle PI* and *Washington Prep Report*. Was a *Seattle Times* Red Chip honoree and named to the Western 100 (number eight DB) by the *Tacoma News Tribune*. Named Washington AAAA player of the Year by *TNT* as well as to the paper's All-League, All-Area and All-State teams. Won the state 4-A title. Scored 30 touchdowns and rushed for more than 1,800 yards. On defense, recorded 48 tackles and eight interceptions. Majored in communications.

TRUFANT'S NFL RECORD

Club	G/S	Tackles			Sacks			Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2003 Seattle	16/16	78	69	9	0.0	0	2	21	10.5	15	0	20	0	1	
NFL TOTALS	16/16	78	69	9	0.0	0	2	21	10.5	15	0	20	0	1	

POSTSEASON

Club	G/S	Tackles			Sacks			Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2003 Seattle	1/1	5	5	0	0.0	0	0	0	0.0	0	0	0	0	0	
NFL TOTALS	1/1	5	5	0	0.0	0	0	0	0.0	0	0	0	0	0	

SINGLE-GAME HIGHS

Tackles: 8, 3 Times (Last vs. Pittsburgh 11/2/03)

Sacks: None

Interceptions: 1, 2 Times (Last at San Fran. 12/27/03)

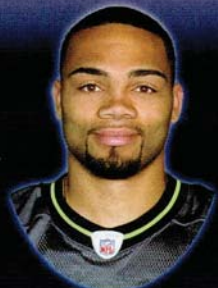
Force Fumbles: None

Fumble Recoveries: 1 at Arizona (9/14/03)

Touchdowns: None

ADDITIONAL STATISTICS

Special Teams Tackles: 2003 (5) Career (5).



SENECA WALLACE

15

QUARTERBACK
5-11 196
IOWA STATE
2ND NFL SEASON
2ND SEAHAWKS SEASON
4TH ROUND (A) 2003
2003 GAMES/STARTS: 0/0
CAREER GAMES/STARTS: 0/0
AUGUST 6, 1980
SACRAMENTO, CALIFORNIA

2003: Won the third quarterback spot in training camp and served as the emergency quarterback all 16 games. Played in all four preseason games, completing 24 of 43 passes (55.8%) for 228 yards and three interceptions.

PRO: Selected with the 13th pick in the fourth round (110th overall) for the Seahawks in the 2003 draft. His selection marked the third consecutive year the Seahawks had selected a quarterback in the draft, 14th in Seahawks history.

COLLEGE: Was originally recruited as a defensive back by Oregon State, but left when his mom became ill, enrolling close to home at Sacramento City Junior College. Joined the Iowa State program in 2001 and was named Big 12's Newcomer of the Year. In two seasons at Iowa State, he completed 411 of 712 passes

(57.7%) for 5,289 yards, 26 touchdowns and 27 interceptions, adding 912 yards and 15 scores on 237 carries (3.8 avg.) in 25 games. Only Alex Espinoza (5,307, 1984-86) gained

more yards passing in school history. His 6,201 yards in total offense shattered Espinoza's previous all-time school mark of 5,018 yards. Was a

OFF THE FIELD

Last year Seneca helped spread holiday cheer with visits to Children's Hospital and the Fred Hutchinson Cancer Research Center during Captains' Blitz.

consensus All-Big 12 Conference second-team choice as senior. Started every game, setting school season records as he completed 244 of 443 passes (55.1%) for 3,245 yards, 15 touchdowns and 18 interceptions. Gained 437 yards with eight touchdowns on 123 carries (3.6 avg.). All-Big 12 honorable mention as a junior after completing 167 of 269 passes (62.1%) for 2,944 yards, 11 touchdowns and nine interceptions. Gained 475 yards with seven scores on 114 carries (4.2 avg.) in 11 regular season games. **JUNIOR COLLEGE:** JUCO All-American and All-Conference selection as a sophomore at

Sacramento City (Calif.) Junior College, passing for 3,675 yards and 22 touchdowns and rushing for 550 yards on 49 carries for nine touchdowns. **PERSONAL:** Attended Rancho Cordova (Sacramento, Calif.) High. All-CIF second team pick as a junior, adding All-Sierra Conference and All-City first-team honors as a senior. Played basketball and was named first-team All-Sierra Conference and received honorable mention for the All-Sacramento team. Lettered twice in football and three times in basketball. Majored in sociology.



TACO WALLACE

WIDE RECEIVER
6-1 190
KANSAS STATE
2ND NFL SEASON
2ND SEAHAWKS SEASON
7TH ROUND (B) 2003
2003 GAMES/STARTS: 1/0
CAREER GAMES/STARTS: 1/0
APRIL 14, 1981
LOS ANGELES, CALIFORNIA

87

2003: Opened the season on practice squad but was signed to the active roster December 4. Declared inactive against Minnesota (12/7), at St. Louis (12/14) and versus Arizona (12/21). Made NFL debut as gunner on special teams at San Francisco in the season finale (12/27). Saw time late in the game at wide receiver and on special teams at Green Bay in the Wild Card Game (1/4/04).

PRO: Selected as the final pick of the Seahawks in the seventh round (224th overall). His selection marked the fourth time in five years that the Seahawks had selected a wide receiver in the draft.

COLLEGE: As a senior played in 13 games and had 39 catches for 704 yards (18.1 avg). Had five touchdown grabs with a long of 58 yards. Played in only one game as a junior, seeing action as a reserve wide receiver versus Texas A&M (10/20) and caught two passes for 17 yards. **JUNIOR COLLEGE:** Ranked among the top 50 junior college prospects in nation by *SuperPrep* magazine at Mt. San Antonio (Calif.) College. Honorable mention All-American and

first team All-Mission Conference. Had 49 catches for 1,072 yards and nine touchdowns, averaging 21.9 yards per catch. Had seven catches for 238 yards in Southwestern Bowl. Member of All-America 4x100 relay team that won California State JC title.

PERSONAL: First-team all-league player at Taft (Canoga Park, Calif.) High. Team MVP in 1998 and earned All-San Fernando Valley honors. Finished with 80 receptions in 10 games his senior year. Earned two letters in track and field and was a member of a 4x400 relay team that earned All-America status. Full name is Lawrence Wallace.

OFF THE FIELD

Taco attended the Communities In Schools First & Goal Luncheon to help recognize school children who set and achieved personal goals.

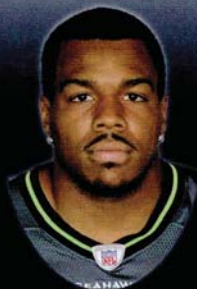
T. WALLACE'S NFL RECORD

Year	Club	G/S	No	Receiving			LG	TD	Rushing			TD
				Yds	Avg	0			Att	Yds	Avg	
2003	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	
NFL TOTALS		1/0	0	0	0.0	0	0	0	0	0.0	0	

POSTSEASON

Year	Club	G/S	No	Receiving			LG	TD	Rushing			TD
				Yds	Avg	0			Att	Yds	Avg	
2003	Seattle	1/0	0	0	0.0	0	0	0	0	0.0	0	
NFL TOTALS		1/0	0	0	0.0	0	0	0	0	0.0	0	

TRACY WHITE



LINEBACKER

6-0 230

HOWARD

2ND NFL SEASON

2ND SEAHAWKS SEASON

FREE AGENT 2003

2003 GAMES/STARTS: 10/0

CAREER GAMES/STARTS: 10/0

APRIL 14, 1981

ST. STEPHENS, S.C.

59

2003: One of only two undrafted rookie free agents to make the club and played special teams in 10 games. Made NFL debut on special teams in week one against New Orleans (9/7). Registered first special teams tackle at Arizona (9/14). Versus San Francisco (10/12) and at Baltimore recorded season highs with two special teams tackles. Was declared inactive in six games, against St. Louis (9/21), Chicago (10/19), at Cincinnati (10/26), against Pittsburgh (11/2), at Washington (11/9), and against Detroit (11/16).

PRO: Signed by the Seahawks as an undrafted rookie free agent May 1, 2003.

COLLEGE: Started all 44 games played at Howard and led the team each season in tackles, becoming the school's all-time leader with 500, to go along with 22 sacks and six interceptions. Collected 97 stops (62 solo) his senior year and was named All-MEAC for the third straight year. Was a finalist for the Buck Buchanan Award for the second consecutive year, given to the top

defensive player in Division I-AA. Also

named the MEAC Defensive Player of the Year twice and was the Black College Defensive Player of the

Year in 2001. Selected to play in the East-West Shrine Game after the 2002 season, the only I-AA player chosen to participate in the game.

PERSONAL: Played linebacker and was the kicker at Timberland (St. Stephen, S.C.) High School his senior year, where he also wrestled, ran track, threw shot put and discus. Was a human communication and speech pathology major at Howard.

OFF THE FIELD

Tracy wants to coach high school football and teach when his playing days are over.

WHITE'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions				LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg						
2003 Seattle	10/0	0	0	0	0.0	0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	10/0	0	0	0	0.0	0	0	0	0.0	0	0	0	0	0	0

ADDITIONAL STATISTICS

Special Teams Tackles: 2003 (9) Career (9).

BASIC TRAINING

Over 50 players took part in the Seahawks "Basic Training" off-season conditioning program on a regular basis. New Head Strength and Conditioning Coach Mike Clark emphasized strength, stamina and durability that will help lead to strong mental and physical performances late in games.



GRANT WISTROM



DEFENSIVE END

6-4 272

NEBRASKA

7TH NFL SEASON

1ST SEAHAWKS SEASON

UFA (ST. LOUIS) 2004

2003 GAMES/STARTS: 16/16

CAREER GAMES/STARTS: 91/77

JULY 3, 1976

WEBB CITY, MISSOURI

96

2003: Started all 16 regular season games and one postseason game for the Rams. Recorded career-high 108 tackles (57 solo) with 7.5 sacks, a forced fumble and a fumble recovery. Also tied career-high with four passes defended. Recovered fumble in week one at New York Giants (9/7). Tackled Falcons running back T.J. Duckett for the Rams first safety since November 9, 1999, against Atlanta (10/13). Collected first sack of the season at Pittsburgh (10/26) to go along with four solo tackles and a forced fumble. Registered career-high 17 tackles, including career-high 10 solo, against Baltimore (11/9). Also collected a sack and career-high four passes defended. Made seven tackles at Chicago (11/16). Led team with 12 tackles at Arizona (11/23). Versus Seattle (12/14), recorded nine tackles and a sack. Picked up 12 tackles versus Cincinnati (12/21) and notched season-high 2.5 sacks. At Detroit (12/28), collected 10 tackles and a sack. Fourth game of 2003 with at least 10 tackles. Was named NFC Defensive Player of the Month for December after registering 36 tackles and 4.5 sacks. Had seven tackles versus Carolina (1/10/04) in the NFC Divisional Playoff Game.

PRO: Signed with the Seahawks on March 4, 2004, after spending the first six years of his career with the St. Louis Rams. Considered a high-energy player who is both durable and versatile, good against the run and the pass. Has registered at least 90-plus tackles the last three seasons. Has only missed two games since 1999. Has 41.5 career sacks with a career-high of 11.0 in 2000. Has five career interceptions, returning one 91 yards for a touchdown at Atlanta (10/17/99) and another 40-yards for a touchdown versus Chicago (12/26/99). Brings big game experience to Seattle having played in two Super Bowls with the Rams in 1999 and 2001, winning Super Bowl XXXIV. Originally selected by the Rams in the first round (6th overall) of the 1998 NFL Draft. **1998:** Played in 13 games on defense and on special teams. Finished season with 30 tackles, three sacks, one fumble recovery, and five special teams tackles. Named Rams Defensive Rookie of the Year by coaches. Made

first-career sack in first quarter versus San Francisco (10/25). Registered one sack for five yards and added four tackles versus New England (12/13). Made three tackles and had one sack at Carolina (12/20). Inactive for three games (at Chicago 11/8, at New Orleans 11/15 and vs. Carolina 11/22) with hamstring injury. Returned from inactive list and made 18 tackles and two sacks in final five games. Recorded 12 tackles and one sack in eight games prior to injury. **1999:** Started all 16 regular season games and three playoff games at right defensive end. Selected to 1999 All-Madden team while setting career highs in tackles (60), sacks (6.5), interceptions (two), interception returns for touch down (two), passes defended (two), and tied career high with one fumble recovery. Tied for team lead with two interceptions returned

for touchdown. Set career high in total tackles with six (three solo) versus Atlanta (9/26). Made first-career interception and returned it 91 yards for a touchdown and tied career high with six tackles (three solo) at Atlanta (10/17). Interception return was sixth-longest in franchise history and longest ever by Rams' defensive lineman. Started first career playoff game and collected five tackles (four solo) in NFC Divisional Playoff Game against Minnesota (1/16/00). Registered four solo tackles and one quarterback sack in NFC Championship Game against Tampa Bay (1/23). Made four solo tackles in Super Bowl XXXIV versus Tennessee (1/30/00). **2000:** Started all 16 games at right defensive end. Made 71 tackles and career-high 11.0 sacks. Also had four passes defended and one forced fumble. Tied for seventh in NFC in sacks. Had at least 0.5

OFF THE FIELD

Grant and teammate Jerry Wunsch held the Circle of Friends reunion for 49 children who they sponsored ski trips for in Wisconsin the last two years. The Circle of Friends program treats pediatric cancer patients to fun vacations.

sack in six of seven contests (Games 7-14). Registered career high 2.5 sacks and had three tackles at Atlanta (9/24). Tied season high with five tackles (four solo) with 1.5 sacks at San Francisco (10/29). Following week had career-high eight solo tackles, one sack and one pass defended against Carolina (11/5). Led defensive line with four tackles and had one sack at New York Giants (11/12). Tied season and career highs with eight tackles (six solo) and had one sack and one pass defended at Carolina (12/3). Collected four tackles, one sack and one forced fumble versus Minnesota (12/10). Tied for team lead with five tackles, including one sack in NFC Wild Card Game at New Orleans (12/30). **2001:** Registered 15 starts at right defensive end. Recorded career highs with 96 tackles (47 solo) and two forced fumbles, and tied career bests with two interceptions and one fumble recovery. Also finished second on team with nine sacks and had three passes defended. Finished 10th in NFC in sacks. Started three postseason contests. Finished fifth on team with career-high 19 postseason tackles (11 solo) and second on club with two sacks. Tied career high with nine tackles and picked off the game-winning pass after a jarring hit by S Adam Archuleta to seal victory with 1:03 left against the New York Giants (10/14). Tied career-high with nine tackles, led team with two sacks, and one forced fumble versus New Orleans (10/28). Earned NFC Defensive Player of the Week honors after tying career high with 2.5 sacks and tying career high with nine tackles at New Orleans (12/17). Led defensive line with eight tackles and had one pass defended at Carolina (12/23). Recorded two sacks and four tackles in season finale against Atlanta (1/6). Recorded four solo tackles and one pass defended in NFC Divisional Playoff Game against Green Bay (1/20/02). Tallied postseason career-high eight tackles and one sack in NFC Championship Game against Philadelphia (1/27/02). Registered seven tackles (postseason career-high five solo) and one sack in Super Bowl XXXVI against New England (2/3/02). **2002:** Played in 15 games with 14 starts. Finished season with career high 97 tackles (43 solo), including four for loss. Also tallied 4.5 sacks, one interception, three passes defended, one forced fumble, and career-high two fumble recoveries. Notched eight tackles with one sack versus New York Giants (9/15). Following week at Tampa Bay (9/23) recorded six tackles. Led defensive line with eight tackles and added one sack versus Dallas (9/29). Racked up four tackles with one interception and one fumble recovery in win against Oakland Raiders (10/13). Collected eight tackles with one for loss and 1.5 sacks in Monday night football victory against Chicago (11/18). Led defensive line with 11 tackles with one for loss at Washington (11/24). Established career-high with 12 tackles following week at Philadelphia

(12/1). Also added one sack, one interception and one fumble recovery. Led defensive line with seven tackles (one solo) at Kansas City (12/8). Inactive for season finale against San Francisco (12/30) with knee injury.

COLLEGE: Started final three seasons at University of Nebraska. Career totals include 206 total tackles, 26.5 sacks for 178 yards, one interception, three passes defended, four forced fumbles, and one fumble recovery. Unanimous All-America and All-Big 12 Conference First-Team selection senior season. Recipient of the Lombardi Award, given to nation's top collegiate lineman. Also earned Academic All-Big 12 honors. Started 12 games, recording 51 tackles, 8.5 sacks and 17 stops for losses. Started 12 games at defensive end junior season. Consensus Academic and Athletic first-team All-America. All-Big 12 first-team selection and conference Defensive Player of the Year. Had career highs in tackles (75), sacks (9.5) and tackles for losses (20). Earned third-team All-America honors by *Associated Press* and first-team All-Big Eight Conference honors sophomore season. Started 11 games at right outside linebacker and made 44 tackles and four sacks. Had five tackles and one sack in national championship game against Florida. Selected as Newcomer of the Year by Big Eight conference freshman season. One of only two true freshman to letter. Played in every game as reserve outside linebacker. Made 36 tackles and 4.5 sacks. Made three tackles and tackle for loss late in fourth quarter in Orange Bowl against Miami helping Cornhuskers' win first national championship. Graduated with degree in pre-pharmacy with emphasis in biological sciences.

PERSONAL: Born Grant Alden Wistrom in Webb City, Mo. First-team All-America selection by *Super Prep*, *Blue Chip* and *USA Today*. Earned Top 100 honors from *Scholastic Coach Magazine* as senior at Webb City High. Had 122 tackles, eight sacks, six fumble recoveries, nine forced fumbles, and a blocked punt as linebacker. Also played tight end and caught 30 passes for 527 yards and five touchdowns and rushed 11 times for 115 yards and three touchdowns. Led team to two class 4A championships. Also played basketball and competed in track. Academic All-State choice, graduating with 3.95 grade-point average. Makes frequent visits to Bob Costas Cancer Center at Cardinal Glennon Hospital. Supporter of Rainbows for Kids program which provides fun, recreational opportunities for children battling cancer. Also teamed with teammate Jerry Wunsch to bring St. Louis children with cancer on a trip to Wisconsin for winter fun to form a Circle of Friends. Created the Grant Wistrom Foundation to focus his efforts on providing opportunities for children with cancer. Has website, www.grantwistrom.net devoted to his foundation. Part of Rams defen-

sive line who raised more than \$100,000 for St. Patrick Center through Sack Homelessness. Plans to be pharmacist or high school football

coach after career. Single and currently resides in Chesterfield, Missouri.

WISTRUM'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
1998 St. Louis	13/0	30	23	7	3.0	11.0	0	0	0.0	0	0	0	0	0
1999 St. Louis	16/16	60	37	23	6.5	58.0	2	131	65.5	91t	2	2	0	1
2000 St. Louis	16/16	71	54	17	11.0	67.0	0	0	0.0	0	0	4	1	0
2001 St. Louis	15/15	96	47	49	9.0	35.5	2	-4	-2.0	0	0	3	2	1
2002 St. Louis	15/14	97	43	54	4.5	30.0	1	2	2.0	2	0	3	1	2
2003 St. Louis	16/16	108	57	51	7.5	38.0	0	0	0.0	0	0	4	1	1
NFL TOTALS	91/77	462	261	201	41.5	239.5	5	129	25.8	91t	2	16	5	5

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
1999 St. Louis	3/3	13	12	1	1.0	13.0	0	0	0.0	0	0	0	0	0
2000 St. Louis	1/1	5	4	1	1.0	6.0	0	0	0.0	0	0	0	0	0
2001 St. Louis	3/3	19	11	8	2.0	14.0	0	0	0.0	0	0	2	0	0
2003 St. Louis	1/1	7	3	4	0.0	0	0	0	0.0	0	0	0	0	0
NFL TOTALS	8/8	44	30	14	4.0	33.0	0	0	0.0	0	0	2	0	0

SINGLE-GAME HIGHS

Tackles: 17, vs. Baltimore (11/9/03)

Sacks: 2.5, 3 times (Last vs. Cincinnati 12/21/03)

Interceptions: 1, 5 times (Last vs. Oakland 10/13/02)

Forced Fumbles: 1, 5 times (Last at Steelers 10/26/03)

Fumble Recoveries: 1, 5 times (Last vs. Philadelphia 12/1/02)

Touchdowns: 1, 2 times (Last vs. Chicago 12/26/99)

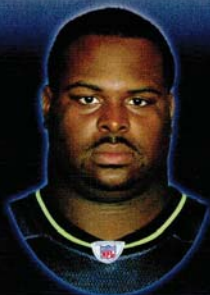
ADDITIONAL STATISTICS

Special Teams Tackles: 1998 (5).



Wistrom signed with the Seahawks during the first week of free agency.

FLOYD WOMACK


TACKLE
6-4
333
77
MISSISSIPPI ST.
4TH NFL SEASON
4TH SEAHAWKS SEASON
4TH ROUND (C) 2001
2003 GAMES/STARTS: 10/4
CAREER GAMES/STARTS: 26/14
NOVEMBER 15, 1978
CLEVELAND, MISSISSIPPI

2003: Played in 10 games with four starts. Started the first two games of the season at right tackle before a toe injury sidelined him from weeks three to eight. Returned at Washington (11/9) and played on special teams. Against Detroit (11/16), saw time at right tackle. Saw time at tight end in the jumbo package and on special teams at Baltimore (11/23). Played tight end in the jumbo package at Minnesota (12/7). Started at right tackle in place of Chris Terry (excused absence) at St. Louis (12/14) and the following week against Arizona (12/21). Replaced Chris Gray (knee) at right guard late in the game at San Francisco (12/27). Started at right guard in place of Gray in the Wild Card Game at Green Bay (1/4/04).

PRO: Selected as the third of three fourth-round picks (128th overall) for the Seahawks in the 2001 draft. His selection marked the sixth consecutive draft that Seattle had selected at least one tackle, and marked the 25th tackle that the Seahawks have drafted in 26 seasons. **2001:** Declared inactive for 10 games this season. Made his NFL debut at tackle on the field-goal unit versus Jacksonville (10/7). Played on field-goal unit versus Dallas (12/9), New York Giants (12/23), San Diego (12/30), and Kansas City (1/6/02). **2002:** Started 10 of 11 games. Started first career game at left tackle in place of Walter Jones (contract) at Oakland (9/8). Started at left tackle versus Arizona (9/15), and left briefly (hand) in the second quarter, but later returned. Started at right tackle the following week versus Minnesota (9/29) after Jones' return. Did not start versus Washington after missing practice (family) during the week, but returned to start the next three weeks at Arizona (11/10), versus Denver (11/17) and Kansas City (11/24). Left with injured ankle versus Kansas City and was inactive the final five games. Part of offensive unit that allowed just 33 total sacks, fewest since allowing 29 in 1988.

COLLEGE: Anchored the tackle position for the Bulldogs since his sophomore year, starting 29 consecutive games. His emergence as a pass protector saw the MSU aerial game

generate 6,358 yards during his tenure as a starter. As a senior, Walter Camp Foundation and *Associated Press* All-American second-team selection, despite missing the team's final five games. A consensus All-Southeastern Conference first-team choice, he started the first six games at left tackle, helping the offense amass 4,250 yards, collecting an impressive 63 knockdowns in that span. Graded at least 90% for blocking consistency in every game he played in. Junior season started every game at left tackle as the offense totaled 3,562 yards en route to a 9-2 record. Helped offense gain a season-high 454 yards versus Vanderbilt. Moved into the starting lineup at left tackle as a sophomore, helping the offense average 322.5 yards per game. Was originally scheduled to redshirt freshman season, but was forced into action by the season's fourth game when injuries depleted the offensive line. Saw action in the South Carolina, Mississippi and Auburn contests.

PERSONAL: A first-team, All-District 3-4A selection following his standout senior season at East Side

(Cleveland, Miss.) High and was named Co-Most Valuable Player in Bolivar County. Considered one of the top players in Mississippi by several publications. Helped lead East Side to a

two-year 19-3 record. Started at offensive guard during his junior season when East Side posted an 8-2 record. Moved to tackle as a senior, and helped his school to its best-ever record, 11-1, and a berth in the postseason playoffs. Nicknamed "Pork Chop" by his mother who thought Floyd resembled Pork Chop Cash, a local pro wrestler, when Floyd was a baby.

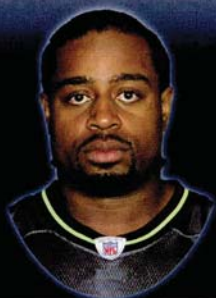
OFF THE FIELD

Pork Chop attended the Seahawks Dinner/Auction to benefit Childhaven. Childhaven, an organization designed to assist abused children, has been the Seahawks Courage House since 1999.

WOMACK'S NFL RECORD

Year	Team	GP/GS	Postseason	2003 Seattle	10/4	1/1
2001	Seattle	—	5/0	NFL TOTALS	—	26/14
2002	Seattle	—	11/10	POSTSEASON	—	1/1

CEDRIC WOODARD



DEFENSIVE TACKLE

6-2 310

TEXAS

5TH NFL SEASON

5TH SEAHAWKS SEASON

WAIVERS (BALTIMORE) 2000

2003 GAMES/STARTS: 16/12

CAREER GAMES/STARTS: 45/12

SEPTEMBER 5, 1977

SWEENEY, TEXAS

98

2003: Began season in a reserve role but ended up starting 12 of 16 games due to injuries to Norman Hand (toe/biceps). Made first career start in place of Hand against St. Louis (9/21) and collected career-high four tackles. Started and rotated with Hand throughout the game at Green Bay (10/5) and recorded two tackles. Started at Cincinnati (10/26) and had six solo tackles. Started ahead of John Randle against Pittsburgh (11/2) and posted four tackles. Set career-high at Minnesota (12/7) and tied for the team lead (D.D. Lewis) with eight tackles (seven solo). Picked up seven tackles at St. Louis (12/14) and notched six tackles in the season finale at San Francisco (12/27). In the NFC Wild Card Game at Green Bay (1/4/04), started and posted three tackles and first career pass defended.

PRO: Re-signed with the club on March 8, 2004. Established himself as a solid young player who the coaching staff did not want to let go with the departures of Norman Hand, Randle and Chad Eaton. Will be looked upon to help anchor a young defensive line. Originally signed as a free agent September 5, 2000. Woodard was taken as Baltimore's second (191st overall) of two sixth-round draft picks in the 2000 NFL Draft. **2000:** Was declared inactive all 15 games after signing to the active roster September 5. **2001:** Saw action in all 16 games at defensive tackle and special teams. Collected four total tackles on the season and forced first-career fumble (recovered by Ken Lucas) versus Philadelphia (9/23). **2002:** Saw action in 13 games totaling one tackle. Stop came at New York Giants (9/22). Also saw action on special teams. Was inactive versus San Francisco (10/14), at St. Louis (10/20) and versus Philadelphia (12/8).

COLLEGE: Attended the University of Texas playing in 48 games with 35 starts. The four-year defensive lineman collected 189 tackles (112 solo), 40 tackles for loss and 12 sacks in his

career as a Longhorn. Started 14 games as a senior and posted 47 tackles (29 solo), 14 tackles for loss, four sacks, caused three fumbles, and had one fumble recovery. Shared the Longhorns'

Outstanding Defensive Line-man Award his junior year after leading the team in tackles for loss with 19 and batting down 10 passes. Ranked third on the team with six sacks, all coming in the last three games along with 12

tackles for loss. Played his best game versus Texas A&M with a season-high nine tackles and career-high four sacks. Started a string of 35 consecutive starts beginning with the third game of his sophomore season. Posted a career-high 11 tackles versus Texas Tech. Played in nine games as a true freshman at defensive end. Started the season opener versus Missouri and totaled 18 tackles on the season.

PERSONAL: Earned first-team 3A All-State honors as offensive and defensive tackle at Sweeny (Texas) High School as a senior recording 126 tackles, 16 tackles for loss, five sacks, batting down six passes, causing three fumbles, and recovering two fumbles. Led Sweeny to a 12-2 record his senior year, a 10-0-1 record his junior year and an 11-1 record as a sophomore. Woodard's two cousins played in the NFL, wide receiver Elmo Wright (Kansas City, 1971-74) and linebacker Tracy Simien (Kansas City, 1991-93). Cedric Darnell Woodard has one son, Cedric Woodard II (2/9/00).

OFF THE FIELD

Cedric filmed a public service announcement for the Boys & Girls Club Sack Attack. The defensive line served as spokesmen for the Stats for Kids program that raised over \$30,000.

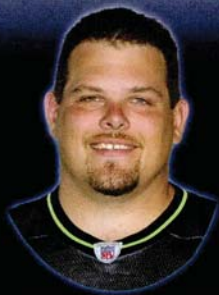
WOODARD'S NFL RECORD

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2000 Seattle	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0
2001 Seattle	16/0	3	2	1	0.0	0.0	0	0	0.0	0	0	0	1	0
2002 Seattle	13/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0
2003 Seattle	16/12	57	41	16	0.0	0.0	0	0	0.0	0	0	0	0	0
NFL TOTALS	45/12	61	43	18	0.0	0.0	0	0	0.0	0	0	0	1	0

POSTSEASON

Club	G/S	Tackles			Sacks		Interceptions			LG	TD	PD	FF	FR
		Tkl	So	Ast	QB	Yds	No	Yds	Avg					
2003 Seattle	1/1	3	2	1	0.0	0.0	0	0	0.0	0	0	1	0	0
NFL TOTALS	1/1	3	2	1	0.0	0.0	0	0	0.0	0	0	1	0	0

JERRY WUNSCH



TACKLE

6-6 339

70

WISCONSIN

8TH NFL SEASON

3RD SEAHAWKS SEASON

FREE AGENT 2002 (TAMPA BAY)

2003 GAMES/STARTS: 12/0

CAREER GAMES/STARTS: 108/51

JANUARY 21, 1974

EAU CLAIRE, WISCONSIN

2003: Played in 12 games, mostly on special teams but saw some time at both left and right guard. At Arizona (9/14) saw time on the field-goal unit and at left guard in the fourth quarter. Played 100th career game at Green Bay (10/5). Returned a kickoff 10 yards at Washington (11/9). Saw time at right guard and on field-goal unit against Detroit (11/16). Declared inactive for the last three games of the regular season and placed on injured reserve (ankle) 12/26, missing the season finale at San Francisco (12/27).

PRO: Signed with the Seahawks August 27, 2002, after being released by the Tampa Bay Buccaneers where he spent the first five years of career. Was originally drafted in the second round of the 1997 draft from Wisconsin. Outstanding competitor who solidified the Buccaneers' right tackle position. Intelligent player who has developed into a solid run blocker. Manned the right tackle slot after being forced into duty in week four of the 1999 season. Has seen action in 108 games with 51 starts. Also played in six playoff games with four starts for Tampa Bay. **1997:** Played in all 16 games at tackle as backup and subbed in two playoff contests. Also contributed on PAT unit. Saw first NFL action in victory over San Francisco (8/31) and provided key blocking for Trent Dilfer's fourth-quarter touchdown pass to TE Dave Moore. Recovered fumble against Detroit (10/12) when Dilfer was sacked and the ball popped loose. Saw first career playoff action against Detroit (12/28) and

helped fellow linemen block for 141-yard rushing effort. Drafted by Tampa Bay in the second round (37th overall) in 1997. **1998:** Played in all 16 regular season games and made his first professional start. Continued to excel in run-blocking situations, primarily substituting at right tackle. Helped Bucs' running game amass 2,148 yards, the second-best mark in team history. Opened the season starting at right tackle in place of Odom who had the flu prior to kickoff against Minnesota (9/6). Against Chicago (9/20), saw extensive action at right tackle in the second half in place of injured starter Jason Odom and helped Bucs rack up 157 rushing yards after the intermission. Again played most of second half at Jacksonville (11/15) after Odom suffered a leg injury and aided in Bucs' 343-yard offensive performance. Played only on special teams versus Detroit (11/22), but returned to reserve tackle role in Bucs' consecutive wins at Chicago (11/29) and versus Green Bay (12/7). **1999:** Played in all 16 regular season games, starting the final 13. Made second career start at Minnesota (10/3) in place of Odom (back) and provided outstanding protection for Dilfer, allowing the signal-caller to post his first 300-yard passing performance in 38 games. Helped open up running lanes for team season-high 173 rushing yards at Green Bay (10/10). Helped offense chew up 9:38 of fourth quarter in 16-3 win at Seattle (11/28). Provided solid pass protection for rookie QB Shaun King to post career highs in completions (23) attempts (37) and yards (297) in crucial division win over

Lions (12/12). **2000:** Started all 16 games and one playoff contest at right tackle. Helped pave the way for a rushing attack to gain 140 yards and two touchdowns in season opener at New England (9/3). Provided solid protection as the offense amassed 331 total yards and allowed no quarterback sacks at Detroit (9/17). Helped the Bucs rush for 165 yards at Chicago (11/19). Blocked for offense to rush for a club-record 250 yards against Dallas (12/3). Helped Bucs gain nearly 450 yards in total offense in Monday night win over St. Louis (12/18). Started playoff game at Philadelphia (12/31), helping QB Shaun King pass for 171 yards on 17-of-31 passing. **2001:** Started all 16 games and one playoff contest at right tackle. Helped QB Brad Johnson establish four single-season records, including best completion percentage (60.8%) and most pass completions (340). Part of offensive line that blocked for Pro Bowl FB Mike Alstott, who rushed for a career-high 10 touchdowns. Played role in allowing WR Keyshawn Johnson to set a club single-season mark with 106 receptions. Helped pave the way for season-high 177 yards rushing against Minnesota (10/28). Helped QB Brad Johnson complete his first 14 pass attempts at Cincinnati (12/2) and keyed an offensive attack which tied a single-game record with 48 points against New Orleans (12/23). Helped hold Baltimore (12/29) without a sack. **2002:** Saw action in all 16 games, eight along the offensive line where he started five games. Started the first two games and versus Washington (11/3) at right tackle and the final two games of the season at right guard. Was part of blocking units on special teams.

COLLEGE: Helped four different Badger running backs crack the 1,000-yard barrier during his college tenure. Started final 36 collegiate games at right tackle. Redshirted in 1992. As a senior, earned first-team All-Big 10 honors after starting every game at right tackle and helping

Badgers rack up 249.4 rushing yards per game. Was a second-team All-America selection by *Football News*. Chosen as team's offensive captain. Started all 12 games at right tackle in junior campaign and helped the team average a school-record 221.7 passing yards per game. Started every game at right tackle as a sophomore and helped pave the way for a Wisconsin offense that averaged 244.5 rushing yards per game. Key part of Wisconsin offense that rolled to amazing 632-yard total against Indiana. Backed up Joe Panos at right tackle during freshman campaign. Lined up in tight end slot against UCLA in Rose Bowl, playing a season-high 17 snaps. Graduated with a bachelor's degree in history.

PERSONAL: As a prep at West High School in Wassau, Wisconsin, was named to *Parade's* All-America squad and was an honorable mention to the team chosen by *USA Today*. Twice chosen the team's Most Valuable Lineman and was the squad's captain during senior campaign. Also lettered in basketball, averaging double figures in points and rebounds. Married to Melissa; and has sons Collin (10/10/00) and Cade (1/14/02). Enjoys sports in general and lists fishing and hunting among his favorite activities. Jerry and Melissa are on the Board of Directors for Children's Cancer Center, a non-profit organization which plans and supervises outdoor activities for seriously ill children. Each of past six winters has taken pediatric cancer patients from the Tampa Bay area and other parts of the country to spend a weekend. A total of 32 kids made the trip during the 2000 offseason to his hometown of Wausau, Wisconsin. Teammate Grant Wistrom joined with Wunsch on the 2001 and 2002 journeys. Once again made the trip in 2003. Also purchases 12 season tickets to Seahawks home games and donates them to the Candlelighters organization and the Ronald McDonald House. Born Gerald Wunsch on January 21, 1974 in Eau Claire, Wisconsin.

WUNSCH'S NFL RECORD

Year	Team	GP/GS	Postseason	Team	GP/GS	Postseason	
1997	Tampa Bay	16/0	2/0	2001	Tampa Bay	16/16	1/1
1998	Tampa Bay	16/1		2002	Seattle	16/5	
1999	Tampa Bay	16/13	2/2	2003	Seattle	12/0	
2000	Tampa Bay	16/16	1/1	NFL TOTALS	108/51		
				POSTSEASON	6/4		

CIRCLE OF FRIENDS

For the fourth time together, teammates Jerry Wunsch and Grant Wistrom united with children suffering with serious illness and hosted a fun-filled trip as part of the Circle of Friends. The idea started with Wunsch taking children to his home state of Wisconsin for a ski trip. Wistrom joined Wunsch in 2001. In 2004, the two held a reunion in St. Louis with 49 children that included taking in a St. Louis Cardinals baseball game, a riverboat cruise and other activities. "A lot of people say, 'Hey, it's great you take these kids on a trip. They get so much out of it,'" Wunsch said. "But we get a lot out of it. A lot more than you could ever imagine. That's why we do it every year."

2004

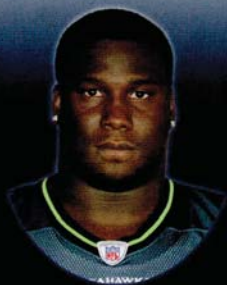
DRAFT CHOICES

<u>Rd</u>	<u>#</u>	<u>Over All</u>	<u>Pos</u>	<u>Player</u>	<u>College</u>
1	23	23	DT	Marcus Tubbs	Texas
2	21	53	SS	Michael Boulware	Florida St.
3	21	84	G	Sean Locklear	NC State
4	20	116	MLB	Niko Koutouvides	Purdue
5	25	157	WR	D.J. Hackett	Colorado
6	24	189	DT	Craig Terrill	Purdue
7	23	224	P	Donnie Jones	Lousiana St.



(R to L) Donnie Jones, D.J. Hackett, Michael Boulware, Marcus Tubbs, Sean Locklear, Niko Koutouvides and Craig Terrill

MARCUS TUBBS



DEFENSIVE TACKLE

6-3

324

TEXAS

90

ROOKIE NFL SEASON

ROOKIE SEAHAWKS SEASON

1ST ROUND 2004

MAY 16, 1981

DESOTO, TEXAS

PRO: Selected with the 23rd overall pick in the first round of the 2004 NFL Draft, marking the second consecutive year the team has taken a defensive player in the first round (Marcus Tru fant, 2003). Only the third Longhorn selected in club history and first defensive tackle taken by team in first round since Sam Adams (Texas A&M) was selected eighth overall in 1994.

COLLEGE: Started 37 of 48 games after red-shirting as a freshman. Finished career with 205 tackles (95 solo) and 15.5 sacks. Forced five fumbles and recovered another. Knocked down two passes and blocked four kicks. **RS SENIOR:** An All-American third-team selection by NFL Report and First-Team All-Big Twelve Conference choice. Started all 13 games and recorded career-high 77 tackles (38 solo) with 5.5 sacks and 12 tackles for loss. Forced two fumbles, two passes defended and two blocked kicks. Registered career-high 11 tackles against Arkansas. **RS JUNIOR:** Started nine of 12 games while recording 43 tackles (19 solo) with 2.5 sacks and seven stops behind the line of scrimmage. Recorded one forced fumble and two blocked kicks. Selected Second-Team All-Big Twelve Conference by the Houston Chronicle and Dallas Morning News for the second consecutive year.

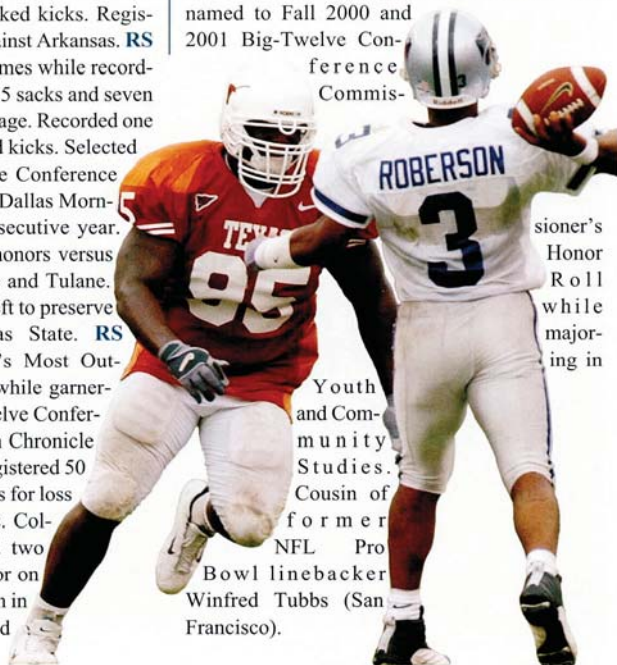
Earned Player of the Games honors versus Kansas State, Oklahoma State and Tulane. Blocked field goal with 0:07 left to preserve a 17-14 win versus Kansas State. **RS SOPHOMORE:** Named team's Most Outstanding Defensive Lineman while garnering Second-Team All-Big Twelve Conference honors from the Houston Chronicle and Dallas Morning News. Registered 50 tackles (20 solo) with 12 tackles for loss while starting 11 of 12 games. Collected two sacks and forced two fumbles. Was a key contributor on a UT defense that led the nation in total defense (236.2 ypg) and

ranked third in passing (146.7 ypg) and scoring defense (13.7 ppg). Picked up six tackles, a 7-yard sack and three tackles for loss in the Big-Twelve Championship game against Colorado.

RS FRESHMAN: Named UT's Most Improved Defensive Player after playing in every game, with three starts. Collected 37 tackles (19 solo) with 5.5 sacks, ten stops for loss and one fumble recovery.

PERSONAL: Attended DeSoto (Texas) High. Basketball standout who didn't play football until junior year. Earned first-team All-District honors at tight end as a senior after catching 28 passes for 353 yards and two touchdowns. Three-year starter in basketball. Selected first-team All-District all three years while setting career averages of 15 points and 10 rebounds per game. Two-time Athletics Director's Honor Roll member and named to Fall 2000 and 2001 Big-Twelve Conference

Commissioner's



Honor Roll while majoring in

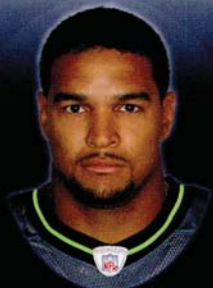
Youth and Community Studies. Cousin of former NFL Pro Bowl linebacker Winfred Tubbs (San Francisco).

MICHAEL BOULWARE

STRONG SAFETY
6-2 223
FLORIDA STATE

28

ROOKIE NFL SEASON
ROOKIE SEAHAWKS SEASON
2ND ROUND 2004
SEPTEMBER 17, 1981
COLUMBIA, SOUTH CAROLINA



PRO: Selected with the 22nd selection in the second round (53rd overall). Second consecutive year Seahawks have drafted a safety in the second round (Ken Hamlin in 2003). Will switch from outside linebacker to strong safety.

COLLEGE: Three-year starter at outside linebacker. Started 37 of 46 career games, recording 340 tackles (197 solo) to rank 11th in Florida State history. Collected 3.5 sacks, 14 tackles for loss, three fumble recoveries and forced seven fumbles. Picked off five passes for 53 yards in returns and knocked down 15 passes. Three career touchdowns.

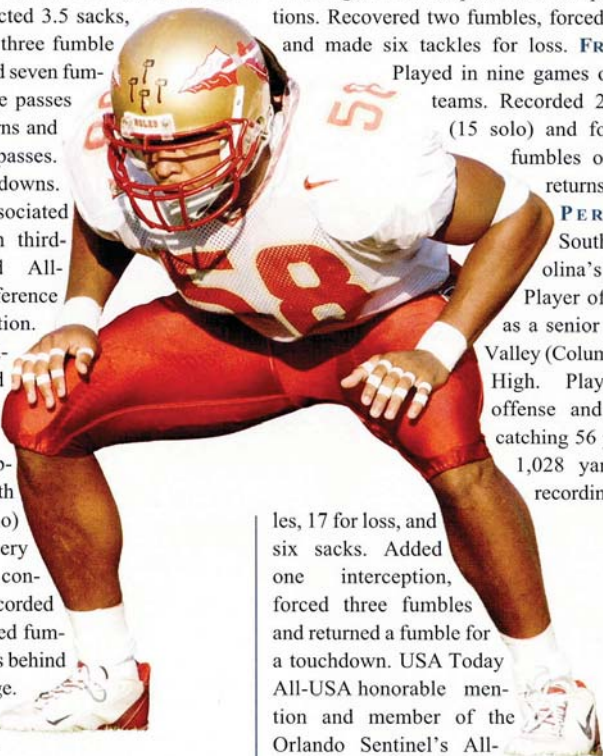
SENIOR: An Associated Press All-American third-team choice and All-Atlantic Coast Conference first-team selection. Finalist for the Bednarik Award and semi-finalist for the Butkus Award. Served as team captain and led team with 111 tackles (78 solo) while starting every game for the third consecutive season. Recorded 2.5 sacks and a forced fumble. Added four stops behind the line of scrimmage, and four passes defended. Registered 16 tackles against Virginia and Clemson. Closed out career with eight tackles and a sack in the Orange Bowl versus Miami. **JUNIOR:** An All-ACC second-team selection and finalist for the Butkus Award. Started all 13 games, finishing

with career-high 127 tackles (67 solo). Picked off two passes and knocked down seven. Forced three fumbles, notched four tackles for loss and had one sack. Also recovered a fumble and returned it 84 yards for a touchdown against NC State. **SOPHOMORE:** Started all 11 games and finished fourth on the team with 81 tackles (37 solo), including three interceptions and four pass deflections. Recovered two fumbles, forced a fumble and made six tackles for loss. **FRESHMAN:**

Played in nine games on special teams. Recorded 21 tackles (15 solo) and forced two fumbles on kickoff returns.

PERSONAL: South Carolina's Gatorade Player of the Year as a senior at Spring Valley (Columbia, S.C.) High. Played both offense and defense, catching 56 passes for 1,028 yards while recording 91 tack-

les, 17 for loss, and six sacks. Added one interception, forced three fumbles and returned a fumble for a touchdown. USA Today All-USA honorable mention and member of the Orlando Sentinel's All-South team. All-State selection and named High School Sporting Report's South Carolina Player of the Year. Member of the South Carolina all-decade team. Brother of the Baltimore Ravens' Peter Boulware. Majored in Sports Management.



SEAN LOCKLEAR

GUARD/TACKLE
6-3 301
NC STATE

75



ROOKIE NFL SEASON
ROOKIE SEAHAWKS SEASON
3RD ROUND 2004
MAY 29, 1981
LUMBERTON, SOUTH CAROLINA

PRO: Chosen with the 21st selection of the third round (84th overall) in the 2004 NFL Draft. Second consecutive year the Seahawks have taken an offensive lineman in the third round (Wayne Hunter in 2003). Athletic and powerful big man can play both tackle and guard positions.

COLLEGE: Switched to the offensive line after playing defensive tackle and defensive end first two seasons. Played nearly every offensive snap over the past three seasons, starting the final 27 games of career at variety of positions on the offensive line. Played 23 games on defense

with three starts and recorded 68 tackles (39 solo) with five sacks. **RS**

SENIOR: First Wolfpack offensive

lineman since 1992 to earn first-team

All-Atlantic Coast Conference honors.

Started eight games at right

tackle, two at right guard and one at

left tackle. Had 63 knockdowns as

the team set school and conference

records with 5,891 yards in total

offense and scored 489 points.

Named ACC Offensive lineman of

the Week after posting six knock-

downs versus Texas Tech. **RS**

JUNIOR: Started every game at

right guard. Registered 61

knockdowns to help the

offense average 391.8

yards per game and set a

school record with just 0.8

sacks allowed per game.

RS SOPHOMORE:

Saw action in all 11

games on defense

with two starts at nose guard. Recorded 29 tackles (13 solo) and a sack. Made four stops for losses, caused a fumble and knocked down a pass. Blocked a kick on special teams.

RS FRESHMAN: Appeared in every game on the

defensive side of the ball. Started at defensive

end against Duke. Registered 39 tackles (26 solo)

with four sacks for minus 53 yards. Had nine

tackles for losses of 62 yards. **TRUE**

FRESHMAN: Redshirted as a fresh-

man.

PERSONAL: Attended Lum-

berton Senior (S.C.)

High where he played

both offense and

defense. Voted Team

MVP as a senior after

catching 22 passes for 450

yards and averaging 11

tackles per contest on

defense. Pulled in 11

passes for 260 yards with

three touchdowns as a junior

and averaged 8.5 tackles per

game with two interceptions.

Selected first-team

All-County and All-Con-

ference performer both

junior and senior years.

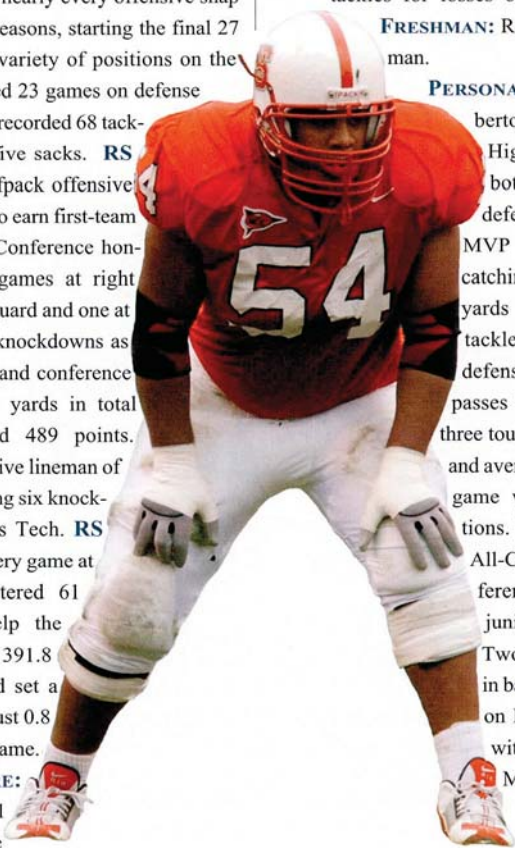
Two-year letter-winner

in basketball. Graduated

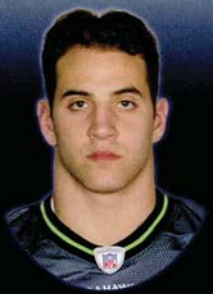
on December 17, 2003

with a degree in Sports

Management.



NIKO KOUTOUVIDES



LINEBACKER
6-2 238
PURDUE

53

ROOKIE NFL SEASON
ROOKIE SEAHAWKS SEASON
FOURTH ROUND 2004
MARCH 25, 1981
PLAINVILLE, CONNECTICUT

PRO: Taken with the 20th pick in the fourth round (118th overall) of the 2004 NFL Draft. Only the third player in Seahawks history to be drafted from Purdue University and first since 1990 (OT Bill Hitchcock). Third linebacker chosen since 2001 (Orlando Huff in 2001 and Solomon Bates in 2003).

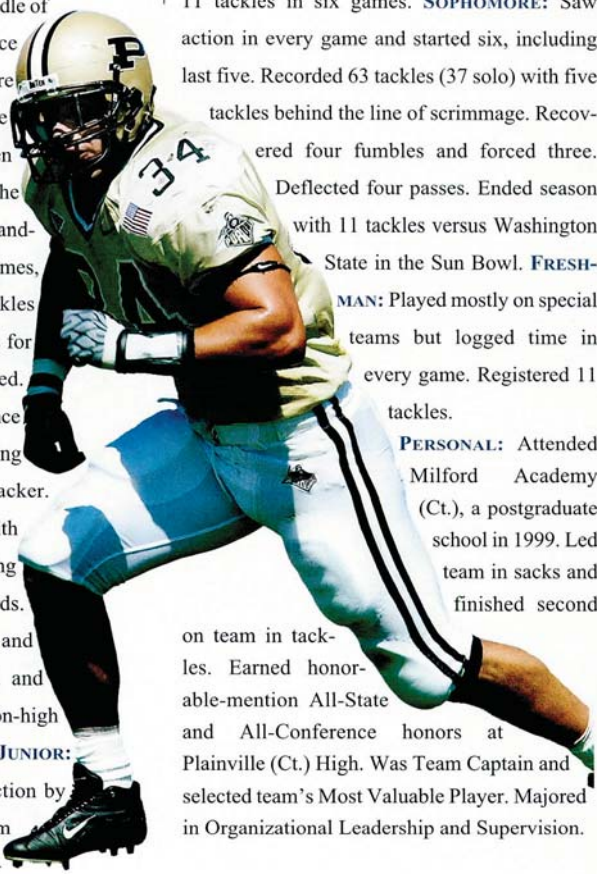
COLLEGE: Mainstay in the middle of the Boilermakers defense since midway through sophomore year. Regarded as one of the hardest hitters in the Big Ten Conference. Twice won the team's Hammer Award (outstanding tackler). Started 32 of 50 games, finishing career with 296 tackles (180 solo) along with 23 stops for losses and 17 passes defended.

SENIOR: All-Big Ten Conference first-team selection after starting every game at middle linebacker. Finished second on the team with 101 tackles (57 solo), including 5.5 stops for losses of 17 yards. Intercepted two passes and knocked down four. Caused and recovered a fumble. Had season-high 14 tackles versus Ohio State. **JUNIOR:** All-Big Ten Conference selection by the media and second-team selection by the coaches. Cho-

sen as the Connecticut Player of the Year by the Walter Camp Football Foundation. Started all 13 games and notched career-high 121 tackles (80 solo) to lead the team. Had team-high 11.5 tackles for loss, including four sacks. Knocked down three passes and intercepted three. Posted at least 11 tackles in six games. **SOPHOMORE:** Saw action in every game and started six, including last five. Recorded 63 tackles (37 solo) with five tackles behind the line of scrimmage. Recovered four fumbles and forced three.

Deflected four passes. Ended season with 11 tackles versus Washington State in the Sun Bowl. **FRESHMAN:** Played mostly on special teams but logged time in every game. Registered 11 tackles.

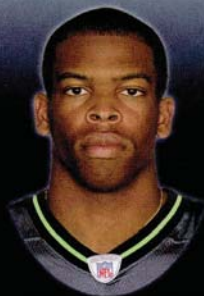
PERSONAL: Attended Milford Academy (Ct.), a postgraduate school in 1999. Led team in sacks and finished second on team in tackles. Earned honorable-mention All-State and All-Conference honors at Plainville (Ct.) High. Was Team Captain and selected team's Most Valuable Player. Majored in Organizational Leadership and Supervision.



D.J. HACKETT

WIDE RECEIVER
6-2 199
COLORADO

18



ROOKIE NFL SEASON
ROOKIE SEAHAWKS SEASON
FIFTH ROUND 2004
JULY 31, 1981
ONTARIO, CALIFORNIA

PRO: Chosen with the 25th selection of the fifth round (157th overall) of the 2004 NFL Draft. Seventh receiver taken by team since 1999, Coach Holmgren's first season in Seattle.

COLLEGE: Played two seasons at California State University, Northridge until the football program was discontinued in 2001. Transferred to Colorado and played a big part in the revival of the passing attack. In two seasons with the Buffs, hauled in 86 passes for 1,224 yards (14.2 avg.) and 11 touchdowns. **RS SENIOR:** All-

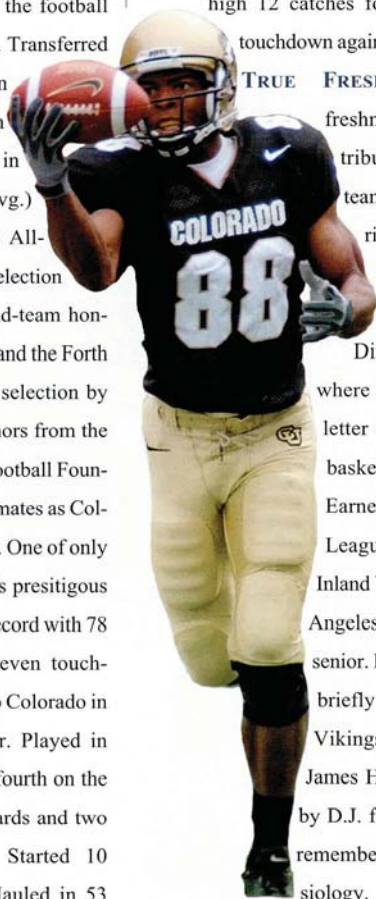
Big Twelve Conference first-team selection by The NFL Report. Earned second-team honors from the Dallas-Morning News and the Forth Worth Star-Telegram. Third-team selection by the league's coaches. Received honors from the Colorado Chapter of the National Football Foundation and was selected by his teammates as Colorado's 2003 Most Valuable Player. One of only two players to earn way on to CU's prestigious Victory Club. Set a school season-record with 78 receptions for 1,013 yards and seven touchdowns. **RS JUNIOR:** Transferred to Colorado in time to begin the spring semester. Played in every game as a reserve. Finished fourth on the team with 15 receptions for 181 yards and two touchdowns. **RS SOPHOMORE:** Started 10 games at Cal State-Northridge. Hauled in 53

passes for 778 yards and set a school season-record with 10 touchdowns, one in every game.

RS FRESHMAN: Started every game and finished second on the team with 47 catches for 729 yards and seven touchdowns. Pulled in career-high 12 catches for 170 yards and a touchdown against Sacramento State.

TRUE FRESHMAN: Redshirted freshman year and contributed on the scout team at Cal State-Northridge.

PERSONAL: Attended San Dimas (Cal.) High where he was a three-year letter winner in football, basketball and track. Earned All-Valley Vista League, All-CIF, All-Inland Valley and was a Los Angeles Times All-Star as a senior. Father, Eddie, played briefly with the Minnesota Vikings. Born DeAndre James Hackett but has gone by D.J. for as long as he can remember. Majored in Kinesiology.



CRAIG TERRILL

DEFENSIVE TACKLE
6-2 294
PURDUE

93



ROOKIE NFL SEASON
ROOKIE SEAHAWKS SEASON
SIXTH ROUND 2004
JUNE 27, 1980
LEBANON, INDIANA

PRO: Selected with the 24th pick in the fifth round (189th overall) of the 2004 NFL Draft. Second defensive lineman taken by team and second consecutive year team has drafted a d-line-man in the sixth round. Only fourth player chosen from Purdue University in club history. With fourth round selection Niko Koutouvides become first teammates to be drafted by Seahawks since 1998.

COLLEGE: Three-year starter on the defensive line. Amassed 131 tackles (89 solo) and 35.5 tackles for losses of 165 yards. Ranks fifth on school's career sack list with 20.5.

RS SENIOR: All-Big Ten selection by coaches and honorable mention by media. Started all 13 games and finished second on team with 15.5 tackles for loss and 8.5 sacks. Recorded 38 tackles (30 solo) and recovered two fumbles. Recovered a fumble that led to game-tying field goal versus Georgia in the Capital One Bowl.

RS JUNIOR: Honorable mention All-Big Ten by coaches and media. Tied for third on the team in sacks (4.0) and fourth with seven tackles for loss while starting 12 games. Collected 36 tackles (20 solo) and a pass defended.

RS SOPHOMORE: Started

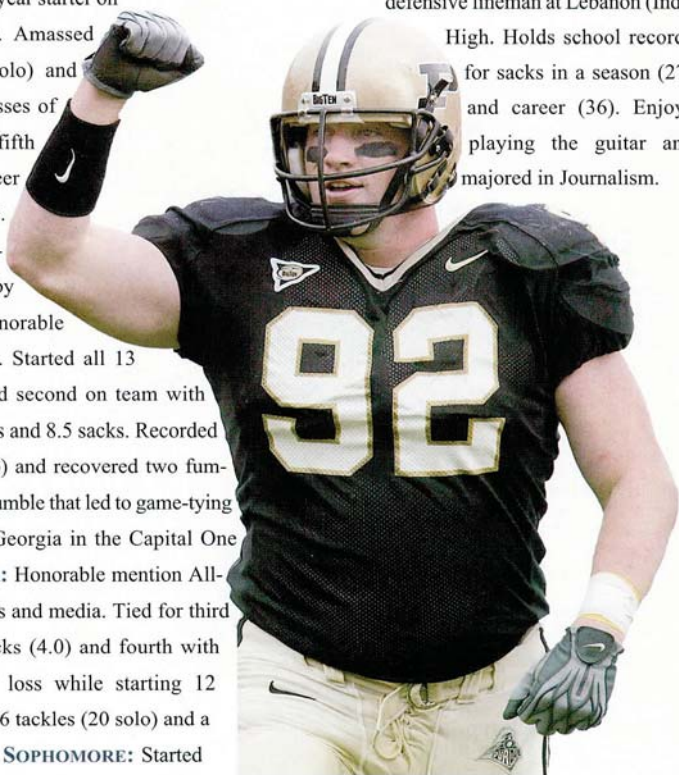
every game while recording 34 tackles (22 solo), including six for loss and two sacks. Tied for fifth in Big Ten with two fumble recoveries.

RS FRESHMAN: Appeared in all 12 games and started eight. Third on team with six sacks. Recorded 23 tackles (17 solo) and earned Academic All-Big Ten honors.

TRUE FRESHMAN: Redshirted as a freshman.

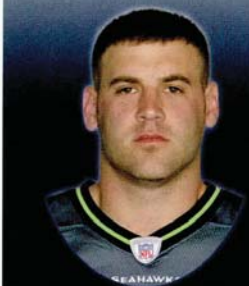
PERSONAL: First-Team All-State as a senior defensive lineman at Lebanon (Ind.)

High. Holds school records for sacks in a season (27) and career (36). Enjoys playing the guitar and majored in Journalism.



DONNIE JONES

9



PUNTER
6-2 222
LOUISIANA STATE U.

ROOKIE NFL SEASON
ROOKIE SEAHAWKS SEASON
SEVENTH ROUND 2004
JULY 5, 1980
BATON ROUGE, LOUISIANA

PRO: Selected with the 24th pick of the seventh round (224th overall) of the 2004 NFL Draft. Only the third punter drafted in Seahawks history but the second since 2002 (Craig Jarrett).

COLLEGE: Left-footed kicker played in 49 career games. Set school records with 233 punts for 9,798 yards (42.0 avg.). Punting average ranks second all time in LSU anals. Downed 69 punts inside the 20 yard line.

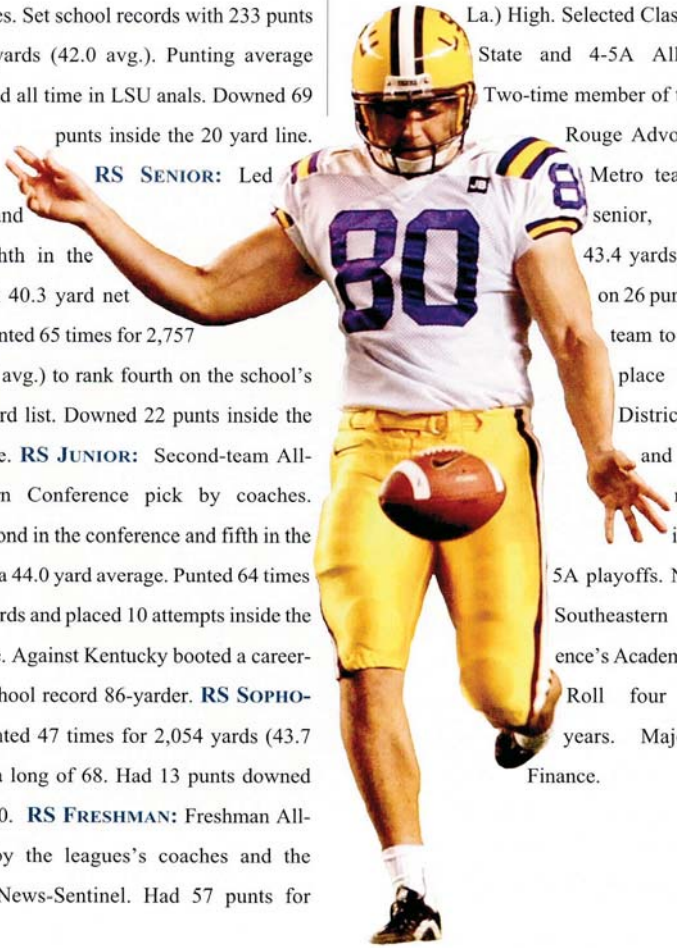
RS SENIOR: Led the SEC and ranked eighth in the nation with 40.3 yard net average. Punted 65 times for 2,757

yards (42.4 avg.) to rank fourth on the school's season-record list. Downed 22 punts inside the 20-yard line. **RS JUNIOR:** Second-team All-Southeastern Conference pick by coaches. Ranked second in the conference and fifth in the nation with a 44.0 yard average. Punted 64 times for 2,813 yards and placed 10 attempts inside the 20-yard line. Against Kentucky booted a career-long and school record 86-yarder. **RS SOPHOMORE:** Punted 47 times for 2,054 yards (43.7 avg.) with a long of 68. Had 13 punts downed inside the 20. **RS FRESHMAN:** Freshman All-SEC pick by the leagues's coaches and the Knoxville News-Sentinel. Had 57 punts for

2,174 yards (38.1 avg.). Dropped 17 inside the 20-yard line and launched a season-long 69-yarder. **TRUE FRESHMAN:** Redshirted as a freshman.

PERSONAL: Attended Catholic (Baton Rouge, La.) High. Selected Class 5A All-State and 4-5A All-District.

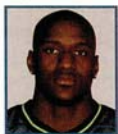
Two-time member of the Baton Rouge Advocate All-Metro team. As a senior, averaged 43.4 yards per punt on 26 punts to help team to a second place finish in District 4-5A and a semifinal berth in Class 5A playoffs. Named to Southeastern Conference's Academic Honor Roll four straight years. Majored in Finance.



ADDITIONAL FREE AGENT BIOS

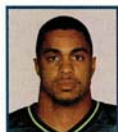
JORDAN BABINEAUX, SS, 6-0, 200, ROOKIE, SOUTHERN ARKANSAS (PORT ARTHUR, TEXAS)

Signed with Seattle as an undrafted rookie free agent April 29, 2004. The Muleriders cornerback played in 39 games in his career at SAU, made 213 tackles (127 solo), three sacks, 10 interceptions returned for 124 yards, 20 passes defended, recovered six fumbles, forced two fumbles and returned 17 kickoffs for 487 yards and two touchdowns, including a 100-yard return. Had a standout senior year, earning Dopke.com first-team All-America kick returner, Dopke.com Division II National Special Teams Performer of the Year, D2Football.com second-team All-America defensive back, Daktronics second-team All-America cornerback, Football Gazette second-team All-America cornerback, Daktronics first-team All-South Region cornerback, Football Gazette first-team All-South Region defensive back, first-team All-Gulf South Conference defensive back, and was selected to play in the Division II Whataburger Cactus Bowl All-Star game. Set SAU and GSC records for kickoff return yards in a game with 208 yards, set GSC and tied NCAA Division II records for kickoff return touchdowns in a game with two for 196 yards, and set an SAU record and tied GSC and NCAA Division II records for longest kickoff return for a touchdown with 100 yards, all in SAU's game against Delta State last season. Prepped at Lincoln High in Port Arthur, Texas. Born August 31, 1982.



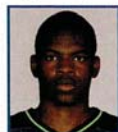
WALTER BERNARD, CB, 6-2, 200, 2ND YEAR, NEW MEXICO (SAN DIEGO, CALIF.)

Spent the 2003 season on the Seahawks practice squad. Signed with Seattle December 13, 2002 after Lamar King (knee) was placed on injured reserve. Made his NFL debut on special teams at Atlanta (12/15/02). Declared inactive versus St. Louis (12/22/02) and at San Diego (12/29/02). Signed as an undrafted rookie free agent on May 16, 2001 by the San Diego Chargers. The Chargers waived him before the 2001 season and he was signed by the Indianapolis Colts in January 2002. The Colts allocated him to the Frankfurt Galaxy of NFL Europe where he recorded 10 solo stops, one interception, three passes defended and five special teams tackles. Waived by the Colts before the 2002 season. At New Mexico, led team with three interceptions and was second on the team with 11 passes defended as a senior. Had 40 tackles in his final season. Finished his career with six interceptions in 32 career starts. Majored in university studies and film-making. Attended San Diego's Rancho Buena Vista High School where he lettered in football, basketball and track. Born May 3, 1978.



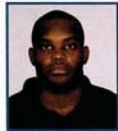
ISAAC BROWN, LB, 6-3, 222, ROOKIE, WASHINGTON STATE (UPLAND, CALIF.)

Signed by Seattle April 29, 2004 as an undrafted rookie free agent. Played four years at defensive end for the Cougars after redshirting his freshman year. Started 26 of 48 games played and posted 116 total tackles (65 solo) and 22.5 sacks, good for third place all-time in Washington State history. Despite starting only one game his sophomore year, he was second on the team with 9.5 sacks, a career-high. Had a career-high with 34 tackles (17 solo) his junior year with eight sacks, good for second on the team again. Closed out his career with 30 tackles (16 solo) and three sacks. Attended Claremont (Calif.) High where he made 89 tackles, 16 sacks, three interceptions and forced four fumbles as a linebacker his senior year. Also caught 11 passes for 350 yards and three scores. Named to the Western 100 (no. 11 linebacker) by the Tacoma News Tribune. Born October 13, 1981 in Tallahassee, Fla.



LAWAYLON BROWN, DT, 6-5, 305, 1ST YEAR, OKLAHOMA STATE (WHITEHOUSE, OKLA.)

Allocated to NFL Europe and assigned to Berlin Thunder for the 2004 season. Signed by Seattle as a free agent on January 28, 2004. Initially signed by the Minnesota Vikings as a rookie free agent on May 2, 2003 and released at the end of training camp on August 26, 2003. Four-year letter winner started 24 straight games to end his college career as a Cowboy. Totaled 104 tackles, 18 tackles for loss and 8 sacks. As a senior he was selected as an All-Big 12 honorable mention by the league's coaches. Brown was an All-District and All-East Texas selection at Whitehouse High School in Texas. Started for three years on the basketball team and threw the shot put and discus in track & field. His younger brothers, Travon and Jerod are defensive lineman at Louisiana Tech and Sam Houston State respectively. Majored in finance/general business, earning his degree in May, 2003. Born June 12, 1980.

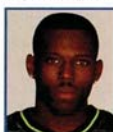


ANTOINE BURNS, CB, 6-0, 195, 2ND YEAR, MINNESOTA (MILWAUKEE, WIS.)

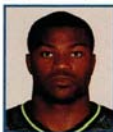
Allocated to NFL Europe's Amsterdam Admirals this past spring. Signed to the Seahawks practice squad Sept. 30, 2003. Initially signed as an undrafted free agent by the Cleveland Browns on May 2, 2003 and was released on August 26, 2003. Played three years at Minnesota after transferring from Rochester Community College. Finished Gophers career with 75 catches for 1,006 yards (13.4 avg.). Caught 44 balls for 526 yards and four scores his final season. Caught 58 passes for 1,100 yards and scored 23 times (17 rec., three punt returns, three kickoff returns) at Rochester. Was Junior College Gridwire All-American. Prepped at North Division High, playing running back and wide receiver. Given the Mr. Offense Award for being the most valuable player his senior year. Majored in recreation, park & leisure studies. Born October 31, 1979.

**MARQUE DAVIS, WR, 5-11, 190, ROOKIE, FRESNO STATE (DOS PALOS, CALIF.)**

Signed by Seattle April 29, 2004 as an undrafted rookie free agent. Played four seasons for the Bulldogs, starting 33 of 46 games played. Had a career-year his junior season, leading the team with 64 catches and 956 yards with seven touchdowns, earning second-team All-WAC honors. Four of his scores that year were in excess of 65 yards. Had a career-high 133 yards on six catches vs. Rice. Followed that up with 40 catches for 499 yards and two scores his senior year. In all, finished his time with 135 catches for 1,839 yards and 13 touchdowns. Also had two career blocked punts. Prepped at Dos Palos High and was an all-state pick and North Sequoia League MVP his junior and senior seasons. Carried the ball 222 times for 1,847 yards and scored a school-record 37 touchdowns his senior season and 73 in his career, ranking second in the history of the city section. Finished career with 501 carries and 3,877 yards. Had 12 career interceptions, six as a junior and led Dos Palos to a 13-0 record and a section championship his senior year. His no. 6 jersey is retired. First name is pronounced mar-KAY. Born January 15, 1981.

**CLARENCE FARMER, RB, 6-0, 218, ROOKIE, ARIZONA (HOUSTON, TEXAS)**

Signed by the Seahawks as an undrafted rookie free agent April 30, 2003. Finished his four-year career with 2,530 yards in 33 games, good for sixth on UA's all-time career rushing chart. Added 19 career touchdowns runs, 11 100-yard rushing games, including a career-high 158 on 32 carries at Arizona State in 2002. His 70-yard score in the third game of the 2002 season at Wisconsin stood as Arizona's longest rushing play of the year. After starting four games in 2002, Farmer missed the remainder of the year after suffering a season-ending knee injury. Although playing in four games, he finished the season as the team's second-leading rusher with 84 carries for 309 yards. Rushed a season-high 33 times for 79 yards against Utah. Played in all 11 games and started nine in 2001 and was the Pac-10 Conference's rushing leader with 1,229 total yards and 5.9 yards per carry. Carried the ball 209 times, had 10 touchdowns, a season-long 78-yard run and averaged 111.7 rushing yards per game with six 100-yard games. First-team All-Pac-10 honoree. Second in the Pac-10 with 111.7 yards per game. Rushing total of 1,229 ranks as the fourth-highest total in Arizona history. Named the team's MVP and Most Valuable Offensive Player. Earned first-team Freshman All-America honors from The Sporting News in 2000 and was named to the True Freshman All-America team by Rivals.com. Played in 10 games and started five. Became UA's all-time freshman leader with 666 yards (138 carries) and a 66.6 per-game average with five touchdowns. In his first career start, racked up 134 yards on 22 carries and had an 80-yard touchdown run, Arizona's longest offensive play of the season, at USC. Attended Booker T. Washington High in Houston and rushed for 1,100 yards and 23 touchdowns his senior year. Lettered in football, basketball, baseball and track & field. Named to the Houston Chronicle Super Texas list and was a Dallas Morning News State 100 pick. Born October 16, 1981.

**BRAD FRANKLIN, CB, 6-1, 190, 2ND YEAR, LOUISIANA-LAFAYETTE (BATON ROUGE, LA.)**

Signed by the Seahawks on January 28, 2004 and allocated to the Scottish Claymores. Signed by the Jacksonville Jaguars on August 26, 2003. Recorded three solo tackles in four games for the Jaguars in 2003. Released by the Jaguars on October 10, 2003. Originally selected by the Carolina Panthers in the seventh round (258th overall) of the 2002 NFL Draft. Released by the Panthers on August 25, 2003. Played in 42 games during his four-year career at Louisiana-Lafayette, recording 107 tackles (78 solo), three interceptions, two fumble recoveries and 11 passes defensed. Tallied 27 tackles (22 solo) and one fumble recovery as a senior. Registered a career-high 33 tackles with one interception as a junior. Started in four-of-nine games as a sophomore and finished with 26 tackles (24 solo), one forced fumble, and one interception. Played in every game as a redshirt freshman,



recording 21 tackles (17 solo) and one interception. Three-sport letterman at Broadmoor High in football, basketball and track. Played both wide receiver and defensive back as the team made three straight Class AAAA playoff appearances. Finished third in state in 200-meter dash as junior. Majored in business. Born December 22, 1979 in Baton Rouge.

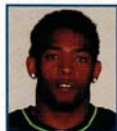
TYLER FREDRICKSON, K, 6-3, 220, ROOKIE, CALIFORNIA (SANTA BARBARA, CALIF.)

Signed with Seattle April 29, 2004 as an undrafted rookie free agent. Took on the task of handling placekicking duties his senior year along with punting duty. Connected on 15 of a school-record 30 field goal attempts with school-record longs of 53 (third longest) and 51 (fifth longest). Also set a school-record for PATs without a miss with 47 of 47. Over a span of four years, punted 198 times for 7,807 (39.4 avg) with a long of 66 and 55 landing inside the 20. Prepped at Dos Pueblos High and earned first-team all-league three times as a punter. Also lettered in soccer and was a four-time all-league pick. Majored in film making and has held summer jobs with Dreamworks Studios and at George Lucas' Skywalker Ranch. Born February 26, 1981.



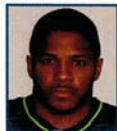
JERNARO GILFORD, CB, 6-1, 185, ROOKIE, BRIGHAM YOUNG (HAWTHORNE, CALIF.)

Signed as an undrafted rookie free agent by Seattle April 29, 2004. For his career, played in 36 games and had 114 tackles (84 solo), 11 interceptions and 24 passes defended. Recovered from knee injury suffered in 2002 to play all 12 games senior year. Posted 41 tackles (29 solo) two interceptions and six passes defended. Entering his junior year, was a preseason All-America honorable mention pick by Street & Smith's, but played only seven games, totaling 15 tackles due to knee injury. Had a solid sophomore year with a career-high 56 tackles (46 solo) and career-high seven interceptions, good for 15th in the nation. Also had 17 passes defended. Had a career-high two interceptions vs. New Mexico and earned first-team All-Mountain West Conference honors for his play. Played three games his true freshman year of 1999 and had one interception. Redshirted the 2000 season. Attended Westchester (Calif.) High and led his team to a 12-1 mark his senior year. Returned an interception 101 yards in his first varsity game. Named track team's MVP and broke the city record in the 800-meters. Born May 6, 1980.



MICHAEL HARDEN, CB, 5-11, 190, ROOKIE, MISSOURI (KANSAS CITY, MO.)

Signed with the Seahawks April 30, 2004 as an undrafted rookie free agent. Played in 44 career games, starting 28, after walking-on to the program in 2000. Finished his senior year with a career-high 75 tackles (58 solo), one interception and 13 passes defended. Was named the team's defensive back of the year his junior year after leading the team, and ranking third in the Big 12 with 15 passes defended. Grabbed two interceptions, and forced a fumble along with 59 tackles. Had 20 tackles his sophomore year and seven tackles his freshman season. Attended Southwest High in Kansas City. Was a two-time all-conference pick and team MVP in 1999 and co-MVP in 1998. Intercepted 14 passes in his career and returned three for scores. Also lettered in track and basketball. Majored in business management. Born October 21, 1981.



BAM HARDMON, LB, 6-1, 230, 1ST YEAR, FLORIDA (JACKSONVILLE, FLA.)

Signed as a free agent by Seattle June 17, 2004, after enjoying a 20-tackle NFL Europe season with the Cologne Centurions. Originally signed with Miami Dolphins as an undrafted free agent May 1, 2003 but was waived after training camp. Started 26 of 48 games played for the Gators (1999-2002). Collected 258 tackles, three interceptions and three forced fumbles. Started all 13 games as a senior and posted a team-high 169 tackles earning an All-SEC second team selection. Attended Ed White High School in Jacksonville, Florida and named Jacksonville's Defensive Player of the Year as a junior in 1997. Full name is Byron Hardmon. Born January 7, 1981.



ISAAC HERRING, T, 6-5, 305, 1ST YEAR, BRIGHAM YOUNG (MAPLETON, UTAH)

Signed as a free agent January 28, 2004 by Seattle. Originally signed as an undrafted rookie free agent by the Oakland Raiders April 30, 2003 but waived July 23. Then signed on with the New York Jets August 14 but released a week later. As a senior in 2002, named All-Mountain West Conference honorable mention in his first year as starter, playing eight games at right tackle and four at right guard. Saw action in every game his junior and sophomore seasons and played sparingly his freshman year. Attended Springville High in Utah and lettered twice in football. Named all-region, all-state and Region Offensive Lineman of the Year honors as a senior. Married to former BYU swimmer Erin Sykes. Majored in recreation management. Born May 20, 1980 in Nampa, Idaho.

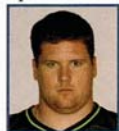


ADDITIONAL FREE AGENTS
JOEY HOLLENBECK, C, 6-4, 281, 1ST YEAR, WASHINGTON STATE (ENUMCLAW, WASH.)

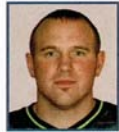
Allocated by Seattle to NFL Europe's Amsterdam Admirals in spring 2004. Signed by Seattle as a free agent January 28, 2004. Signed by the Buffalo Bills on December 11, 2002 and released on July 15, 2003. Originally signed as an undrafted free agent by the St. Louis Rams on April 22, 2002 and released on June 14, 2002. Saw action in 33 games, starting six, in his career at Washington State. Played multiple positions on both the offensive and defensive lines. Started his last five games as a junior after appearing in seven his sophomore year. Played in eight games as a freshman. Attended Enumclaw High. Received honorable mention by USA Today for Washington Prep Player of the Year his senior year. Two-time member of the All-South Puget Sound League first team on both offense and defense. All-area pick by the Tacoma News Tribune and the Seattle Times. Received All-state first team honors by the Associated Press, the TNT, Seattle P-I and Newberry's Prep Report. Also lettered in wrestling as a heavyweight. Born February 26, 1980.

**DUSTIN KROEKER, T, 6-5, 312, 2ND YEAR, CAL POLY-SLO (SHAFTER, CALIF.)**

Spent the 2003 season on the team's practice squad. Signed with Seattle January 7, 2002. Originally signed by the Detroit Lions as an undrafted rookie free agent April 27, 2001. Played for the Rhein Fire in NFL Europe in 2001 and 2002. Started all 11 games as a senior for the Mustangs. Was an All-Academic selection by Successful Farming Magazine, along with being a Verizon Wireless All-Academic nomination. Helped protect All-Independent QB Seth Burford who passed for 2,672 yards and 23 touchdowns. During his first season with Cal Poly in 1999, he started every game at right tackle. Attended Bakersfield College from 1996-98. Attended Shafter High and he was a first-team All-Conference selection, along with being a Dean's List member.

**R.J. LUKE, TE, 6-3, 256, 1ST YEAR, WESTERN ILLINOIS(AURORA, ILL.)**

Signed by Seattle as a free agent April 30, 2004. Originally signed as a rookie free agent by the Tennessee Titans April 28, 2003 but was released during training camp. Played three seasons at Penn State before transferring to Western Illinois for senior year. Played in 42 career games, 30 with Nittany Lions and 12 with Leathernecks. Finished career with 53 catches for 938 yards and seven touchdowns. Recorded a career-high 40 catches for 725 yards and six scores at Western Illinois. Was an All-American at Waubonsie High where he set state records with 196 receptions for 3,124 and 26 touchdowns. Father, B.J. was a two-year starter at Western Illinois, sister Ashley was a point guard on the Lady Lions hoops team and uncle, Matt, was a letter winner at Tulsa. Majored in kinesiology. Born May 25, 1979 in Bloomington, Ill.

**TONY LUKINS, CB, 5-11, 192, 1ST YEAR, NEW MEXICO STATE (EL PASO, TEXAS)**

Signed by Seattle as a free agent January 28, 2004. Allocated to NFL Europe for a second season with the Rhein Fire. Originally allocated to Europe by the Oakland Raiders, signed in January 2003, after having served on their practice squad in December 2002. Started every game at cornerback for the Fire in 2003 en route to an appearance in World Bowl XI vs. Frankfurt. Recorded 36 tackles, two interceptions and also knocked down a team-high 14 passes. Prior to the Raiders, spent 2002 training camp with the Chicago Bears before being released in August 2002. Moved on to Arena Football League after signing a contract with the Chicago Rush on November 14, 2002. Earned second-team All-Sun Belt Conference honors at New Mexico State after his senior season. Excelled as the team's nickel back his senior year after starting all 11 games at left cornerback as a junior. Played in all 12 games as a senior, ranking seventh on the team with 46 tackles plus two interceptions, returning both for touchdowns. Tied an NCAA record with two kickoff returns for touchdown in one game (100 and 89 yards) vs. Tulsa. Was working as a telephone operator before being signed by the Raiders and allocated to NFL Europe for 2003 season. Two-year football letterman at Andress High in Texas. Selected to play in the El Paso East-West All-Star Game. Competed in track as a sprinter, competing in the 100, 200 and 400 meters, plus the sprint relay. Majored in education. Born February 18, 1979.



SAMMY MOORE, WR, 5-11, 194, ROOKIE, WASHINGTON STATE (MESA, ARIZ.)

Signed with the Seahawks as an undrafted rookie free agent April 30, 2004. Played two years at Bakersfield JC where he totaled 47 catches for 876 yards and 11 touchdowns before moving on to Washington State. Played in all 11 games his junior year of 2002 and caught seven balls for 213 yards with one touchdown and a long of 67. Piled up 1,633 all-purpose yards (533-rec., 405-pr, 715-kor) as a senior, good for fourth-place on Washington State's single-season list. Came out of Westwood High and was a consensus top 100 national prospect. A three-year starter, all-state pick and honorable mention All-American. Born February 6, 1981.



OMAR NAZEL, DE, 6-5, 245, ROOKIE, SOUTHERN CALIFORNIA (OAKLAND, CALIF.)

Signed with Seattle as an undrafted rookie free agent April 30, 2004. Played for USC for four seasons, totaling 80 tackles, 13.5 sacks, three interceptions (returning one for a touchdown), two fumble recoveries and nine passes defended in 40 games with 21 starts. Last year during USC's National Championship run, he tallied 27 tackles, four sacks and his two fumble recoveries led to Trojans touchdowns. Posted career-highs with 38 tackles and 6.5 sacks his junior season. Appeared in all 12 games his sophomore year and made 15 tackles with three sacks. Saw brief action in five games in 2000 and redshirted his true freshman year in 1999. He made the 1998 USA Today All-USA honorable mention, Super Prep All-Farwest, Prep Star All-Western, Long Beach Press-Telegram Best in the West first team, Tacoma News Tribune Western 100, Las Vegas Sun Super 11 honorable mention, Cal-Hi Sports All-State first team, Oakland Tribune All-Oakland MVP and San Francisco Examiner All-Metro first team as a senior at Skyline High in Oakland. He also played basketball at Skyline and was a 1998 Student Sports Grid-Hoops All-West selection. Majored in social science/psychology. Last name is pronounced NAY-zell. Born March 9, 1981.



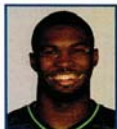
GABE NYENHUIS, DE, 6-4, 275, ROOKIE, COLORADO (ST. CHARLES, ILL.)

Signed as a rookie free agent by Seattle April 29, 2004. Spent two years at Colorado after spending his sophomore year at Garden City Community College, where he earned second-team all-conference honors with 55 tackles, five sacks and three fumble recoveries. Began college career at Northwestern, redshirting his freshman year and playing in two games the following season. At Colorado, he started 24 of 25 games played, totaling 79 tackles (62 solo), eight sacks, nine passes defended, two forced fumbles and one fumble recovery. Was named second-team All-Big 12 conference his senior year when he put up 45 tackles (35 solo) and tied for the team-lead with four sacks. Prepped at St. Charles High and as a senior, he earned SuperPrep All-American honors, Prep Football All-Midwest, first-team all-state by the Chicago Sun Times, Chicago Tribune and the Champaign News-Gazette after he tallied 100 tackles, 31 tackles for loss, six forced fumbles, two blocked kicks and one fumble recovery. Also lettered in volleyball. Majored in communications at Colorado. Was BMX World Cup Champion in 1998. Last name is pronounced NINE-heiss. Born June 26, 1981 in Corpus Christi, Texas.



ARNOLD PARKER, FS, 6-2, 210, ROOKIE, UTAH (LAS VEGAS, NEV.)

Signed by the Seahawks April 29, 2004 as an undrafted free agent out of Utah. Played in 44 career games with 35 starts, totaling 209 tackles (118 solo) and one interception at left corner. His last year, was an honorable mention all-MWC defensive back and had 59 total tackles, four passes defended and recovered a fumble against Colorado State and returned it 80 yards for game-winning touchdown. Also had one forced fumble. Tied career high with 12 tackles vs. Air Force. Moved from safety to corner his junior year and played in all 11 games and started nine. Had 40 total tackles, two sacks and seven passes defended. Started 12 games his sophomore year and his 55 tackles was third-best on the team. Also had one sack, one interception, three passes defended. Was an immediate starter his freshman year, playing in all 11 games and starting four. Recorded 55 total tackles, four sacks, four passes defended and two forced fumbles. Named Chevrolet Player of the Game against Air Force with a career-high 12 tackles and two passes defended. Redshirted his freshman year in 1999. Attended Cimarron Memorial High and was the Nevada Player of the Year as a senior in 1998. High school team won state championships in 1997 and 1998. All-state and all-conference linebacker and running back and was the captain of track and football teams. Father, Arnold, Sr., played basketball for UNLV. Majored in sociology. Born July 1, 1981.



CASEY POPPINGA, TE, 6-5, 256, 2ND YEAR, UTAH STATE (EVANSTON, WYO.)

Signed to Seattle's practice squad December 2, 2003. Was originally signed as an undrafted free agent by the Pittsburgh Steelers on May 2 but waived during training camp on August 22. At Utah State, he played in 11 games and caught a career-high 16 passes for 135 yds. as a senior in 2002. For his career, he caught 36 passes for 363 yds. with one touchdown. He redshirted the 1999 season after transferring from Wyoming. Lettered at Wyoming in 1996 before going on an LDS Mission in 1997 and 1998. Attended Evanston High and was a USA Today honorable mention All-America selection after his senior year. Also competed in track and basketball and was a member of the National Honor Society. Married, Britt, with one son, Treyson (7/15/02). Born October 15, 1977.

**TELLIS REDMON, RB, 5-10, 210, 1ST YEAR, MINNESOTA (FORT WORTH, TEXAS)**

Re-signed by the Seahawks as a free agent May 3, 2004. Allocated to NFL Europe by Seattle in Spring 2003. Signed as a free agent January 24, 2003. Signed as an undrafted rookie free agent with the Baltimore Ravens April 25, 2002. Released September 10. Ranks fifth on Minnesota's all-time rushing list with 2,535 yards, with 15 scores in 35 career games despite leaving after his junior year. Also had 47 career catches for 410 yards and two touchdowns. Rushed for 1,145 yards and six touchdowns on 185 carries in 11 games as a junior. Honorable mention All-Big 10. Rushed for 1,368 yards on 293 attempts, the third highest season rush total in school history, his sophomore year. Had fifth-best rushing performance in school history with 246 yards vs. N.C. State in the Micronpc.com Bowl, a Minnesota bowl record. Also tied a school-record with seven 100-yard rushing games. Graduate of Colleyville Heritage High. First-team Class 4A all-state selection as a senior after he rushed for 1,560 yards and 18 touchdowns. Also played basketball and track. Majored in pre-secondary education. Born December 19, 1978.

**CLAYTON ROBERSON, LB, 6-1, 234, ROOKIE, NORTH CAROLINA (BETHEL, N.C.)**

Signed by Seattle April 29, 2004 as an undrafted free agent. Spent all four years at North Carolina and played in 44 games with six starts. Tallied 30 tackles and one sack in his career. Lone sack came his senior season vs. Florida State, and he posted a career-high 18 tackles (13 solo) that year. Most of his career was spent playing special teams the first three seasons. Two-time all-conference and all-area selection at North Pitt (N.C.) High. Played defensive end, linebacker and fullback. Had 18 sacks as a senior en route to a conference championship. Two-time conference champion in the 300-meter hurdles and regional and conference champion in the long jump. Brother, Aaron, ran track for Columbia University. Plays the trumpet. Majored in exercise & sports science. Born Johnny Clayton Roberson, Jr. March 10, 1981.

**JEFF ROEHL, G, 6-4, 300, 2ND YEAR, NORTHWESTERN (ORLAND PARK, ILL.)**

Claimed off of waivers by the Seattle Seahawks June 14, 2004. Roehl was waived by the New York Giants June 1, 2004, after originally signed as an undrafted free agent by the New York Giants on May 2, 2003. While with the Giants, he played in 12 games and started two at left tackle. He also saw action during the season at left guard. Was a three-year starter for Northwestern after transferring from Notre Dame following his freshman season in 1998. Played 27 consecutive games at right guard before moving to right tackle for five games. He played guard in his final three games. Was a second-team All-Big Ten selection by the coaches and media. Roehl, who played in the East-West Shrine game, was an Academic All-Big Ten selection. He was an honorable mention All-Big Ten choice in both his sophomore and junior seasons. He did not see action as a freshman in 1998. Born May 18, 1980.

**RON SMITH, DT, 6-3, 308, 2ND YEAR, LANE COLLEGE (ST. LOUIS, MO.)**

Signed as a free agent by Seattle January 28, 2004 for his second tour of duty with the club. Originally signed with Seattle as a rookie free agent January 17, 2002 but waived after training camp August 26 and claimed by Cincinnati. Signed to the Bengals practice squad September 3 and moved to the active roster November 14. Waived by Cincinnati August 25, 2003 after training camp. Spent two years at Lane College (Jackson, Tenn.) after transferring from Baylor after the 1998 season, where he collected 14 tackles as a sophomore. Played in the Cactus Bowl all-star game for Division II players after the



2000 season.

DERRICK TATUM, CB, 5-11, 190, 1ST YEAR, KENTUCKY (CLEVELAND, OHIO)

Signed by Seattle January 28, 2004 as a free agent. Originally signed as an undrafted free agent by the Tennessee Titans April 28, 2003 but released at the end of training camp August 25. Played in 45 games with 22 starts at Kentucky. Totaled 125 tackles, 18 passes defended, five interceptions, two fumble recoveries and one forced fumble in his career. Started all 12 games as a senior and had 40 tackles, two picks and eight passes defended. Attended Shaker Heights High and earned All-America honorable mention honors from USA Today. Started three seasons at running back, and also played safety and linebacker. Also lettered two years in track. Majored in family & consumer sciences. Born February 7, 1981.



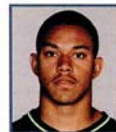
JERHEME URBAN, WR, 6-3, 212, 2ND YEAR, TRINITY (VICTORIA, TEXAS)

Spent the 2003 season on the team's practice squad until being signed to the active roster December 26. Was declared inactive at San Francisco (12/27) and for the team's Wild Card Game at Green Bay (1/4/04). Signed by Seattle as an undrafted rookie free agent May 1, 2003. Led Trinity with 75 receptions for 1,274 yards and eight touchdowns his senior season. Selected to the d3football.com first-team and Football Gazette second-team. Attended Stroman High. Born November 26, 1980.



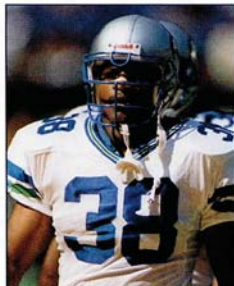
JASON WILLIS, WR, 6-1, 196, 2ND YEAR, OREGON (LOS ANGELES, CALIF.)

Spent the 2003 season on injured reserve and was allocated to the Frankfurt Galaxy in 2004. Signed by the Seahawks May 1, 2003 as an undrafted rookie free agent. Walked-on to the Oregon program and had 93 receptions for 1,117 yards and two scores in 47 career games. Set career-highs his junior year with 43 catches for 448 yards followed by 28 catches for 446 yards his senior year, where he recorded his first two touchdowns. Had career-high nine catches for 107 yards vs. Utah his junior year, when he started nine times. Attended St. Bernard High where he played running back and safety. Named Del Rey League Defensive MVP as a senior. Born July 26, 1981.

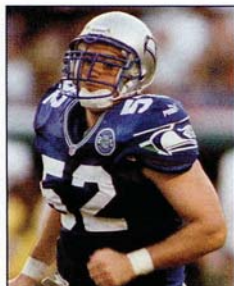


SPECIAL AGENTS

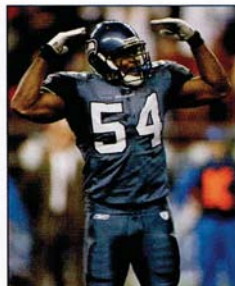
At the end of 2003, the Seahawks touted six undrafted free agents on the roster.



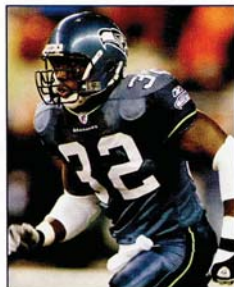
FB Mack Strong (1993)



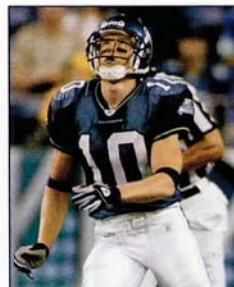
LS J.P. Darche (2000)



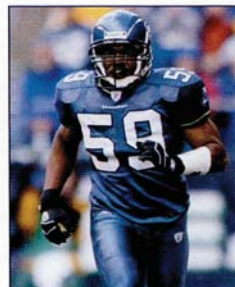
LB D.D. Lewis (2002)



RB Kerry Carter (2003)



WR Jerheme Urban (2003)



LB Tracy White (2003)

DRAFT SUMMARIES

1976 VETERAN ALLOCATION

Player,	Pos.	Former Team	Player,	Pos.	Former Team
Wayne Baker	DT	San Francisco	Gordon Jolley	T	Detroit
Carl Barisich	DT	Cleveland	Gary Keithley	QB	St. Louis
Nick Bebout	T	Atlanta	Art Kuehn	C	Washington
Lyle Blackwood	DB	Cincinnati	Kerry Marbury	RB	New England
Ed Bradley	LB	Pittsburgh	Al Matthews	DB	Green Bay
Dave Brown	DB	Pittsburgh	Sam McCullum	WR	Minnesota
Don Clune	WR	N.Y. Giants	John McMakin	TE	Detroit
Rondy Colbert	DB	N.Y. Giants	Eddie McMillan	DB	L.A. Rams
Dwayne Crump	DB	St. Louis	Bill Olds	RB	Baltimore
Mike Curtis	LB	Baltimore	Jesse O'Neal	DE	Houston
Jerry Davis	DB	N.Y. Jets	Joe Owens	DE	New Orleans
John Demarie	G	Cleveland	Bob Penchion	G	San Francisco
Norm Evans	T	Miami	Bob Picard	WR	Philadelphia
Ken Geddes	LB	L.A. Rams	Rocky Rasley	G	Kansas City
Gary Hayman	RB	Buffalo	Steve Taylor	DB	Denver
Fred Hoaglin	C	Houston	Dave Tipton	DE	San Diego
Neil Graff	QB	New England	Charles Waddell	TE	San Diego
Don Hansen	LB	Atlanta	Larry Woods	DT	N.Y. Jets
Ron Howard	TE	Dallas	Rolly Woolsey	DB	Dallas
Ken Hutcherson	LB	Green Bay			

1976 COLLEGE DRAFT

Rd.	Player (Pick, Overall)	Pos.	College	Rd.	Player (Pick, Overall)	Pos.	College
1.	Steve Niehaus (2, 2)	DT	Notre Dame	6.	Alvis Darby (1, 157)	TE	Florida
2a.	Sammy Green (1, 29)	LB	Florida	7.	Dick Dixon (2, 184)	DT	Arkansas St.
2b.	Sherman Smith (30, 58)	WR	Miami, OH	8.	Larry Shipp (1, 210)	WR	Louisiana St.
2c.	Steve Raible (31, 59)	WR	Georgia Tech	9.	Bob Bos (2, 239)	T	Iowa St.
3a.	Jeff Lloyd (2, 62)	DE	West Texas St.	10.	Randy Coffield (1, 266)	LB	Florida St.
3b.	Rick Engles (29, 89)	P	Tulsa	11.	Keith Muehr (2, 293)	P	Southwest LA
3c.	Don Bitterlich (32, 92)	K	Temple	12.	Ron Barnett (1, 320)	WR	Texas-Arlington
4a.	Steve Myer (1, 93)	QB	New Mexico	13.	Andy Reid (2, 349)	RB	Georgia
4b.	Randy Johnson (30, 122)	G	Georgia	14.	Jarvis Blinks (1, 376)	DB	Northwestern St.
4c.	Andrew Bolton (31, 123)	RB	Fisk	15.	Dan Smith (2, 405)	T	Washington St.
5a.	Don Dufek (2, 126)	DB	Michigan	16.	Jeff Ureczyk (1, 432)	G	Georgia Tech
5b.	Ernie Jones (29, 153)	DB	Miami	17.	Chris Rowland (2, 461)	QB	Washington
5c.	Larry Bates (32, 156)	FB	Miami				

1977 COLLEGE DRAFT

Rd.	Player (Pick, Overall)	Pos.	College	Rd.	Player,	Pos.	College
1a.	(choice traded to Dallas)			3.	Dennis Boyd (2, 58)	DE	Oregon St.
1b.	Steve August (14, 14)	G	Tulsa	4a.	John Yarno (3, 87)	C	Idaho
	(choice from Dallas Cowboys)			4b.	Larry Seivers, (27, 111)	WR	Tennessee
2a.	Tom Lynch (2, 2)	T	Boston Coll.		(choice from Minnesota Vikings for Ahmad Rashad, WR)		
	(choice from Dallas Cowboys)			5.	(choice traded to Detroit for Bill Munson, QB)		
2b.	(choice traded to LA Rams for draft choice and Geoff Reece, C)			6	Tony Benjamin (3, 142)	FB	Duke
2c.	Terry Beeson (23, 31)	LB	Kansas	7.	David Sims (2, 169)	RB-FB	Georgia Tech
	(choice from Dallas Cowboys)			8.	(choice traded to Houston Oilers for Steve Largent, WR)		
2d.	Peter Cronan (2, 58)	LB	Boston Coll.	9.	George Adzick (2, 225)	S	Minnesota
	(choice from Los Angeles Rams)			10.	Sam Adkins (3, 254)	QB	Wichita St.
2e.	(choice traded to Dallas Cowboys for Duke Ferguson, WR) (choice from Cowboys)			11.	Bill Westbeld (2, 281)	T	Dayton
				12.	I.V. Wilson (22, 329)	DT	Tulsa

1978 COLLEGE DRAFT

Rd.	Player,	Pos.	College	Rd.	Player,	Pos.	College
1.	Keith Simpson (9, 9)	DB	Memphis St.	9.	Rich Grimmett (9, 231)	T	Illinois
2.	Keith Butler (8, 36)	LB	Memphis St.	10.	Rob Stewart (8, 258)	WR	Lafayette
3.	Bob Jury (7, 63)	DB	Pittsburgh	11a.	(choice traded to New Orleans Saints for Andy Dorris, DE)		
4.	Al Hunter (choice exercised in 1977 supplemental draft)	RB	Notre Dame	11b.	George Halas (23, 301)	LB	Miami (choice from Miami Dolphins for Carl Barisich, DE)
5.	Louis Bullard (9, 119)	T	Jackson St.	12.	Jeff Bergeron (10, 316)	RB	Lamar
6.	Glenn Starks (8, 146)	WR	Texas A & I				
7.	John Harris (7, 173)	DB	Arizona St.				
8.	(choice traded to Minnesota Vikings for Autry Beamon, S and Amos Martin, LB)						

1979 COLLEGE DRAFT

Rd.	Player,	Pos.	College	Rd.	Player,	Pos.	College
1.	Manu Tuiasosopo (18, 18)	DT	UCLA	6.	(choice traded to Dallas Cowboys for Bill Gregory, DE)		
2.	Joe Norman (17, 45)	LB	Indiana	7a.	Larry Polowski (4, 169)	LB	Boise St. (choice from Washington Redskins for Don Testerman, FB)
3a.	Michael Jackson (1, 57) (choice from San Francisco 49ers for Bob Jury, S)	LB	Washington	7b.	(choice traded to Washington in Don Testerman transaction)		
3b.	(choice traded to Dallas Cowboys for Bill Gregory, DE)			8.	(choice traded to Detroit Lions for Ernie Price, DE)		
3c.	(choice traded to San Francisco 49ers in Bob Jury trade)			9.	Ezra Tate (20, 240)	RB	Miss. St.
4a.	(choice voluntarily given to Buffalo Bills for Ahmad Rashad signing) (choice acquired from Tampa Bay Buccaneers for Larry Seivers, WR)			10.	Robert Hardy (19, 267)	DT	Jackson St.
4b.	Mark Bell (20, 102)	TE	Colorado St.	11.	Jim Hinesly (18, 293)	G	Michigan St.
5.	(choice traded to Dallas Cowboys for Efran Herrera, K)			12.	Jeff Moore (16, 319)	RB	Jackson St.

1980 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Jacob Green (10, 10) (choice from Buffalo Bills)	DE	Texas A & M	6.	Mark McNeal (15, 153)	DE	Idaho
1b.	(choice traded to Buffalo Bills)			7.	(choice traded to N.Y. Giants for Dan Doomink, FB)		
2.	Andre Hines (16, 44)	T	Stanford	8a.	Vic Minor (11, 204) (choice from Minnesota for Steve Niehaus, DT)	S	Northeast LA
3.	(choice traded to Buffalo)			8b.	Jack Cosgrove (14, 207)	C	Pacific
4.	Terry Dion (14, 97)	DE	Oregon	9.	Jim Swift (17, 238)	T	Iowa
5a.	Joe Steele (17, 127)	RB	Washington	10a.	Ron Essink (16, 265)	T	Grand Val. St.
5b.	Daniel Jacobs (22, 132) (choice from Washington Redskins for Don Testerman, FB)	DE	Winston-Salem St.	10b.	Billy Reeves (25, 274) (choice from Houston for Sammy Green, LB)	WR	Morris Brown
				11.	Tali Ena (15, 292)	RB	WA St.
				12.	Presnell Gilbert (14, 319)	CB	U.S. Int'l.

1981 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Kenny Easley (1, 4)	S	UCLA	8.	Eric Lane (3, 196)	RB	BYU
2.	David Hughes (3, 31)	FB	Boise St.	9a.	Jim Stone (2, 223)	RB	Notre Dame
3.	Bill Dugan (2, 58)	G	Penn St.	9b.	Jim Whatley (15, 236) (choice from Minnesota Vikings for Nick Bebout, T)	WR	WA St.
4.	Scott Phillips (4, 87)	WR	BYU	10.	Ken Dawson (4, 252)	RB	Savannah St.
5.	Edwin Bailey (3, 114)	G	SC St.	11.	Lance Olander (3, 279)	RB	Colorado
6.	Steve Durham (2, 140)	DE	Clemson	12.	Jeff Bednarek (2, 306)	DT	Pacific
7a.	Ron Johnson (4, 170)	WR	Long Beach				
7b.	Brad Scovill (20, 186) (choice from Houston Oilers for Sammy Green, LB)	TE	Penn St.				

1982 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Jeff Bryant (6, 6)	DE	Clemson	6.	Jack Campbell (5, 144)	T	Utah
2.	Bruce Scholtz (6, 33)	LB	Texas	7.	Eugene Williams (7, 174)	LB	Tulsa
3a.	(choice traded to New England for Horace Ivory, RB)			8.	Chester Cooper (6, 201)	WR	Minnesota
3b.	Pete Metzelaars (20, 75)	TE	Wabash	9.	David Jefferson (5, 228)	LB	Miami
	(choice from Buffalo for Tom Lynch, G)			10.	Craig Austin (7, 258)	LB	South Dakota
4.	(choice traded to St. Louis Cardinals for Theotis Brown, RB)			11.	Sam Clancy (5, 284)	TE	Pittsburgh
5.	(choice traded to Los Angeles Rams for Jim Jodat, FB)			12.	Frank Naylor (5, 311)	C	Rutgers

1983 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Curt Warner (3, 3)	RB	Penn St.	6.	Reginald Gipson (10, 150)	FB	AL A & M
	(choice from Houston Oilers)			7.	Sam Merriman (9, 177)	LB	Idaho
1b.	(choice traded to Houston Oilers)			8.	Matt Hernandez (14, 210)	T	Purdue
2.	(choice traded to Houston Oilers)			9.	Bob Clasby (12, 236)	T	Notre Dame
3.	(choice traded to Houston Oilers)			10.	Pete Speros (12, 263)	G	Penn St.
4.	(choice traded to St. Louis Cardinals for Theotis Brown, RB)			11.	Bob Mayberry (11, 290)	G	Clemson
5.	Chris Castor (11, 123)	WR	Duke	12.	Don Dow (10, 317)	T	Washington

1984 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Terry Taylor (22, 22)	CB	Southern IL	5b.	(choice traded to Baltimore Colts for Robert Pratt, G)		
2.	Daryl Turner (21, 49)	WR	Michigan St.	6.	John Kaiser (22, 162)	LB	Arizona
3.	Freddy Young (20, 76)	LB	NM St.	7.	Sam Slater (21, 189)	T	Weber St.
4a.	Rickey Hagood (2, 86)	NT	S. Carolina	8.	John Puzar (20, 216)	C	Long Beach
	(choice from San Francisco 49ers for Manu Tuiasopopo, NT)			9.	Adam Schreiber (19, 243)	G	Texas
4b.	(choice traded to Baltimore Colts for Roger Carr, WR)			10.	Randall Morris (18, 270)	RB	Tennessee
5a.	(choice traded to New York Giants for Terry Jackson, CB)			11.	Steve Gemza (22, 302)	T	UCLA
	(Choice acquired from San Diego for Roger Carr, WR)			12.	Theo Windham (21, 329)	S	Utah St.

1984 SUPPLEMENTAL DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Gordon Hudson	TE	BYU	3.	Frank Seurer	QB	Kansas
2.	Alvin Powell	G	Winston Salm				

1985 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(choice traded to Cincinnati Bengals for Blair Bush, C)			6.	(choice traded to New York Giants for Terry Jackson, CB)		
2.	Owen Gill (25, 53)	FB	Iowa	7.	Ron Mattes (25, 193)	T	Virginia
3.	Danny Greene (25, 81)	WR	Washington	8.	Judious Lewis (25, 221)	WR	Arkansas St.
4.	Tony Davis (25, 109)	TE	Missouri	9.	Bob Otto (24, 248)	DE	Idaho St.
5a.	Mark Napolitan (11, 123)	C	Michigan St.	10a.	John Conner (25, 227)	QB	Arizona
	(choice from San Diego Chargers for Roger Carr, WR)			10b.	James Bowers (28, 280)	S	Memphis St.
5b.	Arnold Brown (16, 128)	CB	NC Central		(choice from San Francisco 49ers for Manu Tuiasopopo, NT)		
	(choice from Pittsburgh Steelers for Steve August, T)			11.	Louis Cooper (25, 305)	LB	W. Carolina
5c.	Johnnie Jones (25, 137)	RB	Tennessee	12.	(choice traded to Buffalo for Reggie McKenzie, G)		

1986 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	John L. Williams (1, 15)	FB	Florida	7b.	Paul Miles (15, 181)	RB	Nebraska
2.	(choice traded to New England for Bob Cryder, T)				(choice from Cleveland Browns for the rights to Sam Clancy, DE)		
3.	Patrick Hunter (13, 68)	CB	Nevada-Reno	8.	Alonzo Mitz (17, 211)	DE	Florida
4.	(choice traded to Cincinnati Bengals for Dan Ross, TE)			9.	Michael Black (16, 237)	T	Sacram. St.
5.	Bobby Joe Edmonds (16, 126)	WR	Arkansas	10.	Don Fairbanks (15, 264)	DE	Colorado
6.	Eddie Anderson (15, 153)	S	Fort Valley St.	11.	David Norrie (14, 291)	QB	UCLA
7a.	(choice traded to Buffalo Bills for Jon Borchardt, G)			12.	John McVeigh (16, 321)	LB	Miami

1987 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Tony Woods (18, 18)	LB	Pittsburgh	7b.	Derek Tennell (17, 185)	TE	UCLA
2.	David Wyman (17, 45)	LB	Stanford	8.	Sammy Garza (21, 216)	QB	Texas-El Paso
3.	(choice traded to Cincinnati Bengals for Mike Wilson, T)			9.	M.L. Johnson (20, 243)	LB	Hawaii
4.	Mark Moore (20, 104)	S	Oklahoma St.	10.	Louis Clark (19, 270)	WR	Miss. St.
5a.	Tommie Agee (7, 119)	FB	Auburn	11.	Daryl Oliver (18, 297)	RB	Miami
	(choice from Detroit Lions for Shelton Robinson, LB)			12a.	Wes Dove (5, 312)	DE	Syracuse
5b.	Ruben Rodriguez (19, 131)	P	Arizona		(choice from Green Bay Packers for Dan Ross, TE)		
6.	(choice traded to Philadelphia Eagles for Greg Naron, G)			12b.	Tony Burse (17, 324)	FB	Mid. TN St.
7a.	Roland Barbay (16, 184)	NT	Louisiana St.				
	(choice from Minnesota Vikings for John Harris, S)						

1988 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Brian Bosworth	LB	Oklahoma	7.	Ray Jackson (20, 185)	CB	Ohio St.
	(choice exercised in 1987 supplemental draft)			8.	Robert Tyler (22, 215)	TE	SC St.
2.	Brian Blades (2, 22)	WR	Miami	9.	Deatrich Wise (21, 242)	NT	Jackson St.
3.	Tommy Kane (3, 20)	WR	Syracuse	10.	Derwin Jones (20, 269)	DE	Miami
4.	Kevin Harmon (19, 101)	RB	Iowa	11a.	Rick McLeod	T	Washington
5a.	(choice traded to Phoenix Cardinals for Kelly Stouffer, QB)				(choice from Green Bay Packers for Dave Brown, CB)		
	(choice from Dallas Cowboys for Ron Essink, T)			11b.	Dwayne Harper (22, 299)	CB	SC St.
5b.	(choice traded to San Francisco 49ers for Jeff Kemp, QB)			12.	Dave DesRochers (21, 326)	T	San Diego St.
6.	Roy Hart (21, 158)	NT	South Carolina				

1989 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Andy Heck (15, 15)	T	Notre Dame	5.	(choice traded to Phoenix Cardinals for Kelly Stouffer, QB)		
	(choice from Indianapolis Colts for Freddie Young, LB)			6.	(choice traded to Tampa Bay Buccaneers with Randy Edwards, NT for Ron Heller, T)		
1b.	(choice traded to Phoenix Cardinals for Kelly Stouffer, QB)			7.	Mike Nettles (17, 184)	CB	Memphis St.
2.	Joe Tofflemire (16, 44)	C	Arizona	8.	Marlin Williams (16, 211)	DE	Western IL
3.	Elroy Harris (15, 71)	RB	Eastern KY	9.	David Franks (15, 238)	G	Connecticut
4a.	Travis McNeal (17, 101)	TE	TN.-Chatt.	10.	Derrick Fenner (17, 268)	RB	North Carolina
4b.	James Henry (19, 103)	RS/CB	Southern MS	11.	Mike Baum (16, 295)	DE	Northwestern
	(choice from Philadelphia Eagles for Ron Heller, T)			12.	R.J. Kors (15, 322)	S	Long Beach

1990 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Cortez Kennedy (3, 3)	DT	Miami	4.	Chris Warren (8, 89)	RB	Ferrum
	(choice from New England Patriots)			5.	Eric Hayes (10, 119)	DT	Florida St.
1b.	(choice traded to New England Patriots)			6.	Ned Bolcar (9, 146)	LB	Notre Dame
1c.	(choice traded to New England Patriots)			7.	Bob Kula (10, 175)	T	Michigan St.
	(choice from Indianapolis Colts for Freddie Young, LB)			8.	Bill Hitchcock (9, 202)	T	Purdue
2a.	Terry Wooden (4, 29)	LB	Syracuse	9.	(choice traded to Dallas Cowboys for Daryl Smith, T)		
	(choice acquired from New England Patriots)			10.	Robert Morris (9, 257)	DE	Valdosta St.
2b.	Robert Blackmon (9, 34)	S	Baylor	11.	Daryl Reed (10, 286)	CB	Oregon
3.	(choice traded to New England Patriots)			12.	John Gromos (8, 312)	QB	Vanderbilt

1991 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Dan McGwire (16, 16)	QB	San Diego St.	6.	Michael Sinclair (16, 155)	DE	Eastern NM
2a.	(choice traded to Los Angeles Raiders)			7.	(choice traded to Atlanta Falcons for Ronnie Lee, T)		
2b.	Doug Thomas (24, 51)	WR	Clemson	8.	(choice traded to Los Angeles Raiders for Vann McElroy, S)		
	(choice from the Los Angeles Raiders)			9.	(choice traded to Cleveland Browns for Bob Buczkowski, DE)		
3.	David Daniels (19, 74)	WR	Penn St.	10.	Erik Ringoen (16, 266)	LB	Hofstra
4a.	(choice traded to the New England Patriots in 1990.)			11.	Tony Stewart (19, 297)	RB	Iowa
4b.	John Kasay (17, 128)	K	Georgia	12.	Ike Harris (18, 324)	T	S. Carolina
	(choice from Los Angeles Raiders)						
5.	Harlan Davis (16, 155)	CB	Tennessee				

1992 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Ray Roberts (10, 10)	T	Virginia	8.	Muhammad Shamsid-Deen, (11, 207)	RB	TN-Chatt.
2.	(choice traded to the Minnesota Vikings for Keith Millard, DT)			9.	Larry Stayner (10, 234)	TE	Boise St.
3.	Bob Spitulski (10, 66)	LB	Central FL	10.	Anthony Hamlet (11, 263)	DE	Miami
4.	(choice traded to the New Orleans Saints for Rueben Mayes, RB)			11.	Kris Rongen (10, 290)	G	Washington
5.	Gary Dandridge (10, 122)	S	Appala. St.	12a.	Chico Fraley (11, 319)	LB	Washington
6.	Michael Bates (10, 150)	WR	Arizona	12b.	John MacNeill (12, 320)	DE	Michigan St.
7.	Mike Frier (10, 178)	DE	Appala. St.		(choice from New York Jets in compensation for Ron Mattes, T)		

1993 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Rick Mirer (2, 2)	QB	Notre Dame	7.	Michael McCrary (2, 170)	DE	Wake Forest
2.	Carlton Gray (1, 30)	CB	UCLA	8a.	Jeff Blackshear (1, 197)	G	Northeast LA
3.	(choice traded to the Minnesota Vikings for Keith Millard, DT)			8b.	Antonio Edwards (8, 204)	DE	Valdosta St.
4.	Dean Wells (1, 85)	LB	Tennessee		(choice from Chicago Bears in compensation for signing restricted free agent Joe Cain, LB)		
5.	Terrence Warren (2, 114)	WR	Hampton				
6.	(choice traded to Green Bay Packers for Dave McCloughan, S)						

1994 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Sam Adams (8, 8)	DT	Texas A&M	6.	(choice traded to New England Patriots for Jon Vaughn, RB)		
2.	Kevin Mawae (7, 36)	C	LSU	7.	Carlester Crumpler (8, 202)	TE	East Carolina
3.	Lamar Smith (8, 73)	RB	Houston				
4.	Larry Whigham (7, 110)	S	Northeast LA				
5.	(choice traded to San Diego Chargers for 4th round 1995 draft choice)						

1995 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Joey Galloway (8, 8)	WR	Ohio St.	5.	(choice traded to Detroit Lions for Reggie Barrett, WR)		
2.	Christian Fauria (7, 39)	TE	Colorado	6a.	Henry McMillan (9, 180)	DT	Florida
3.	(choice to Green Bay Packers for signing of restricted free agent Corey Harris, CB)			6b.	Eddie Goines (32, 203)	WR	NC St.
4a.	(choice traded to Arizona Cardinals for Ricky Proehl, WR)				(compensatory choice for a net loss of free agents in 1994)		
4b.	Jason Kyle (28, 126)	LB	Arizona St.	7.	Keif Bryant (8, 216)	DE	Rutgers
	(choice from San Diego Chargers for 5th round 1994 choice).						

1996 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to Houston Oilers for 1st round 1996 draft choice and Glenn Montgomery, DT)			4b.	(choice traded to Jacksonville Jaguars for 4th round 1996 draft choice)		
1b.	(choice traded to Detroit Lions for 1st round and 3rd round 1996 draft choices) (choice from Houston Oilers)			4c.	Eric Unverzagt (36, 131)	LB	Wisconsin
1c.	Pete Kendall (21, 21)	T	Boston Coll.		(compensatory choice for a net loss of free agents in 1995)		
2.	Fred Thomas (17, 47)	CB	TN-Martin	5.	(choice traded to Jacksonville Jaguars for 4th round 1996 draft choice)		
3a.	Robert Barr (16, 77)	T	Rutgers	6a.	Reggie Green (17, 184)	G	Florida
3b.	Reggie Brown (30, 91)	FB	Fresno St.	6b.	T.J. Cunningham (42, 209)	CB	Colorado
	(choice from Kansas City Chiefs through Detroit Lions)				(compensatory choice for a net loss of free agents in 1995)		
4a.	Phillip Daniels (4, 99)	DE	Georgia	7.	Johnie Church (16, 225)	DE	Florida
	(choice from NY Giants through Dallas, Miami, and Jacksonville)						

1997 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1a.	Shawn Springs (3, 3)	CB	Ohio St.	3a.	(choice to Tampa Bay Buccaneers on 4/19/97) (choice from Atlanta Falcons on 3/28/97)		
1b.	Walter Jones (6, 6)	T	Florida St.	3b.	(choice to Atlanta Falcons on 3/28/97)		
	(choice from St. Louis Rams through New York Jets and Tampa Bay Buccaneers on 4/19/97)			4a.	(choice to Atlanta Falcons on 3/28/97) (choice from Baltimore Ravens for G Jeff Blackshear on 3/12/96)		
1c.	(choice to Atlanta Falcons on 3/28/97) choice from Chicago Bears on 2/18/97)			4b.	(choice to Chicago Bears on 2/18/97)		
1d.	(choice to Tampa Bay Buccaneers on 4/19/97)			5.	Eric Stokes (12, 142)	S	Nebraska
2.	(choice to Atlanta Falcons on 3/28/97)			6.	Itula Mili (11, 174)	TE	BYU
				7.	Carlos Jones (10, 211)	CB	Miami

1998 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Anthony Simmons (15, 15)	LB	Cemson	6a.	Carl Hansen (9, 162)	DT	Stanford
2.	Todd Weiner (17, 47)	T	Kansas St.	6b.	Bobby Shaw (16, 169)	WR	California
3.	Ahman Green (15, 76)	RB	Nebraska	7.	Jason McEndoo	C	WA St.
4.	DeShone Myles (16, 108)	LB	Nevada				
5.	(choice to Dallas Cowboys for Cowboys' 6th and 7th round choices)						

1999 COLLEGE DRAFT

Rd.	Player (Pick, Overall)	Pos.	College	Rd.	Player	Pos.	College
1a.	(choice traded to New England for 1st, 3rd and 6th round choices)			4.	Antonio Cochran (20, 115)	DE	Georgia
1b.	(choice traded to Dallas for 1st and 5th round picks)			5a.	Floyd Wedderburn (7, 140)	T	Penn St. (choice from Carolina through Dallas)
1c.	Lamar King (22, 22)	DE	Saginaw	5b.	Charlie Rogers (19, 152)	KR	Georgia Tech
2.	(choice from Dallas)			6a.	Steve Johnson (1, 170)	CB	Tennessee
2.	to Green Bay as compensation for Mike Holmgren			6b.	(choice traded to Cleveland for 6th round pick)		
3a.	Brock Huard (16, 77)	QB	Washington	6c.	(choice traded to Cleveland for 6th round pick)		
3b.	Karsten Bailey (21, 82)	WR	Auburn	7.	(choice traded to New York Jets for QB Glenn Foley on 3/19/99)		
	(choice from New England)						

2000 COLLEGE DRAFT

Rd.	Player (Pos.	College	Rd.	Player	Pos.	College
1a.	Shaun Alexander (19, 19)	RB	Alabama (from Dallas for WR Joey Galloway 2/12/00)	5b.	(choice traded to Denver for 6th and 7th round pick; from San Francisco with 3rd and 4th round pick)		
1b.	Chris McIntosh (22,22)	T	Wisconsin	6a.	James Williams (9, 175)	WR	Marshall (from Denver with 7th round pick for 5th round pick)
2.	Ike Charlton (21, 52)	CB	Virginia Tech	6b.	Tim Watson (19, 185)	DT	Rowan (from Green Bay with vinson for Green & 5th round pick)
3.	Darrell Jackson (18, 80)	WR	Florida (from Dallas for WR James McKnight 6/24/99)	6c.	John Hilliard (24, 190)	DT	Mississippi St.
3.	(choice traded to San Francisco for 4th and 5th round pick)			7a.	(choice traded to Oakland for 2001 6th round pick; from Denver with 6th round pick for 5th round pick)		
4a.	Marcus Bell (22, 116)	LB	Arizona	7b.	(choice traded to Green Bay for Derrick Mayes 8/30/99)		
4b.	Isaiah Kacyvenski (25, 119)	LB	Harvard (from San Francisco with 5th round pick for 3rd round pick)				
5a.	(choice traded to Green Bay with Ahman Green for Fred Vinson and 6th round pick)						

2001 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#7 choice traded to San Francisco for #9, 3rd, 7th round pick; from Dallas for WR Joey Galloway (2/12/00))			4a.	Orlando Huff (9, 104)	LB	Fresno St.
1a.	Koren Robinson (9,9)	WR	NC St. (from San Francisco)	4b.	Curtis Fuller (32, 127)	S	TCU
1.	(#10 and 3rd round traded to Green Bay for QB Matt Hasselbeck and #17 (3/2/01))			4c.	Floyd Womack (33, 128)	T	Mississippi St.
1b.	Steve Hutchinson (17, 17)	G	Michigan (from Green Bay)	5.	Alex Bannister (9, 140)	WR	Eastern KY
2.	Ken Lucas (9, 40)	CB	Mississippi	6.	Josh Booty (9, 172)	QB	Louisiana St.
3.	Heath Evans (20, 82)	FB	Auburn (from New Orleans through Green Bay and San Francisco)	6.	(choice traded to San Francisco with #7 for #9, 3rd & 7th round pick)		
				7a.	Harold Blackmon (10, 210)	S	Northwestern
				7b.	Dennis Norman (22, 222)	T	Princeton (from st. Louis through Green Bay and San Fran)
				7c.	Kris Kocurek (37, 237)	DT	Texas Tech

2002 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	(#20 traded to Green Bay with 5th round pick for #28 and 2nd round pick)			4.	Terreal Bierria (22, 120)	FS	Georgia
1.	Jerramy Stevens (28, 28)	TE	Washington (from Green Bay)	5a.	Rocky Bernard (11, 146)	DE	Texas A&M (from Indianapolis for QB Brock Huard (4/19/02))
2a.	Maurice Morris (22, 54)	RB	Oregon	5.	(choice traded to Green Bay)		
2b.	Anton Palepoi (28, 60)	DE	UNLV (from Green Bay)	5b.	Ryan Hannam (34, 169)	TE	Northern IA
3.	Kris Richard (20, 85)	CB	USC	5c.	Matt Hill (36, 171)	T	Boise State
				6.	Craig Jarrett (22, 194)	P	Michigan St.
				7.	Jeff Kelly (21, 232)	QB	Southern MS

2003 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Marcus Trufant (11, 11)	CB	WA St.	5b.	Chris Davis (30, 165)	FB	Syracuse
	Ken Hamlin (10, 42)	S	Arkansas		(from Green Bay)		
3.	Wayne Hunter (9, 73)	T	Hawaii	6a.	Rashad Moore (10, 183)	DT	Tennessee
4a.	Seneca Wallace (13, 110)	QB	Iowa St.	6b.	(from Green Bay, choice traded to New Orleans for DT Norman Hand)		
4b.	Solomon Bates (38, 135)	LB	Arizona St.	7a.	Josh Brown (8, 222)	K	Nebraska
5a.	(choice traded to Green Bay for # 165 & #203)			7b.	Taco Wallace (10, 224)	WR	Kansas St.

2004 COLLEGE DRAFT

Rd.	Player	Pos.	College	Rd.	Player	Pos.	College
1.	Marcus Tubbs (23, 23)	DT	Texas	5.	D.J. Hackett (25, 157)	WR	Colorado
2.	Michael Boulware (21, 53)	S	Florida St.	6.	Craig Terrill (24, 189)	DT	Purdue
3.	Sean Locklear (21, 84)	G	NC State	7.	Donnie Jones (23, 224)	P	Louisiana St.
4.	Niko Koutouvides (20, 116)	LB	Purdue				

TRADES

1976

- 8/5 DT Wayne Baker to Oakland Raiders for conditional draft choice.
- 8/26 Eighth-round 1977 draft choice to Houston Oilers for WR Steve Largent.
- 9/6 Fifth-round 1977 draft choice to Detroit Lions for QB Bill Munson.
- 9/6 Exchange of twelfth-round 1977 draft choices with Pittsburgh Steelers for G Ron Coder.
- 9/7 WR Ahmad Rashad to Minnesota Vikings for fourth-round 1977 draft choice (WR Larry Seivers).
- 9/7 S Terry Brown to Cleveland Browns for CB Ted Bachman. Brown had been claimed on waivers from St. Louis Cardinals.

1977

- 5/3 First-round 1977 draft choice (#2) to Dallas Cowboys for first-round (#14) and three second-round 1977 draft choices (G Steve August, T Tom Lynch, LB Terry Beeson)
- 5/3 Second-round 1977 draft choice to Los Angeles Rams for C Geoff Reece and Rams' second-round 1977 draft choice (LB Peter Cronan).
- 5/3 Second-round 1977 draft choice to Dallas Cowboys for WR Duke Ferguson.
- 5/3 LB Ed Bradley to San Francisco 49ers for DT Bill Sandifer.
- 7/20 DT Carl Barisich to Miami Dolphins for eleventh-round 1978 draft choice (LB George Halas).
- 8/30 WR Larry Seivers to Tampa Bay Buccaneers for fourth-round 1979 draft choice. Seattle gives draft choice to Buffalo Bills as voluntary compensation for Ahmad Rashad signing in 1976.
- 9/5 Eighth-round 1978 draft choice to Minnesota Vikings for S Autry Beamon and LB Amos Martin.
- 9/6 Eleventh-round 1978 draft choice to New Orleans Saints for DE Andy Dorris.

1978

- 8/15 Fifth-round 1979 draft choice to Dallas Cowboys for K Efen Herrera.
- 8/28 S Bob Jury and third-round 1979 draft choice to San Francisco 49ers for third-round 1979 draft choice (LB Michael Jackson).
- 8/28 Third-round and sixth-round 1979 draft choices to Dallas Cowboys for DE Bill Gregory and third-round 1979 draft (choice traded).
- 9/27 DT Bill Cooke and eighth-round 1979 draft choice to Detroit Lions for DE Ernie Price.

1979

- 3/30 FB Don Testerman and seventh-round 1979 draft choice to Washington Redskins for seventh-round 1979 (LB Larry Polowski) and fifth-round 1980 draft choices (DE Daniel Jacobs).
- 4/16 G Gordon Jolley to Detroit Lions for past considerations.
- 8/1 DT Steve Niehaus to Minnesota Vikings for DE Carl Eller and eighth-round 1980 draft choice (S Vic Minor).

8/21 Seventh-round 1980 draft choice to New York Giants for FB Dan Doornink.

1980

4/29 First-round (#16) and third-round 1980 draft choices to Buffalo Bills for first-round (#10) 1980 draft choice (DE Jacob Green)

4/30 LB Sammy Green to Houston Oilers for tenth-round 1980 (WR Billy Reaves) and seventh-round 1981 (TE Brad Scoville) draft choices.

8/26 Fifth-round 1982 draft choice to Los Angeles Rams for FB Jim Jodat.

9/1 T Nick Bebout to Minnesota Vikings for ninth-round 1981 draft choice (WR Jim Whatley).

1981

9/25 Third-round 1982 draft choice to New England Patriots for RB Horace Ivory.

10/13 Fourth-round 1982 and fourth-round 1983 draft choices to St. Louis Cardinals for RB Theotis Brown.

10/13 G Tom Lynch to Buffalo Bills for third-round 1982 draft choice (TE Pete Metzelaars).

1982

4/30 LB Terry Beeson to Atlanta Falcons for conditional 1983 draft choice.

7/12 Fifth-round 1984 draft choice to Baltimore Colts for G Robert Pratt.

9/3 Fourth-round 1984 draft choice to Baltimore Colts for WR Roger Carr.

1983

4/24 First-round (#9), second-round, and third-round 1983 draft choices to Houston Oilers for first-round (#3) 1983 draft choice (RB Curt Warner).

6/28 Twelfth-round 1985 draft choice to Buffalo Bills for G Reggie McKenzie.

6/29 First-round 1985 draft choice to Cincinnati Bengals for C Blair Bush.

8/24 RB Sherman Smith and WR Roger Carr to San Diego Chargers for fifth-round 1984 draft choice (choice traded) and fifth-round 1985 draft choice (C Mark Napolitan).

1984

3/12 Fifth-round 1984 and sixth-round 1985 draft choices to New York Giants for CB Terry Jackson.

4/4 NT Manu Tuiasosopo to San Francisco 49ers for fourth-round 1984 and tenth-round 1985 draft choices.

7/31 Second-round 1986 draft choice to New England Patriots for T Bob Cryder.

10/9 T Steve August to Pittsburgh Steelers for fifth-round 1985 draft choice.

1985

4/26 Seventh-round 1986 draft choice to Buffalo Bills for G Jon Borchardt.

8/20 TE Pete Metzelaars to Buffalo Bills for WR Byron Franklin.

8/27 The rights to DE Sam Clancy to Cleveland Browns for seventh-round 1986 draft choice (RB Paul Miles).

10/15 Fourth-round 1986 draft choice to Cincinnati Bengals for TE Dan Ross.

1986

8/9 Sixth-round 1987 draft choice to Philadelphia Eagles for G Greg Naron.

8/19 TE Dan Ross to Green Bay Packers for twelfth-round 1987 draft choice (DE Wes Dove).

8/27 Third-round 1987 draft choice to Cincinnati Bengals for T Mike Wilson.

9/1 LB Shelton Robinson to Detroit Lions for fifth-round 1987 draft choice (FB Tommie Agee).

9/2 S John Harris to Minnesota Vikings for seventh-round 1987 draft choice (NT Roland Barbay).

1987

5/19 Fifth-round 1988 draft choice to San Francisco 49ers for QB Jeff Kemp.

8/25 T Ron Essink to Dallas Cowboys for fifth-round 1988 draft choice (choice traded).

8/26 CB Dave Brown to Green Bay Packers for eleventh-round 1988 draft choice (T Rick McLeod).

1988

- 4/22 Fifth-round 1988, first-round 1989, and fifth-round 1989 draft choices to Phoenix Cardinals for QB Kelly Stouffer.
- 5/4 NT Randy Edwards and sixth-round 1989 draft choice to Tampa Bay Buccaneers for T Ron Heller.
- 5/23 Conditional draft choice to Washington Redskins for CB Tim Morrison.
- 8/1 WR Daryl Turner to Cleveland Browns for an undisclosed draft choice. Turner fails his physical, is returned to Seahawks, and waived.
- 8/22 T Ron Heller to Philadelphia Eagles for fourth-round 1989 draft choice (RS James Henry).
- 9/8 LB Fredd Young to Indianapolis Colts for first-round 1989 (T Andy Heck) and first-round 1990 (choice traded) draft choices.

1989

- 7/25 Ninth-round 1990 draft choice to Dallas Cowboys for T Daryle Smith.
- 7/28 Conditional draft choice to Detroit Lions for T Curt Singer.
- 8/7 C Kevin Thomas to Phoenix Cardinals for conditional draft choice.
- 8/31 CB Terry Taylor to Detroit Lions for FB James Jones.

1990

- 4/22 Two first-round (#8 and #10) and third-round 1990 draft choices and fourth-round 1991 draft choice to New England Patriots for first-round (#3) (DT Cortez Kennedy) and second-round (#29) (LB Terry Wooden) 1990 draft choices.
- 7/27 LB Willie Walker to New York Jets for conditional draft choice.
- 8/26 Conditional draft choice to Detroit Lions for WR John Ford.
- 8/28 Seventh-round 1991 draft choice to Atlanta Falcons for T Ronnie Lee.
- 10/16 Eighth-round 1991 draft choice to Los Angeles Raiders for S Vann McElroy.

1991

- 1/31 T Ron Mattes to New York Jets for twelfth-round 1992 draft choice (DE John MacNeill).
- 4/22 Ninth-round 1991 draft choice to Cleveland Browns for DE Bob Buczkowski.

1992

- 4/25 Second-round 1992 and third-round 1993 draft choices to Minnesota Vikings for DT Keith Millard.
- 4/26 Fourth-round 1992 draft choice to New Orleans Saints for RB Rueben Mayes.

1993

- 4/26 Sixth-round 1993 draft choice to Green Bay Packers for S Dave McCloughan.
- 8/25 Sixth-round 1994 draft choice to New England Patriots for RB Jon Vaughn.

1994

- 4/25 Fifth-round 1994 draft choice to San Diego Chargers for fourth-round 1995 draft choice (LB Jason Kyle).
- 4/28 Fifth-round 1995 draft choice to Detroit Lions for WR Reggie Barrett.

1995

- 3/10 Third-round 1995 draft choice to Green Bay Packers for signing restricted free agent CB Corey Harris.
- 4/3 Fourth-round 1995 draft choice to Arizona Cardinals for WR Ricky Proehl.

1996

- 3/12 G Jeff Blackshear to Baltimore Ravens for fourth-round 1997 draft choice. (choice traded)
- 4/20 First-round 1996 draft choice (#14) to Houston Oilers for first-round 1996 draft choice (#17) and DT Glenn Montgomery.

- 4/20 First-round 1996 draft choice (#17) to Detroit Lions for first-round draft choice (#21) (G Pete Kendall) and third-round 1996 draft choice (FB Reggie Brown).
- 4/20 Fourth and fifth-round 1996 draft choices to Jacksonville Jaguars for fourth-round 1996 draft choice (DE Phillip Daniels).
- 6/27 S Eugene Robinson to Green Bay for DE Matt LaBounty

1997

- 2/18 QB Rick Mirer and fourth round 1997 draft choice (b) to Chicago for first-round (#11) 1997 draft choice (choice traded).
- 3/28 First-round (#11), second-round, third-round, and fourth-round 1997 draft choices to Atlanta for first-round (#3) (CB Shawn Springs) and third-round 1997 draft choices.
- 4/19 First-round (#12) and third-round 1997 draft choices to Tampa Bay Buccaneers for first round (#6) 1997 draft choice (T Walter Jones).
- 9/30 Conditional draft choice to New Orleans Saints for WR Daryl Hobbs.

1998

- 4/19 Fifth-round choice (#138) to Dallas in exchange for sixth-round (#162, DT Carl Hansen) and seventh-round (#197, C Jason McEndoo) selections.

1999

- 3/19 Seventh-round choice (#223) to NY Jets for QB Glenn Foley.
- 4/17 First-round choice (#17) to New England for first-round (#20), third-round (#82) and sixth round (#191).
- 4/17 First-round choice (#20) to Dallas for first-round (#22) and fifth-round (#140).
- 4/17 Second-round choice (#47) awarded to Green Bay as compensation for Mike Holmgren.
- 4/18 Sixth-round choices (#187 & #191) to Cleveland for sixth-round (#170, CB Steve Johnson)
- 6/24 WR James McKnight to Dallas Cowboys for third-round 2000 draft choice.
- 8/30 Traded a seventh-round 2000 pick to Green Bay for WR Derrick Mayes.
- 9/5 Traded a conditional draft choice to Jacksonville for CB Cordell Taylor.

2000

- 2/12 WR Joey Galloway to Dallas for first-round choices in 2000 & 2001.
- 4/14 RB Ahman Green and fifth-round choice to Green Bay for CB Fred Vinson and sixth-round pick.
- 4/15 Third-round choice (#86) to San Francisco for fourth (#119) and fifth-round (#154) picks.
- 4/16 Fifth-round pick (#154) to Denver for sixth-round (#175) and seventh-round (#231) picks.
- 4/16 Seventh-round pick (#231) to Oakland for a sixth-round 2001 choice.
- 8/27 Undisclosed 2001 draft choice to Chicago for G Chad Overhauser.

2001

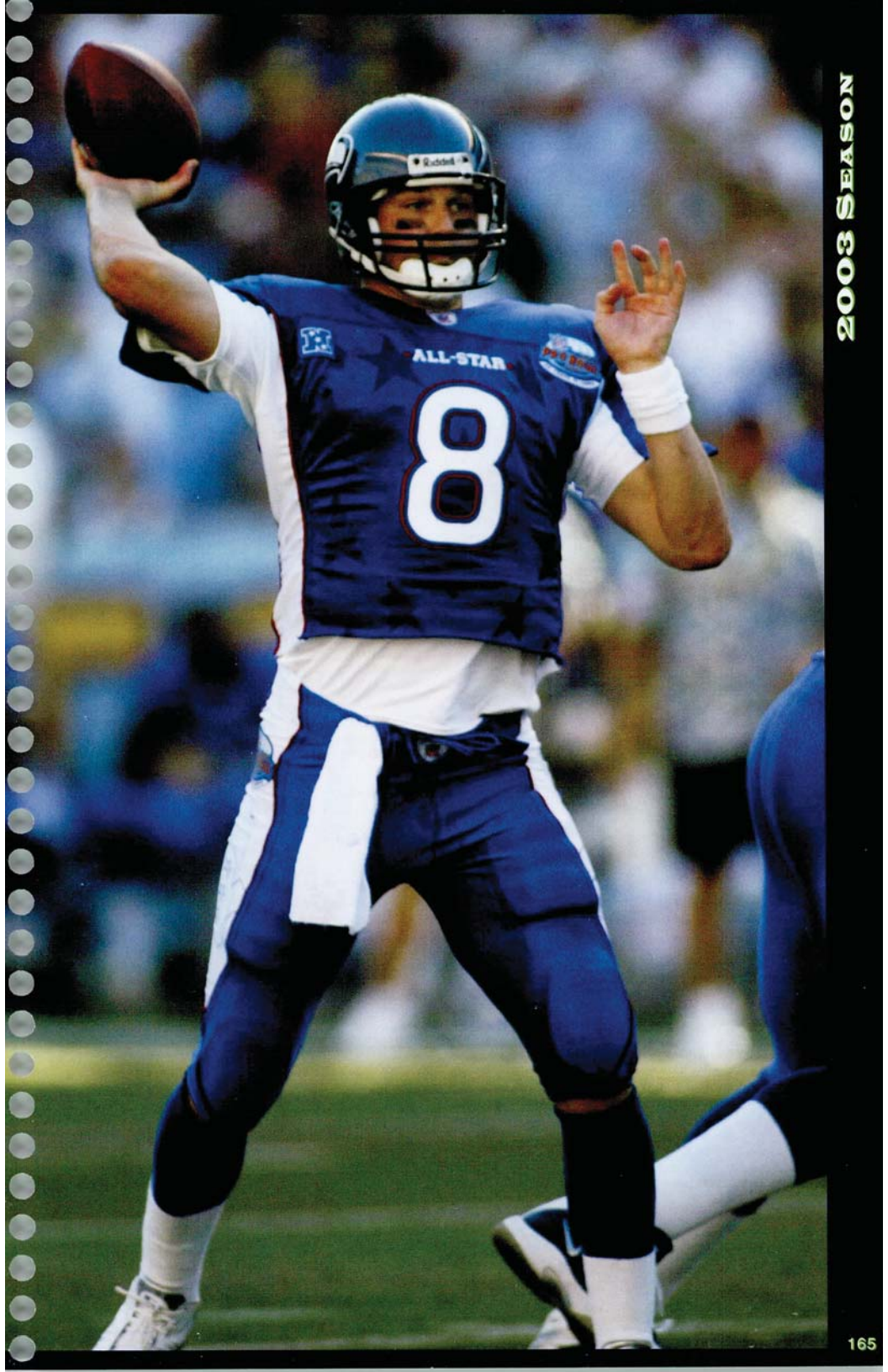
- 3/2 First-round pick (#10) and third-round choice (#72) to Green Bay for QB Matt Hasselbeck and first-round choice (#17).
- 4/21 First-round (#7) and sixth-round pick (#191) to San Francisco for first-round (#9), third-round (82) and seventh-round (#222) picks.

2002

- 4/19 Brock Huard to Indianapolis for fifth-round choice (#146).
- 4/20 First-round (#20) and fifth-round pick (#156) to Green Bay for first-round (#28) and second-round (#60) picks.
- 6/21 Ike Charlton to Jacksonville for seventh-round choice (#222) in 2003.

2003

- 4/10 Undisclosed 2004 draft choice to Atlanta for T Michael Thompson.
- 4/27 Fifth-round pick (#147) to Green Bay for fifth-round (#165) and sixth-round picks (#203).
- 4/27 Sixth-round pick (#203) to New Orleans for DT Norman Hand.



2003 SEASON

1 Seattle Seahawks 27, New Orleans Saints 10 Sunday, September 7, 2003 — Seahawks Stadium

In the Seahawks first home game to open the season since 1999, the Seahawks defeated the New Orleans Saints, 27-10, in Seahawks Stadium. The Saints scored early with a 33-yard field goal by K John Carney in the first quarter. On the Seahawks first possession in the second quarter, RB Shaun Alexander finished an eight-play, 89-yard drive with a 1-yard touchdown run to give the Seahawks a lead they would never relinquish. On the next possession, Saints WR Michael Lewis fumbled and Seahawks DE Antonio Cochran recovered the ball. Two plays later, QB Matt Hasselbeck connected with Koren Robinson for a 35-yard touchdown pass to extend the Seahawks lead to 14-3. With just 24 seconds left in the first half, Hasselbeck struck again, this time finding Alexander on a 10-yard touchdown pass. The Seahawks went into halftime leading 21-3. The Seahawks defense continued its intensity when DE Chike Okefor intercepted QB Aaron Brooks on the Saints first possession of the third quarter. The Seahawks capitalized on the turnover with a 37-yard field goal by K Josh Brown. In the fourth quarter, the Saints scored on a 2-yard touchdown pass from Brooks to WR Joe Horn, but the Seahawks added to their lead with a 25-yard field goal by Brown with only 1:03 left to play in the game.

New Orleans	3	0	7	0	—	10
Seattle	0	21	3	3	—	27

					New Orleans	Seattle
NO	1	5:20	Carney 33 FG (9-28, 4:24)		3	0
SEA	2	6:52	Alexander 1 run (Brown kick) (8-89, 4:23)		3	7
SEA	2	5:43	K. Robinson 35 pass from Hasselbeck (Brown kick) (2-38, 0:47)		3	14
SEA	2	0:17	Alexander 10 pass from Hasselbeck (Brown kick) (9-77, 1:50)		3	21
SEA	3	6:41	Brown 37 FG (7-3, 3:17)		3	24
NO	4	8:47	Horn 2 pass from Brooks (Carney kick) (11-84, 5:04)		10	24
SEA	4	1:01	Brown 25 FG (7-23, 2:09)		10	27
Att.	—	52,250				

INDIVIDUAL STATISTICS

RUSHING

New Orleans	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
McAllister	22	99	10	0	Alexander	24	108	15	1
Brooks	2	2	2	0	Strong	5	32	20	0
Lewis	1	2	2	0	Hasselbeck	4	11	11	0
TOTAL	25	103	10	0	TOTAL	33	151	20	1

PASSING

New Orleans	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Brooks	47	29	274	1	1	76.0	Hasselbeck	23	12	137	2	0	99.4
TOTAL	47	29	274	1	1	76.0	TOTAL	23	12	137	2	0	99.4

RECEIVING

New Orleans	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Stallworth	8	101	30	0	K. Robinson	3	56	35	1
McAllister	8	35	13	0	Jackson	3	53	29	0
Horn	7	83	42	1	Alexander	2	16	10	1
Conwell	4	38	16	0	Strong	2	9	6	0
Pathon	2	17	10	0	Mili	1	2	2	0
TOTAL	29	274	42	1	TOTAL	12	137	35	2

TEAM STATISTICS

	New Orleans	Seattle	New Orleans	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	20	17	Bellamy	8	7	1	0.0	0.0	0	0	0	0	0
Third Down Eff.	10-19-53%	3-12-25%	Hodge	7	5	2	0.0	0.0	0	0	1	0	0
Total Net Yards	359	270	Grant	6	6	0	2.0	10.0	0	0	1	0	0
Total Off. Plays	75	59	Allen	6	5	1	0.0	0.0	0	0	0	0	0
Avg. per Play	4.8	4.6	D. Smith	6	2	4	0.0	0.0	0	0	0	0	0
Net Yards Rushing	103	151	Jones	5	3	2	0.0	0.0	0	0	0	0	0
Total Rushing Plays	25	33	Additional Stats: Sacks: Whitehead 1.0.										
Net Yards Passing	256	119											
Times Sacked/Yards Lost	3/18	3/18	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Pass Att.-Comp.-Int.	47-29-1	23-12-0	Simmons	11	10	1	0.0	0.0	0	0	0	0	1
Punts-No. and Avg.	5-46.0	7-42.3	Lucas	8	8	0	0.0	0.0	0	0	1	1	0
Penalties-No. and Yards	11-114	3-20	Lewis	8	7	1	0.0	0.0	0	0	1	0	0
Fumbles-No. and Lost	3-3	2-0	Godfrey	6	5	1	0.0	0.0	0	0	0	0	0
Touchdowns	1	3	Hamlin	5	5	0	0.0	0.0	0	0	2	0	0
Field Goals Made-Att.	1-1	2-2	Tongue	5	5	0	1.0	8.0	0	0	1	0	0
Time of Possession	34:39	25:21	Additional Stats: Sacks: Brown 1.0; Okefor 1.0; Interceptions: Okefor 1; Forced Fumbles: Okefor 1; Fumble Recovery: Brown 1; Cochran 1.										

2

Seattle Seahawks 38, Arizona Cardinals 0 Sunday, September 14, 2003 — Sun Devil Stadium

The Seahawks improved to 2-0 for the first time since 1998, and also recorded their first shutout since that same season, with a 38-0 victory over the Cardinals. The hottest game in Seahawks history was 98 degrees at kickoff and on-field temperatures in the first quarter rose to 120 degrees. The Seahawks defense continued to stifle opposing offenses, this time forcing six turnovers (four interceptions, two fumble recoveries). Standout rookie safety Ken Hamlin had a hand in three of those, the first on the first play of the game, stripping Bryant Johnson of the ball and being picked up by fellow rookie Marcus Trufant who returned it 31 yards, setting up a Matt Hasselbeck 2-yard touchdown run. On Arizona's next possession, Reggie Tongue came up with an interception to end the Cards nine-play drive. Hamlin made his presence felt on the Cards third drive, laying a punishing hit on Anquan Boldin, knocking the ball in the air that was picked off by Chad Brown, his sixth career pick. The defense continued to make plays in the second quarter, with Randall Godfrey picking up a fumble and rumbling 55 yards for his second career touchdown, putting Seattle up 14-0. The offense found its rhythm with a 37-yard Josh Brown field goal followed by Hasselbeck finding Darrell Jackson for 55 yards, putting Seattle up 24-0 at the half. With Arizona electing to receive after winning the coin toss in pregame, Seattle wasted no time scoring again to open the second half. This time Hasselbeck found Jackson for 66 yards, D Jack's fourth-career two-touchdown game. Jackson accounted for 133 of Hasselbeck's 175 passing yards (76.0%). Arizona threatened midway through the fourth quarter, but Tongue came up with another interception, this at the goal-line, for his second pick of the day, giving him four-career two-interception games. Shaun Alexander then got Seattle on the board again, capping a 13-play, 96-yard drive over two quarters with a 2-yard run to cap the scoring at 38. On Arizona's last possession of the game, Hamlin, who set the tone in the first quarter, intercepted his first career pass with four seconds left to secure the shutout. Seattle's six takeaways were the most since recording eight vs. San Diego (12/13/98).

Seattle	7	17	7	7	—	38	
Arizona	0	0	0	0	—	0	
SEA 1 13:42	Hasselbeck 2 run (Brown kick) (3-6, 1:06)					Seattle 7	Arizona 0
SEA 2 14:11	Godfrey 55 fumble return (Brown kick)					14	0
SEA 2 6:01	Brown 37 FG (9-50, 4:31)					17	0
SEA 2 1:16	Jackson 55 pass from Hasselbeck (Brown kick) (3-57, 1:07)					24	0
SEA 3 13:59	Jackson 66 pass from Hasselbeck (Brown kick) (3-66, 1:01)					31	0
SEA 4 10:26	Alexander 2 run (Brown kick) (13-96, 7:31)					38	0
Att. — 23,127							

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Arizona	Att	Yds	LG	TD
Morris	11	67	16	0	Smith	14	54	15	0
Alexander	13	51	11	1	McCown	6	33	9	0
Evans	3	8	6	0	Shipp	4	6	4	0
Strong	1	3	3	0					
Hasselbeck	1	2	2	1					
Dilfer	1	-1	-1	0					
TOTAL	30	130	16	2	TOTAL	24	93	15	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Arizona	A	C	Yds	TD	INT	RT
Hasselbeck	19	8	175	2	0	110.6	McCown	32	18	150	0	2	42.4
Dilfer	2	2	20	0	0	108.3	Blake	14	7	55	0	2	20.5
TOTAL	21	10	195	2	0	112.2	TOTAL	46	25	205	0	4	29.7

RECEIVING

Seattle	No	Yds	LG	TD	Arizona	No	Yds	LG	TD
Jackson	3	133	66t	2	Boldin	8	62	14	0
Engram	2	28	14	0	Johnson	7	68	13	0
Alexander	2	11	6	0	Jones	4	25	13	0
Mili	2	9	9	0	McAddley	3	28	12	0
Evans	1	14	14	0	Bush	2	19	14	0
					Anderson	1	3	3	0
TOTAL	10	195	66t	2	TOTAL	25	205	14	0

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	16	18
Third Down Eff.	6-12-50%	10-18-56%
Total Net Yards	323	286
Total Off. Plays	52	72
Avg. per Play	6.2	4.0
Net Yards Rushing	130	93
Total Rushing Plays	30	24
Net Yards Passing	193	193
Times Sacked/Yards Lost	1/2	2/12
Pass Att.-Comp.-Int.	21-10-0	46-25-4
Punts-No. and Avg.	5-39.8	4-54.0
Penalties-No. and Yards	8-64	4-40
Fumbles-No. and Lost	0-0	4-2
Touchdowns	5	0
Field Goals Made-Att.	1-1	0-1
Time of Possession	26:29	33:31

DEFENSE

	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Lucas	9	8	1	0.0	0.0	0	0	1	0	0
Hamlin	8	7	1	0.0	0.0	1	2	1	1	0
Simmons	6	6	0	0.0	0.0	0	0	0	0	0
Brown	6	4	2	0.0	0.0	1	-1	1	0	0
Godfrey	4	3	1	0.0	0.0	0	0	0	0	1t
Hand	4	3	1	1.0	5.0	0	0	0	0	0
Williams	4	3	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Okefor 1.0; Interceptions: Tongue 2; Forced Fumbles: Okefor 1; Fumble Recovery: Trufant 1.

Arizona	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Thompson	8	7	1	0.0	0.0	0	0	0	0	0
McKinnon	7	5	2	1.0	2.0	0	0	0	0	0
Wilson	5	4	1	0.0	0.0	0	0	1	0	0
Johnson	5	4	1	0.0	0.0	0	0	1	0	0
Wakefield	4	4	0	0.0	0.0	0	0	0	0	0

3 Seattle Seahawks 24, St. Louis Rams 23

Sunday, September 21, 2003 — Seahawks Stadium

In front of the second largest crowd at Seahawks Stadium, the Seahawks won a 24-23 nail-biter in front of 65,841 over the St. Louis Rams. It was a tale of two halves as the Rams seemed to continue to make plays in the first half en route to a 17-10 halftime lead and 180 yards of offense heading into the break.

With Shaun Alexander late to the game due to the birth of his first child, Maurice Morris started. The Seattle offense started slowly and punted on their first possession, but a muffed punt by Arlen Harris was recovered in the end zone by Orlando Huff to give Seattle a quick 7-0 lead. The offense added a field goal late in the second quarter while the Rams offense clicked, with a touchdown run by Marc Bulger and a Bulger strike to Isaac Bruce. Seattle mustered 104 yards in the first half. However, the second half was a different story. The Seahawks defense, coming in to the game with a league-leading plus-10 takeaway/giveaway ratio, began making plays on the ball while the offense got in gear. Seattle limited the Rams to two Jeff Wilkins field goals in the second half and 128 yards of offense to give its offense plenty of opportunities to come back from a 23-10 deficit in the fourth quarter. Seattle opened the fourth with Matt Hasselbeck finding Darrell Jackson from 15 yards out to cut the score to 23-16. Reggie Tongue picked off Bulger on the next possession but the offense could not produce and punted. The defense stepped up once again and held the Rams to a three-and-out possession but the Seahawks offense stalled again and turned the ball over on downs. St. Louis had the ball with 4:12 remaining on the clock. With time ticking down, Bulger spotted Dane Looker on a slant but was sandwiched between D.D. Lewis and Ken Hamlin, popping the ball in the air and was intercepted by Anthony Simmons to give Seattle one last chance. Hasselbeck calmly led a 10-play, 74 yard drive, converting three third-down plays, and finding Koren Robinson from 3 yards out to tie the game. Josh Brown, making up for a missed field goal earlier in the game, converted the PAT to seal the win. It was Seattle's sixth consecutive win dating back to last year and its third all-time 3-0 start in club history (1986, 1998).

St. Louis	7	10	6	0	—	23
Seattle	7	3	0	14	—	24

				St. Louis	Seattle
SEA	1	11:59	Huff fumble recovery in end zone (Brown kick)	0	7
STL	1	3:29	Bulger 3 run (Wilkins kick) (6-33, 3:20)	7	7
STL	2	9:10	Bruce 7 pass from Bulger (Wilkins kick) (14-63, 7:52)	14	7
STL	2	2:21	Wilkins 28 FG (8-61, 3:54)	17	7
SEA	2	0:12	Brown 36 FG (8-46, 2:09)	17	10
STL	3	10:48	Wilkins 33 FG (10-60, 4:12)	20	10
STL	3	3:52	Wilkins 33 FG (8-52, 4:04)	23	10
SEA	4	14:10	Jackson 15 pass from Hasselbeck (Brown kick) (9-70, 4:42)	23	17
SEA	4	1:00	K. Robinson 3 pass from Hasselbeck (Brown kick) (10-74, 2:15)	23	24
Att.	—	65,841			

INDIVIDUAL STATISTICS

RUSHING

St. Louis	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Gordon	8	41	12	0	Alexander	14	58	17	0
Faulk	15	31	13	0	Hasselbeck	5	28	11	0
Holt	1	5	5	0	Strong	2	6	7	0
Bruce	1	3	3	0	K. Robinson	1	4	4	0
Bulger	3	2	3	1					
TOTAL	28	82	13	1	TOTAL	22	96	17	0

PASSING

St. Louis	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Bulger	43	21	226	1	2	66.5	Hasselbeck	39	22	256	2	1	82.9
TOTAL	43	21	226	1	2	66.5	TOTAL	39	22	256	2	1	82.9

RECEIVING

St. Louis	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Bruce	5	69	28	1	K. Robinson	7	95	17	1
Holt	5	68	17	0	Engram	3	35	12	0
Gordon	4	25	15	0	Morris	3	28	13	0
Looker	3	25	12	0	Alexander	3	8	7	0
Clelland	1	22	22	0	Jackson	2	50	35	1
Faulk	1	6	6	0	Mili	2	34	25	0
Furrey	1	6	6	0	Strong	2	6	3	0
Manumaleuna	1	5	5	0					
TOTAL	21	226	28	1	TOTAL	22	256	35	2

TEAM STATISTICS

	St. Louis	Seattle	DEFENSE										
			T	S	A	QB	Yds	Int	Yds	PD	FF	FR	
Total First Downs	19	20	Archuleta	9	6	3	0.0	0.0	0	0	0	0	
Third Down Eff.	5-13-38%	7-14-50%	Thomas	7	7	0	1.0	10.0	0	0	0	0	
Total Net Yards	308	316	Little	6	5	1	2.0	20.0	0	0	1	0	
Total Off. Plays	62	65	Tinoisamoa	5	4	1	0.0	0.0	0	0	0	0	
Avg. per Play	5.0	4.9	Four with 4 tackles										
Net Yards Rushing	82	96	Additional Stats: Sacks: Pickett 1.0; Interceptions: Polley 1.										
Total Rushing Plays	28	22	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Net Yards Passing	226	220	Trufant	8	8	0	0.0	0.0	0	0	0	0	0
Times Sacked/Yards Lost	0/0	4/36	Hamlin	7	5	2	0.0	0.0	0	0	1	0	0
Pass Att.-Comp.-Int.	34-21-2	39-22-1	Simmons	6	4	2	0.0	0.0	1	1	1	0	0
Punts-No. and Avg.	2-49.0	4-45.3	Tongue	5	5	0	0.0	0.0	1	0	1	0	0
Penalties-No. and Yards	3-15	4-30	Brown	5	3	2	0.0	0.0	0	0	1	0	0
Fumbles-No. and Lost	3-1	1-0	Godfrey	5	3	2	0.0	0.0	0	0	0	0	0
Touchdowns	2	3											
Field Goals Made-Att.	3-3	1-2											
Time of Possession	32:19	27:41											

4 Green Bay Packers 35, Seattle Seahawks 13 Sunday, October 5, 2003 — Lambeau Field

In a reunion of sorts for Coach Mike Holmgren, quarterback Matt Hasselbeck and many members of the Seahawks staff, the team returned to Lambeau Field for only the second time in Coach Holmgren's five-year tenure as coach of the Seahawks. In the first meeting in 1999, the Seahawks came away with a convincing 27-7 victory in a Monday Night Football showdown. This time around, the Packers got a little revenge against their former coach. After forcing only the second Seahawks turnover of the 2003 season by recovering a Shaun Alexander fumble at the Seattle 49, the Packers and quarterback Brett Favre got the scoring started with a 34-yard touchdown strike to Donald Driver. On their next possession, the Seahawks responded by driving 71 yards in nine plays, capping it off with a 1-yard plunge from Alexander to even the score at 7-7. In the second quarter, the Packers continued to put points on the board. Ahman Green scored the first of his two touchdown runs with a 1-yard run to put the Pack up 14-7. The Seahawks then came up short on their next drive settling for a Josh Brown field goal from 27 yards out. Green then led the Packers back down the field, punching it in from 3 yards out for another six points. With the clock ticking and his team down 21-10, Hasselbeck completed three passes for 44 yards to set up a 58-yard field goal by Brown as time expired in the first half. Brown's 58 yarder broke a Seahawks team record and ranks 9th all time in NFL history. With a competitive first half in the books, Favre came out in the second half and continued to dissect the Seahawks defense with quick, short passes while Green continued to bull his way to a second consecutive 100-yard rushing game. The Packers began the third period with a 53-yard drive, capping it off when Tony Fisher broke free for an 11-yard touchdown run. Packers free safety Darren Sharper then picked off a Hasselbeck pass and returned it 19 yards to the Green Bay 44. The pick was only the second of the season for Hasselbeck. From there Favre, with the help of Green, moved the ball down to the Seattle 2, setting up Favre's 2-yard touchdown pass to fullback William Henderson. The Seahawks came out in the fourth quarter passing the football but lost the ball on downs on two possessions to end the game.

Seattle	7	6	0	0	—	13
Green Bay	7	14	14	0	—	35

			Seattle	Green Bay	
GB	1	9:54	Driver 34 pass from Favre (Longwell kick) (5-49, 1:55)	0	7
SEA	1	5:31	Alexander 1 run (Brown kick) (9-71, 4:23)	7	7
GB	2	13:13	Green 1 run (Longwell kick) (13-66, 7:18)	7	14
SEA	2	5:28	Brown 27 FG (16-80, 7:45)	10	14
GB	2	0:36	Green 3 run (Longwell kick) (9-68, 4:52)	10	21
SEA	2	0:00	Brown 58 FG (5-37, 0:36)	13	21
GB	3	11:09	Fisher 11 run (Longwell kick) (8-53, 3:26)	13	28
GB	3	0:39	Henderson 2 pass from Favre (Longwell kick) (9-56, 4:53)	13	35
Att.	—70,365				

INDIVIDUAL STATISTICS

RUSHING									
Seattle	Att	Yds	LG	TD	Green Bay	Att	Yds	LG	TD
Alexander	20	102	18	1	Green	27	118	16	2
Morris	1	18	18	0	Fisher	3	33	14	1
Hasselbeck	1	7	7	0	Driver	1	5	5	0
Strong	1	1	1	0	Davenport	1	2	2	0
					Favre	3	1	3	0
TOTAL	23	128	18	1	TOTAL	35	159	16	3

PASSING													
Seattle	A	C	Yds	TD	INT	RT	Green Bay	A	C	Yds	TD	INT	RT
Hasselbeck	39	23	225	0	1	64.6	Favre	25	19	185	2	0	122.9
TOTAL	39	23	225	0	1	64.6	TOTAL	25	19	185	2	0	122.9

RECEIVING									
Seattle	No	Yds	LG	TD	Green Bay	No	Yds	LG	TD
K. Robinson	8	76	13	0	Driver	7	72	34	1
Jackson	4	58	20	0	Franks	3	40	20	0
Mili	4	31	9	0	Henderson	3	28	14	1
Engram	3	45	24	0	Walker	2	14	8	0
Alexander	3	13	12	0	Four others	4	31	14	0
Stevens	1	2	2	0					
TOTAL	23	225	24	0	TOTAL	19	185	34	2

TEAM STATISTICS

	Seattle		Green Bay		DEFENSE																				
	T	S	A	QB	Yds	Int	Yds	PD	FF	FR	T	S	A	QB	Yds	Int	Yds	PD	FF	FR					
Total First Downs	23		27		Hamlin	11	7	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0					
Third Down Eff.	5-10-50%		6-9-67%		Brown	8	8	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0					
Total Net Yards	343		336		Tongue	8	5	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0					
Total Off. Plays	64		61		Trufant	7	5	2	0.0	0.0	0	0	1	0	0	0	0	0	0	0					
Avg. per Play	5.4		5.5		Simmons	7	5	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0					
Net Yards Rushing	128		159		Lucas	5	4	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0					
Total Rushing Plays	23		35		Additional Stats: Sacks: Randle 1.0.																				
Net Yards Passing	215		177		Green Bay	T	S	A	QB	Yds	Int	Yds	PD	FF	FR	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Times Sacked/Yards Lost	2/10		1/8		Barnett	12	11	1	1.0	3.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pass Att.-Comp.-Int.	39-23-1		25-19-0		Anderson	10	5	5	0.0	0.0	0	0	2	0	1										
Punts-No. and Avg.	1-32.0		2-29.0		Harris	7	6	1	0.0	0.0	0	0	2	0	0										
Penalties-No. and Yards	7-57		3-25		Sharper	7	5	2	0.0	0.0	1	19	1	0	0										
Fumbles-No. and Lost	1-1		0-0		McKenzie	5	4	1	0.0	0.0	0	0	3	0	0										
Touchdowns	1		5		Navies	4	3	1	0.0	0.0	0	0	0	0	0										
Field Goals Made-Att.	2-2		0-0		Additional Stats: Forced Fumble: Hunt 1.																				
Time of Possession	26:50		33:10																						

5

Seattle Seahawks 20, San Francisco 49ers 19
Sunday, October 12, 2003 — Seahawks Stadium

After another one-point victory over another division rival, the Seahawks extended their lead in the NFC West to three games with a victory over the 49ers on Sunday Night Football. The Seahawks came out of the gates on fire while former Seahawks coach Dennis Erickson's 49ers appeared to be lost.

After a missed San Francisco field goal, the Seahawks opened up their first offensive series with a 27-yard strike from quarterback Matt Hasselbeck to fullback Mack Strong. Seven plays later, Hasselbeck found tight end Itula Mili over the middle who turned and rumbled into the end zone with a 15-yard touchdown catch. The Seahawks defense then came out and set the tone for the first half by forcing the Niners offense to a quick three and out. This time around the Hawks came with the run. Shaun Alexander busted free for a 20-yard pickup which Koren Robinson followed up with a 16-yard jaunt. From there the offense chopped away at the 49ers defense setting up a Josh Brown 27-yard field goal. After consecutive punts from both sides, Hasselbeck orchestrated an 8-play 62-yard drive, resulting in a 21-yard touchdown run from Strong. The run was a personal best for Strong, a veteran of 11 NFL seasons. The 49ers ended the first half with a 42-yard field goal from Seattle native Owen Pochman. The third quarter of play belonged to San Francisco. Jeff Garcia and Garrison Hearst led the charge as the 49ers offense found their stride with two third-quarter scoring drives. Although after scoring the second touchdown, the Niners extra-point team botched the snap, Pochman missed the uprights and the Seahawks retained their 17-16 lead. After the Seahawks opened the fourth quarter with a punt, Garcia led his offense down the field looking for their first lead of the game which they got with a 33-yard field goal from Pochman. However, the Seahawks regained the lead on the next drive with a field goal of their own, a 37-yarder from Brown. The Hawks again led by one. With 2:57 left on the clock the 49er offense came out looking for a score to take the lead. Following the two-minute warning they were denied when linebacker Chad Brown forced a Hearst fumble and free safety Ken Hamlin scooped it up to put the game in the books.

San Francisco	0	3	13	3	—	19
Seattle	7	10	0	3	—	20

		San Francisco		Seattle	
SEA	1	7:35	Mili 15 pass from Hasselbeck (Brown kick) (8-72, 4:43)	0	7
SEA	2	14:58	Brown 27 FG (10-57, 5:48)	0	10
SEA	2	5:04	Strong 21 run (Brown kick) (8-62, 4:12)	0	17
SF	2	0:03	Pochman 42 FG (9-46, 1:37)	3	17
SF	3	10:38	Hearst 6 run (Pochman kick) (7-48, 3:03)	10	17
SF	3	0:56	Garcia 2 run (kick failed, wr) (5-34, 2:07)	16	17
SF	4	8:09	Pochman 33 FG (11-45, 5:44)	19	17
SEA	4	3:04	Brown 37 FG (10-46, 5:44)	19	20
Att.	—	66,437			

INDIVIDUAL STATISTICS

RUSHING

San Francisco	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Hearst	16	62	13	1	Alexander	22	77	13	0
Barlow	9	40	9	0	Strong	3	26	21t	1
Battle	1	5	5	0	Hasselbeck	5	17	17	0
Garcia	3	4	2t	1	K. Robinson	1	16	16	0
					Evans	2	6	3	0
					Morris	1	5	5	0
TOTAL	29	111	13	2	TOTAL	34	147	21t	1

PASSING

San Francisco	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Garcia	27	16	168	0	0	77.4	Hasselbeck	27	17	207	1	1	83.4
TOTAL	27	16	168	0	0	77.4	TOTAL	27	17	207	1	1	83.4

RECEIVING

San Francisco	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Streets	5	77	29	0	Jackson	5	55	23	0
Owens	4	36	13	0	Alexander	3	46	22	0
Wilson	4	35	16	0	K. Robinson	3	32	18	0
Weaver	2	16	9	0	Engram	3	23	9	0
Hearst	1	4	4	0	Strong	2	36	27	0
					Mili	1	15	15t	1
TOTAL	16	168	29	0	TOTAL	17	207	27	1

TEAM STATISTICS

	San Francisco	Seattle	San Francisco	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	19	21	Smith	9	6	3	0.0	0.0	0	0	0	0	0
Third Down Eff.	5-12-42%	8-15-53%	Peterson	9	6	3	0.0	0.0	0	0	0	0	0
Total Net Yards	261	333	Winborn	6	6	0	0.0	0.0	0	0	0	0	0
Total Off. Plays	60	65	Plummer	5	5	0	0.0	0.0	0	0	0	0	0
Avg. per Play	4.4	5.1	Young	5	4	1	0.0	0.0	0	0	0	0	0
Net Yards Rushing	111	147	Additional Stats: Sacks:Ahanotu 1.0; Carter 1.0; Moran 1.0;										
Total Rushing Plays	29	34	Interceptions: Parrish 1; Passes Defensed:Parrish 1; Carter 1.										
Net Yards Passing	150	186											
Times Sacked/Yards Lost	4/18	4/21	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Pass Att.-Comp.-Int.	27-16-0	27-17-1	Simmons	10	9	1	1.0	4.0	0	0	0	0	0
Punts-No. and Avg.	5-37.8	5-37.4	Brown	8	8	0	1.0	1.0	0	0	0	1	0
Penalties-No. and Yards	6-33	8-105	Hamlin	7	5	2	0.0	0.0	0	0	0	0	1
Fumbles-No. and Lost	1-1	0-0	Okeafor	7	3	4	1.0	8.0	0	0	0	0	0
Touchdowns	2	2	Godfrey	6	3	3	0.0	0.0	0	0	0	0	0
Field Goals Made-Att.	2-3	2-2	Additional Stats: Sacks: Randle 1.0; Passes Defensed:										
Time of Possession	27:34	32:26	Williams 1; Lucas 1; Springs 1.										

6 Seattle Seahawks 24, Chicago Bears 17

Sunday, October 19, 2003 — Seahawks Stadium

Good football teams win games in the fourth quarter and the 2003 Seahawks showed once again they can get it done when it matters most. The Seahawks improved their record to 5-1 which stands as the best start in the 28-year history of the franchise, by beating the Bears when Shaun Alexander broke free for a 25-yard touchdown run with 58 seconds remaining in the game. The Bears came into the game without their leading rusher and second leading receiver and starting a new quarterback, but they kept it close and fell just short in an exciting finish. The Bears were the first to score when kicker Paul Edinger booted the first of his three field goals on the day, a 50-yarder in the first quarter. The Seahawks responded in the second quarter with a nine-play, 65-yard drive that set up a 1-yard plunge from Alexander. Five plays later, Anthony Simmons intercepted a Chris Chandler pass and almost broke free but was taken down after returning it 33 yards to the Chicago 20. Matt Hasselbeck then found ex-Bear Bobby Engram in the corner of the end zone for a 25-yard touchdown strike and 14-3 lead. Edinger closed out the first half with his second field goal, a 35-yarder. In the third, the Seahawks defense forced the Bears into two three-and-outs and the offense extended the lead to 17-6 on Josh Brown's 45-yard field goal. The fourth quarter again provided the excitement for the home crowd and with two one-point victories in the Seahawks last two home games the fans were confident and ready to get loud. The Bears began the fourth with a 14-play, 52-yard drive resulting in Edinger's third field goal, a 40-yarder. Then after a Koren Robinson fumble, Chicago ripped off a 13-play, 67-yard drive setting up a 1-yard touchdown run by Stanley Pritchett. Chandler then punched in the two-point conversion to tie the game at 17-17. The Seahawks offense then came out and did what was becoming their normal routine. A Hasselbeck scramble, a quick pass to Itula Mili and a couple big pick-ups by Alexander left them on the Chicago 25 with 1:04 left on the clock. Alexander then headed left, made safety Mike Brown miss badly and scooted into the end zone for the game-winning score.

Chicago	3	3	0	11	—	17
Seattle	0	14	3	7	—	24

	CHI	SEA	CHI	SEA	CHI	SEA	CHI	SEA	Att.
Time	1	2	2	3	4	4	4	4	—
Score	3:08	12:41	8:47	1:49	5:37	13:28	4:12	0:58	65, 671
Play	Edinger 50 FG (9-56, 4:19)	Alexander 1 run (Brown kick) (9-65, 5:27)	Engram 25 pass from Hasselbeck (Brown kick) (3-20, 1:06)	Edinger 35 FG (14-60, 6:58)	Brown 45 FG (7-18, 3:21)	Edinger 40 Field Goal (14-52, 7:09)	Pritchett 1 run (Chandler run) (13-67, 7:06)	Alexander 25 run (Brown kick) (7-72, 3:14)	
Field Goals	3	3	3	6	6	9	17	17	
Touchdowns	0	7	0	14	14	17	17	17	
Interceptions	0	0	0	0	0	0	0	0	
Fumbles-Lost	0	0	0	0	0	0	0	0	
Turnovers	0	0	0	0	0	0	0	0	
Penalties-Yards	0	0	0	0	0	0	0	0	
Time of Possession	33:00	33:00	33:00	33:00	33:00	33:00	33:00	33:00	

INDIVIDUAL STATISTICS

RUSHING

Player	Att	Yds	LG	TD	Player	Att	Yds	LG	TD
Chicago	16	55	10	0	Seattle	21	101	25	2
Peterson	4	19	10	1	Alexander	4	12	7	0
Pritchett	1	5	5	0	Hasselbeck	3	11	5	0
Forshey	4	4	3	0	Strong	3	11	5	0
Chandler	3	4	4	0					
Abdullah	28	87	10	1					
TOTAL	28	87	10	1	TOTAL	28	124	25	2

PASSING

Player	A	C	Yds	TD	INT	RT	Player	A	C	Yds	TD	INT	RT
Chicago	34	19	149	0	2	42.4	Seattle	27	19	215	1	1	90.8
Chandler	34	19	149	0	2	42.4	Hasselbeck	27	19	215	1	1	90.8
TOTAL	34	19	149	0	2	42.4	TOTAL	27	19	215	1	1	90.8

RECEIVING

Player	No	Yds	LG	TD	Player	No	Yds	LG	TD
Chicago	6	35	8	0	Seattle	6	73	25	1
White	4	34	13	0	Engram	4	21	7	0
Terrell	3	19	7	0	Alexander	3	65	32	0
Clark	2	26	21	0	K. Robinson	3	18	9	0
Gage	2	19	12	0	Strong	2	31	21	0
Lyman	1	11	11	0	Jackson	1	7	7	0
Wade	1	5	5	0	Mili	1	7	7	0
Peterson	19	149	21	0	TOTAL	19	215	32	1
TOTAL	19	149	21	0					

TEAM STATISTICS

	Chicago	Seattle	Chicago	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	19	22	Briggs	9	4	5	0.0	0.0	0	0	0	0	0
Third Down Eff.	6-16-38%	5-10-50%	Urlacher	8	6	2	0.0	0.0	0	0	0	0	0
Total Net Yards	211	335	Odom	7	4	3	0.0	0.0	0	0	1	0	0
Total Off. Plays	65	57	Tillman	6	4	2	0.0	0.0	0	0	0	1	0
Avg. per Play	3.2	5.9	Daniels	5	5	0	0.0	0.0	0	0	1	0	0
Net Yards Rushing	87	124	Additional Stats: Sacks: Green 1.0; Haynes 1.0;										
Total Rushing Plays	28	28	Interceptions: Brown 1; Passes Defensed: Brown 1; Fumble Recovery: Gray 1.										
Net Yards Passing	124	211	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Times Sacked/Yards Lost	3/25	2/4	Godfrey	9	8	1	0.0	0.0	0	0	0	0	0
Pass Att.-Comp.-Int.	34-19-2	27-19-1	Hamlin	8	7	1	0.0	0.0	0	0	0	0	0
Punts-No. and Avg.	3-44.3	2-45.0	Trufant	8	6	2	0.0	0.0	1	6	3	0	0
Penalties-No. and Yards	6-64	5-45	Tongue	8	4	4	0.0	0.0	0	0	1	0	0
Fumbles-No. and Lost	2-0	1-1	Brown	7	6	1	1.0	7.0	0	0	0	0	0
Touchdowns	1	3	Simmons	6	3	3	1.0	10.0	1	33	1	0	0
Field Goals Made-Att.	3-3	1-2	Additional Stats: Sacks: Cochran 1.0.										
Time of Possession	34:11	25:49											

7 Cincinnati Bengals 27, Seattle Seahawks 24

Sunday, October 26, 2003 -- Paul Brown Stadium

The last time the Seahawks played the Bengals, quarterback Jon Kitna led the Seahawks to a 37-20 victory in 1999. Four seasons later, Kitna again led his team to victory but this time he did it as a Bengal. Playing the Seahawks for the first time since his departure from the team, Kitna, with the help of backup running back Rudi Johnson, made the Seahawks first trip to Cincinnati since 1993 one they would just as soon forget. The Seahawks jumped out to a quick 7-0 lead when Matt Hasselbeck found Itula Mili for a 46-yard touchdown pass. The Bengals responded with an 8-play, 76-yard drive resulting in an 18-yard touchdown run by Johnson. Both teams continued to match each other point for point in the first half. Kitna hit Kelley Washington with an 8-yard touchdown pass and Hasselbeck returned the favor with a 2-yard touchdown pass to Shaun Alexander. Shayne Graham then put Cincy up by three with a 30-yard field goal, but not for long as Josh Brown kicked a 27-yarder on the ensuing drive to end the first half tied 17-17. In the third quarter, the Seahawks appeared to seize the upper hand when Hasselbeck found Mili in the end zone again from 6 yards out for a 24-17 lead and the defense held the Cincinnati offense to a field goal. The fourth quarter began with punts from both teams. The Seahawks then had a chance to extend their lead to seven with a Brown field goal but the kick was blocked and three plays later Kitna found Chad Johnson streaking across the middle for a 53-yard touchdown catch to take the lead 27-24. With 8:03 left on the clock, the Seahawks regained possession of the ball poised to mount their fourth comeback victory this season. But the Bengal defense held strong. Two tipped passes resulted in two Hasselbeck interceptions and the Bengals second straight home victory.

	Seattle	Cincinnati	7	10	7	0	—	24
	7	10	7	3	0	—	24	27
SEA 1	10:39	Mili 46 pass from Hasselbeck (Brown kick) (8-76, 4:21)	7	0				
CIN 1	5:33	Johnson 18 run (Graham kick) (9-67, 5:06)	7	7				
CIN 2	10:39	Washington 8 pass from Kitna (Graham kick) (6-75, 3:07)	7	14				
SEA 2	6:34	Alexander 2 pass from Hasselbeck (Brown kick) (9-72, 4:05)	14	14				
CIN 2	0:59	Graham 30 FG (7-27, 2:52)	14	17				
SEA 2	0:00	Brown 27 FG (8-53, 0:59)	17	17				
SEA 3	9:16	Mili 6 pass from Hasselbeck (Brown kick) (10-62, 4:16)	24	17				
CIN 3	0:06	Graham 25 FG (17-76, 9:10)	24	20				
CIN 4	8:03	Johnson 53 pass from Kitna (Graham kick) (3-61, 0:57)	24	27				
Att.	—	52,131						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Cincinnati	Att	Yds	LG	TD
Alexander	20	86	23	0	Ru. Johnson	27	101	18t	1
Morris	3	24	12	0	Warrick	1	50	50	0
Hasselbeck	1	11	11	0	Kitna	3	27	14	0
					J. Johnson	1	3	3	0
					Bennett	1	-1	-1	0
TOTAL	24	121	23	0	TOTAL	33	180	50	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	Cincinnati	A	C	Yds	TD	INT	RT
Hasselbeck	43	26	347	3	3	80.3	Kitna	31	19	240	2	0	106.9
TOTAL	43	26	347	3	3	80.3	TOTAL	31	19	240	2	0	106.9

RECEIVING

Seattle	No	Yds	LG	TD	Cincinnati	No	Yds	LG	TD
Alexander	7	52	16	1	Warrick	5	61	27	0
Jackson	6	98	29	0	C. Johnson	3	84	53t	1
Mili	5	80	46t	2	Washington	3	42	24	1
Engram	4	73	19	0	J. Johnson	3	11	7	0
K. Robinson	2	35	29	0	Ru. Johnson	2	16	13	0
Strong	2	9	10	0	Stewart	1	15	15	0
Bannister	0	-3	-3	0	Kelly	1	8	8	0
					Bennett	1	3	3	0
TOTAL	26	344	46t	3	TOTAL	19	240	53t	2

TEAM STATISTICS

	Seattle	Cincinnati	Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Total First Downs	24	19	Hamlin	7	6	1	0.0	0.0	0	0	0	0	0
Third Down Eff.	8-14-57%	7-16-44%	Lewis	7	4	3	0.0	0.0	0	0	0	0	0
Total Net Yards	462	412	Simmons	7	4	3	0.0	0.0	0	0	0	0	0
Total Off. Plays	69	66	Woodard	6	6	0	0.0	0.0	0	0	0	0	0
Avg. per Play	6.7	6.2	Trufant	5	3	2	0.0	0.0	0	2	0	0	0
Net Yards Rushing	121	180	Additional Stats: Sacks: Mitchell 1.0; Moore 1.0; Passes Defensed: Williams 1.										
Total Rushing Plays	24	33	Cincinnati	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
Net Yards Passing	341	232	Hardy	7	4	3	0.0	0.0	0	0	1	1	0
Times Sacked/Yards Lost	2/6	2/8	Simmons	6	5	1	0.0	0.0	1	1	2	1	1
Pass Att.-Comp.-Int.	43-26-3	31-19-0	James	6	5	1	0.0	0.0	1	1	2	0	0
Punts-No. and Avg.	2-40.5	6-37.7	Roman	6	5	1	0.0	0.0	0	1	2	0	0
Penalties-No. and Yards	5-30	7-60	Ross	6	4	2	0.0	0.0	0	0	0	0	0
Fumbles-No. and Lost	2-2	0-0	Additional Stats: Sacks: Smith 1.0; Thornton 1.0; Interceptions: Burris 1; Passes Defensed: Burris 2; Gibson 1; Fumble Recovery: Thornton 1.										
Touchdowns	3	3											
Field Goals Made-Att.	1-2	2-2											
Time of Possession	27:34	32:26											

8

Seattle Seahawks 23, Pittsburgh Steelers 16
Sunday, November 2, 2003 — Seahawks Stadium

A record crowd had Seahawks Stadium rocking as the Seahawks improved their home record to 5-0 by beating the Steelers. The Seahawks offense started the game looking sharp. Matt Hasselbeck hit Darrell Jackson with a 16-yard strike and two plays later Maurice Morris ripped off a career-high 43-yard run.

Although the offense settled for a 36-yard field goal from Josh Brown when Alex Bannister dropped a Hasselbeck pass in the end zone. Chad Brown then led his defensive mates onto the field to face his former team. Brown set the tone by dropping Jerome Bettis in the backfield for a 3-yard loss. After forcing Pittsburgh to punt, the offense took the field and made a quick exit, going three and out. The next two quarters consisted of defense and kicks. Josh Brown and Jeff Reed at times appeared to be playing one on one, matching each other field goal for field goal. Seahawks linebacker D.D. Lewis then opened the second half of play in grand style, blocking a Josh Miller punt. The ball was recovered by fellow linebacker Orlando Huff at the Pittsburgh 27-yard line, but again the Seahawks settled for a field goal. Pittsburgh again matched Brown's field goal with one from Reed. Then in the fourth quarter, the Seahawks opened it up and Jackson made sure he caught the football after dropping two big passes in the first half. Hasselbeck found Jackson camped out at the goal line and threw him a laser for the first touchdown of the game. The Steelers responded by driving the length of the field, capping the drive with a 2-yard touchdown pass from Tommy Maddox to Hines Ward. Looking for some insurance points, the Seahawks offense picked up where they left off in the first quarter. Hasselbeck found Jackson for eight yards, Shaun Alexander rumbled for 14-yards and then Jackson stuffed armed his way to a 43-yard reception to the 1-yard line. Alexander then punched it in for six points and left it up to the defense. The Steelers looked like they might make it interesting but the offense stalled, and Reed kicked another field goal. The Seahawks improved to 6-2 while the Steelers dropped to 2-6.

		Pittsburgh	0	3	3	10	—	16
		Seattle	3	3	3	14	—	23
								Pittsburgh Seattle
SEA	1	11:22	Brown 36 FG (8-69, 3:38)					0 3
PIT	2	12:12	Reed 49 FG (7-28, 3:28)					3 3
SEA	2	7:05	Brown 46 FG (6-9, 2:21)					3 6
SEA	3	10:39	Brown 34 FG (7-11, 1:42)					3 9
PIT	3	3:54	Reed 33 FG (13-48, 6:45)					6 9
SEA	4	12:28	Jackson 14 pass from Hasselbeck (Brown kick) (13-74, 6:26)					6 16
PIT	4	9:32	Ward 2 pass from Maddox (Reed kick) (6-71, 2:56)					13 16
SEA	4	7:21	Alexander 1 run (Brown kick) (5-65, 2:11)					13 23
PIT	4	3:24	Reed 21 FG (10-68, 3:57)					16 23
Att.	—	66,507						

INDIVIDUAL STATISTICS
RUSHING

Pittsburgh	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Bettis	17	50	12	0	Alexander	20	48	14	1
Zereoue	7	32	12	0	Morris	3	47	43	0
Ward	3	14	11	0	Hasselbeck	2	3	4	0
Maddox	2	5	6	0					
Kreider	1	4	4	0					
TOTAL	30	105	12	0	TOTAL	25	98	43	1

PASSING

Pittsburgh	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Maddox	35	21	226	1	0	88.5	Hasselbeck	31	18	215	1	0	90.1
TOTAL	35	21	226	1	0	88.5	TOTAL	31	18	215	1	0	90.1

RECEIVING

Pittsburgh	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Ward	8	66	14	1	Jackson	5	85	43	1
Burress	5	75	37	0	K.Robinson	3	51	23	0
Randle El	3	45	29	0	Alexander	3	19	10	0
Zereoue	3	18	15	0	Mili	2	21	14	0
Tuman	2	22	16	0	Strong	2	13	9	0
					Engram	2	9	10	0
					Stevens	1	17	17	0
TOTAL	21	226	37	1	TOTAL	18	215	43	1

TEAM STATISTICS

		Pittsburgh		Seattle		DEFENSE									
		T	S	T	S	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	19	19	19	Scott	8	7	1	0.0	0.0	0	0	0	1	1	0
Third Down Eff.	4-14-29%	3-11-27%	Alexander	7	7	0	1.0	5.0	0	0	0	0	0	0	0
Total Net Yards	320	289	Logan	7	5	2	1.0	5.0	0	0	0	0	0	0	0
Total Off. Plays	67	61	Bell	6	5	1	1.0	7.0	0	0	0	0	0	0	0
Avg. per Play	4.8	4.7	Three with 5 tackles												
Net Yards Rushing	105	98	Additional Stats: Sacks: Bailey 1.0; Gildon 1.0 Passes Defensed: Gildon 1.												
Total Rushing Plays	30	25	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR		
Net Yards Passing	215	191	D.Robinson	9	7	2	0.0	0.0	0	0	0	0	0		
Times Sacked/Yards Lost	2/11	5/24	Trufant	8	8	0	0.0	0.0	0	0	2	0	0		
Pass Att.-Comp.-Int.	35-21-0	31-18-0	Brown	6	6	0	2.0	11.0	0	0	0	0	0		
Punts-No. and Avg.	5-28.6	5-41.0	Okeafor	6	2	4	0.0	0.0	0	0	0	0	0		
Penalties-No. and Yards	11-76	5-35	Three with 5 tackles												
Fumbles-No. and Lost	0-0	2-0	Additional Stats: Passes Defensed: Lucas 2; Simmons 1.												
Touchdowns	1	2													
Field Goals Made-Att.	3-3	3-3													
Time of Possession	32:23	27:37													

9 Washington Redskins 27, Seattle Seahawks 20

Sunday, November 9, 2003 — FedEx Field

Once again the road proved to be rough for the Seahawks as missed opportunities led to a Redskins victory in D.C. The Seahawks began the game with some swagger and quickly jumped ahead 14-3. After the Redskins opened up the scoring with a 20-yard field goal from John Hall, the Seahawks Maurice Morris returned the ensuing kickoff 35 yards and Matt Hasselbeck directed the offense down to the five yard line which set up a touchdown pass to Bobby Engram. The Redskins quickly punted it back to the Seahawks who followed the lead of Shaun Alexander to the Washington 14 where Hasselbeck found Mack Strong on a screen pass for 13 yards and a first and goal. Alexander then punched it in for six points. At the start of the second quarter, the Seahawks Damien Ramsey intercepted a Patrick Ramsey pass and appeared to be well on his way to a touchdown and a 21-3 lead but was stripped of the ball by Laveranues Coles at the 2-yard line who recovered the ball in the end zone for a touchback. The Redskins took advantage of the break by driving 80-yards capping it off with a 15-yard touchdown pass from Ramsey to Coles. Following a 27-yard field goal from Josh Brown, the Redskins regained possession of the ball and chipped away at the Seahawks defense. Ramsey then found Rod Gardner in the endzone to tie the score and seize the momentum heading into halftime. The Seahawks appeared to get the momentum back when Anthony Simmons intercepted Ramsey to open the third quarter but the Seahawks went three and out and the Redskins put together enough plays to set up a 34-yard field goal from Hall to take the lead, 20-17. After missing a 49-yard field goal to tie the score, Brown got the chance to redeem himself by drilling a 48-yarder. The Redskins took over at their own 16-yard line and quickly found themselves looking at fourth and one. Coach Steve Spurrier took a chance and his players rewarded him with a new set of downs. A few plays later, Ramsey lateraled to Gardner who faked the run and lofted a pass to Trung Canidate who was wide open in the corner of the end zone to take a 27-20 lead. The Seahawks took over and drove to the Redskins 35 with three quick passes. Hasselbeck then found Darrell Jackson heading to the sideline and threw a strike but Jackson let it bounce off his hands and into the hands of Fred Smoot.

Seattle	14	3	0	3	—	20
Washington	3	14	3	7	—	27

			Seattle	Washington	
WASH	1	12:26	Hall 20 FG (7-16, 2:34)	0	3
SEA	1	10:35	Engram 5 pass from Hasselbeck (Brown kick) (5-43, 1:51)	7	3
SEA	1	1:36	Alexander 1 run (Brown kick) (14-90, 6:57)	3	14
WASH	2	5:54	Coles 15 pass from Ramsey (Hall kick) (11-80, 6:24)	4	10
SEA	2	2:07	Brown 27 FG (8-36, 3:47)	17	10
WASH	2	0:06	Gardner 14 pass from Ramsey (Hall kick) (7-66, 2:01)	17	17
WASH	3	8:35	Hall 34 FG (7-30, 3:07)	17	20
SEA	4	9:59	Brown 48 FG (10-66, 5:31)	20	20
WASH	4	1:57	Canidate 10 pass from Gardner (Hall kick) (11-84, 5:13)	20	27
Att.	—	80,728			

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Washington	Att	Yds	LG	TD
Alexander	22	94	17	1	Cartwright	13	81	21	0
Morris	3	26	18	0	Canidate	15	34	5	0
Strong	2	4	3	0	Coles	1	14	14	0
Hasselbeck	1	1	1	0	Simon	2	9	6	0
					Ramsey	1	-1	-1	0
TOTAL	28	125	18	1	TOTAL	32	137	21	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Washington	A	C	Yds	TD	INT	RT
Hasselbeck	29	19	241	1	1	88.4	Ramsey	32	17	232	2	2	71.4
							Gardner	1	1	10	1	0	147.9
TOTAL	29	19	241	1	1	88.4	TOTAL	33	18	242	3	2	83.1

RECEIVING

Seattle	No	Yds	LG	TD	Washington	No	Yds	LG	TD
Engram	6	65	24	1	Gardner	8	81	20	1
K.Robinson	5	88	37	0	Coles	5	125	64	1
Jackson	4	41	14	0	Cartwright	2	15	11	0
Strong	2	28	15	0	Canidate	1	10	10	1
Mili	2	19	16	0	Flemister	1	8	8	0
					Johnson	1	3	3	0
TOTAL	19	241	37	1	TOTAL	18	242	64	3

TEAM STATISTICS

	Seattle	Washington	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	21	19	Hamlin	7	7	0	0.0	0.0	0	0	1	0	0
Third Down Eff.	5-11-45%	6-14-43%	Simmons	7	5	2	0.0	0.0	1	0	1	0	0
Total Net Yards	346	379	Brown	6	6	0	0.0	0.0	0	0	0	0	0
Total Off. Plays	60	65	Trufant	6	6	0	0.0	0.0	0	0	0	0	0
Avg. per Play	5.8	5.8	Four with 3 tackles										
Net Yards Rushing	125	137	Additional Stats: Interceptions: D. Robinson 1; Passes Defensed: D.Robinson 2; Lucas 1.										
Total Rushing Plays	28	32	Washington	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Net Yards Passing	221	242	Ohalet	11	11	0	0.0	0.0	0	0	1	0	0
Times Sacked/Yards Lost	3-20	0-0	Terrell	6	4	2	0.0	0.0	0	0	1	0	0
Pass Att.-Comp.-Int.	29-19-1	33-18-2	Bowen	5	5	0	0.0	0.0	0	0	0	0	0
Punts-No. and Avg.	3-40.0	4-40.4	Bailey	5	5	0	0.0	0.0	0	0	0	0	0
Penalties-No. and Yards	4-32	4-40	Arrington	5	4	1	0.0	0.0	0	0	1	0	0
Fumbles-No. and Lost	3-2	0-0	Trotter	5	4	1	0.0	0.0	0	0	0	0	0
Touchdowns	2	3	Additional Stats: Sack: Upshaw 1.0; Dalton 1.0; Smith 1.0; Interceptions: Smoot 1; Passes Defensed: Smoot 1.										
Field Goals Made-Att.	2-3	2-2											
Time of Possession	30:08	29:52											

Seattle Seahawks 35, Detroit Lions 14

Sunday, November 16, 2003 — Seahawks Stadium

The points arrived and they arrived quickly as the Seahawks jumped out to an early lead and sent the Lions packing to improve their record at Seahawks Stadium to 6-0. Shaun Alexander set the tone on the third play of the game when he busted loose for his longest run of the season, a 55-yard jaunt which set up a quarterback-keeper from Matt Hasselbeck for a touchdown. The defense forced the Lions to punt and Hasselbeck took over and took charge. By completing seven passes in seven attempts Hasselbeck led the offense 87 yards in 13 plays and Alexander punched it in from 1 yard out for a 14-point lead. The Lions' Joey Harrington responded with a 72-yard bomb to Scotty Anderson for a touchdown. But the Lions' threats ended there. Hasselbeck came out and completed five straight passes to lead his Seahawks back down the field in only seven plays. Then on third and 7, Hasselbeck, trying for his second rushing touchdown of the game, fumbled at the Detroit 3 but fortunately Koren Robinson recovered it in the end zone for a 21-7 lead. Following a Lions punt, the Seahawks went three and out but punter Tom Rouen pinned Detroit deep in their own territory when he dropped one on the Lions 2-yard line. The Seahawks defense then held strong and forced Detroit to a second consecutive three and out. Hasselbeck then struck again when he found Bobby Engram wide open over the middle for a 34-yard touchdown pass. The defense again came out and stuffed the Lions but they barely had time to catch their breath as Engram returned Nick Harris' punt 83 yards for a touchdown and a 35-7 Seahawks lead. Harrington hit Az-Zahir Hakim with a 15-yard touchdown pass to end the half. The second half wasn't quite as eventful as the first and while there was no points scored by either team the Seahawks defense did come up with two interceptions. Shawn Springs picked off his first of the year and Reggie Tongue snagged his team-leading fourth as the Seahawks put the clamps on the Lions and improved to 7-3.

	Detroit	7	7	0	0	—	14				
	Seattle	14	21	0	0	—	35				
SEA	1	11:33	Hasselbeck 4 run (Brown kick) (8-80, 3:27)						Detroit	0	7
SEA	1	0:52	Alexander 1 run (Brown kick) (13-87, 7:41)						Seattle	0	14
DET	1	0:38	Anderson 72 pass from Harrington (Hanson kick) (1-72, 0:14)							7	14
SEA	2	11:05	K. Robinson fumble recovery in end zone (Brown kick) (8-76, 4:33)							7	21
SEA	2	6:38	Engram 34 pass from Hasselbeck (Brown kick) (1-34, 0:07)							7	28
SEA	2	3:51	Engram 83 punt return (Brown kick)							7	35
DET	2	0:41	Hakim 15 pass from Harrington (Hanson kick) (9-71, 3:10)							14	35
Att.	—	65,865									

INDIVIDUAL STATISTICS

RUSHING									
Detroit	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
Gary	6	43	27	0	Alexander	20	110	55	1
Bryson	8	35	20	0	Morris	3	17	11	0
Harrington	3	3	7	0	Strong	3	17	10	0
					Hasselbeck	3	15	8	1
					Evans	1	2	2	0
					Carter	3	-2	1	0
TOTAL	17	81	27	0	TOTAL	33	159	55	2

PASSING													
Detroit	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
Harrington	48	26	285	2	2	68.5	Hasselbeck	28	21	207	1	0	107.3
							Dilfer	1	0	0	0	0	39.6
TOTAL	48	26	285	2	2	68.5	TOTAL	29	21	207	1	0	103.7

RECEIVING									
Detroit	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Hakim	6	60	16	1	Alexander	5	27	11	0
Bryson	5	30	12	0	Jackson	4	56	26	0
Ricks	4	45	28	0	Mili	4	29	11	0
Schroeder	4	30	12	0	Engram	3	59	34t	1
Schlesinger	3	22	11	0	K.Robinson	3	32	17	0
Anderson	2	87	72t	1	Strong	2	4	2	0
Fitzsimmons	1	7	7	0					
Gary	1	4	4	0	TOTAL	21	207	34t	1
TOTAL	26	285	72t	2					

TEAM STATISTICS

	Detroit	Seattle	DEFENSE										
			Detroit	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	20	22	Bri.Walker	9	8	1	0.0	0.0	0	0	0	0	0
Third Down Eff.	4-12-33%	8-14-57%	Smith	7	6	1	0.0	0.0	0	0	0	0	0
Total Net Yards	357	366	Holmes	7	6	1	0.0	0.0	0	0	0	0	0
Total Off. Plays	66	62	Green	7	4	3	0.0	0.0	0	0	0	0	0
Avg. per Play	5.4	5.9	Two with 6 tackles										
Net Yards Rushing	81	159	Additional Stats: Forced Fumble: DeVries 1; Passes Defensed: Bly 1; Bra.Walker 1.										
Total Rushing Plays	17	33	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Net Yards Passing	276	207	Lewis	11	8	3	0.0	0.0	0	0	0	0	0
Times Sacked/Yards Lost	1/9	0/0	Tongue	5	4	1	0.0	0.0	1	0	2	0	0
Pass Att.-Comp.-Int.	48-26-2	29-21-0	Hamlin	5	4	1	0.0	0.0	0	0	1	0	0
Punts-No. and Avg.	6-36.8	6-48.2	Lucas	4	4	0	0.0	0.0	0	0	1	0	0
Penalties-No. and Yards	8-56	6-49	Trufant	4	4	0	0.0	0.0	0	0	1	0	0
Fumbles-No. and Lost	1-0	3-0	Huff	4	4	0	0.0	0.0	0	0	0	0	0
Touchdowns	2	5	Brown	4	3	1	1.0	9.0	0	0	0	0	0
Field Goals Made-Att.	0-0	0-0	Woodard	4	2	2	0.0	0.0	0	0	0	0	0
Time of Possession	27:45	32:15	Additional Stats: Interceptions: Springs 1; Passes Defensed: Springs 2.										

11 Baltimore Ravens 44, Seattle Seahawks 41

Sunday, November 23, 2003 — M&T Bank Stadium

The road woes continued for the Seahawks as they dropped a wild one in overtime against the Ravens. After not producing any first quarter points and almost making it to halftime with a field goal apiece, Matt Hasselbeck and the Seahawks offense drove 78 yards in 12 plays, setting up a touchdown pass to Darrell Jackson from 2 yards out. The Ravens took over with 23 seconds left in the half and promptly fumbled the football and the Seahawks recovered. Hasselbeck then found Bobby Engram in the end zone for a 17-3 lead to end the first half. Baltimore opened the second half by driving 71 yards in six plays capped off by an Anthony Wright touchdown pass to Marcus Robinson. The Seahawks responded quickly as Hasselbeck hit Koren Robinson with a 38-yard touchdown pass. The Ravens then went three and out and got a terrible punt from Dave Zastudil. The Seahawks then settled for a 46-yard Josh Brown field goal. Wright then found Robinson for the second time. Hasselbeck answered right back by finding Jackson for the second time with an 80-yard touchdown pass; a career-high for both players. Wright and Robinson then hooked up again from 25 yards for another touchdown. Hasselbeck then hit Engram for their second touchdown connection. The Seahawks punted. The Ravens punted and Ken Lucas muffed the catch and Baltimore recovered. Jamal Lewis fumbled and the Seahawks recovered. The Seahawks punted and Ed Reed blocked it, recovered it and returned it for a touchdown. Baltimore then put together a 12 play, 71-yard drive and another Robinson touchdown to bring the Ravens within three. After the Seahawks failed to convert on fourth and 1, the Ravens drove another 46 yards in three plays and kicked a field goal to send the game into overtime. After receiving the football to begin the overtime period and failing to put any points on the board, the Seahawks punted and the Ravens drove for the game-winning field goal.

Seattle	0	17	17	7	0	41
Baltimore	0	3	21	17	3	44

	Seattle	Baltimore
SEA 2 11:49	Brown 45 FG (10-53, 4:25)	3 0
BAL 2 3:32	Stover 21 FG (4-0, 1:28)	3 3
SEA 2 0:23	Jackson 2 pass from Hasselbeck (Brown kick) (13-80, 3:09)	10 3
SEA 2 0:01	Engram 10 pass from Hasselbeck (Brown kick) (1-10, 0:07)	17 3
BAL 3 12:07	M. Robinson 13 pass from Wright (Stover kick) (6-71, 2:53)	17 10
SEA 3 10:38	K. Robinson 38 pass from Hasselbeck (Brown kick) (3-56, 1:29)	24 10
SEA 3 7:59	Brown 46 FG (4-2, 1:21)	27 10
BAL 3 5:26	M. Robinson 50 pass from Wright (Stover kick) (5-65, 2:33)	27 17
SEA 3 5:06	Jackson 80 pass from Hasselbeck (Brown kick) (1-80, 0:20)	34 17
BAL 3 3:18	M. Robinson 25 pass from Wright (Stover kick) (5-52, 1:48)	34 24
SEA 4 14:16	Engram 5 pass from Hasselbeck (Brown kick) (8-54, 4:02)	41 24
BAL 4 6:41	Reed 16 return of blocked punt (Stover kick)	41 31
BAL 4 1:12	M. Robinson 9 pass from Wright (Stover kick) (12-71, 3:04)	41 38
BAL 4 0:00	Stover 40 FG (3-46, 0:39)	41 41
BAL 5 6:32	Stover 42 FG (12-55, 6:44)	41 44
Att. --	65,865	

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Baltimore	Att	Yds	LG	TD
Alexander	22	72	12	0	Lewis	26	117	14	0
Strong	6	33	18	0	Wright	5	27	13	0
Hasselbeck	3	26	18	0	Heap	1	7	7	0
Morris	1	2	2	0	Taylor	3	-1	3	0
TOTAL	32	133	18	0	TOTAL	35	150	14	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Baltimore	A	C	Yds	TD	INT	RT
Hasselbeck	41	23	333	5	0	122.3	Wright	37	20	319	4	0	119.1
Dilfer	1	0	0	0	0	39.6	TOTAL	37	20	319	4	0	119.1
TOTAL	42	23	333	5	0	120.3							

RECEIVING

Seattle	No	Yds	LG	TD	Baltimore	No	Yds	LG	TD
Jackson	7	146	80t	2	M. Robinson	7	131	50t	4
K. Robinson	4	64	38t	1	Lewis	6	43	10	0
Mili	4	54	20	0	Sanders	3	66	44	0
Engram	4	46	16	2	Taylor	3	57	43	0
Strong	2	3	4	0	Heap	1	22	22	0
Evans	1	20	20	0	TOTAL	20	319	50	4
Alexander	1	0	0	0					
TOTAL	23	333	80	5					

TEAM STATISTICS

	Seattle	Baltimore
Total First Downs	24	20
Third Down Eff.	7-18-39%	7-18-39%
Total Net Yards	426	426
Total Off. Plays	80	78
Avg. per Play	5.3	5.5
Net Yards Rushing	133	150
Total Rushing Plays	32	35
Net Yards Passing	293	276
Times Sacked/Yards Lost	6-40	6-43
Pass Att.-Comp.-Int.	42-23-0	37-20-0
Punts-No. and Avg.	7-36.4	8-42.1
Penalties-No. and Yards	6-89	14-112
Fumbles-No. and Lost	3-3	3-2
Touchdowns	5	5
Field Goals Made-Att.	2-2	3-3
Time of Possession	32:38	35:50

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Simmons	13	13	0	0.0	0.0	0	0	1	1	0
Godfrey	7	6	1	0.0	0.0	0	0	0	1	0
Hamlin	6	5	1	0.0	0.0	0	0	0	0	0
Woodard	5	4	1	0.0	0.0	0	0	0	0	0
Okeafor	5	3	2	1.0	10.0	0	0	0	0	0

Additional Stats: Sacks: Randle 2.0; King 1.0; Mitchell 1.0; Bernard; Passes Defensed: Truflant 5; Springs 3; King 1; D. Robinson 1; Mitchell 1; Fumble Recovery: Lucas 1; D. Robinson 1.

Baltimore	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Lewis	13	11	2	0.0	0.0	0	0	0	1	1
Reed	7	6	1	0.0	0.0	0	0	0	0	0
Boulware	6	5	1	2.0	15.0	0	0	0	0	0
Hartwell	6	3	3	0.0	0.0	0	0	0	0	0

Additional Stats: Sack: Suggs 2.0; Gregg 1.0; Baxter 1.0; Passes Defensed: McAlister 2; Baxter 1; Williams 1; Fuller 1; Forced Fumble: Suggs 1; Fumble Recovery: Suggs 1.

Seattle Seahawks 34, Cleveland Browns 7

Sunday, November 30, 2003 — Seahawks Stadium

Facing a top five defense for the second week in a row, the Seahawks, offense led by quarterback Matt Hasselbeck, fired on all cylinders and put together another high flying, high scoring offensive performance as the Seahawks defeated the Browns and improved to 7-0 at Seahawks Stadium. The Seahawks defense also rebounded from a tough outing and had their best game of the season by holding the Browns to 214 total yards. Hasselbeck got things going quickly as he led the Seahawks down the field in eight plays which included a 32-yard pass to fullback Mack Strong and a 32-yard strike to Koren Robinson. Itula Mili capped off the drive when he caught a 2-yard Hasselbeck pass for the score. Beginning their third drive in the first quarter and continuing it in the second, the Seahawks drove 68 yards in 10 plays but Josh Brown missed a field goal from 41 yards out. The Seahawks defense gave him another shot when they recovered a Cleveland fumble at their 33. Brown then drilled a 36-yarder for a 10-0 lead. After forcing Cleveland to a three and out, Hasselbeck hit Robinson for 23 yards and Shaun Alexander broke free for 21 which set up a 3-yard touchdown catch by Darrell Jackson. A Cleveland fumble and a Hasselbeck interception ended the first half of play. The Browns opened the second half with a three and out. Hasselbeck then picked apart the second-rated pass defense and took the Seahawks down to the Cleveland 26 where he hooked up with Jackson again for a 26-yard scoring play. After another three and out from the Browns, the Seahawks took nine plays to move 37 yards for another field goal from Brown. The Seahawks Ken Lucas then intercepted a Kelly Holcomb pass to put the clamps on the Browns next drive. The Seahawks then put together their second longest drive of the day when they advanced 71 yards in 12 plays setting up a 3-yard run by Alexander for a 34-0 lead. Although the Browns avoided the shutout when Andre King blocked a Tom Rouen punt and returned it 28 yards for the score. For the first time in franchise history, the Seahawks offense produced a 300-yard passer, a 100-yard rusher and two 100-yard receivers in a single game.

Cleveland	0	0	0	7	—	7
Seattle	7	10	10	7	—	34

			Cleveland	Seattle
SEA	1	11:41	Mili 2 pass from Hasselbeck (Brown kick) (8-74, 3:19)	0 7
SEA	2	9:05	Brown 36 FG (7-16, 2:14)	0 10
SEA	2	4:41	Jackson 3 pass from Hasselbeck (Brown kick) (6-65, 2:46)	0 17
SEA	3	8:49	Jackson 26 pass from Hasselbeck (Brown kick) (10-90, 5:01)	0 24
SEA	3	2:36	Brown 41 FG (9-37, 5:10)	0 27
SEA	4	7:15	Alexander 3 run (Brown kick) (12-71, 6:12)	0 34
CLE	4	3:23	King 28 return of blocked punt (Dawson kick)	7 34
Att.	—	64,680		

INDIVIDUAL STATISTICS

RUSHING

Cleveland	Att	Yds	LG	TD
Jackson	12	32	8	0
White	3	8	6	0
An. Davis	1	7	7	0
TOTAL	16	47	8	0

Seattle	Att	Yds	LG	TD
Alexander	27	127	21	1
Strong	4	22	7	0
Evans	1	8	8	0
Morris	4	0	4	0
TOTAL	36	157	21	1

PASSING

Cleveland	A	C	Yds	TD	INT	RT
Holcomb	31	22	186	0	1	72.8
Couch	3	1	5	0	0	42.4
TOTAL	34	23	191	0	1	69.6

Seattle	A	C	Yds	TD	INT	RT
Hasselbeck	35	26	328	3	1	119.7
Dilfer	1	0	0	0	0	39.6
TOTAL	36	26	328	3	1	116.4

RECEIVING

Cleveland	No	Yds	LG	TD
White	7	41	16	0
Northcutt	5	61	17	0
Morgan	3	30	14	0
King	3	28	16	0
Sanders	3	18	12	0
An. Davis	1	7	7	0
J. Jackson	1	6	6	0
TOTAL	23	191	17	0

Seattle	No	Yds	LG	TD
Jackson	8	102	26	2
K. Robinson	6	122	32	0
Strong	4	56	32	0
Stevens	2	20	15	0
Alexander	2	10	6	0
Engram	2	8	6	0
Bannister	1	8	8	0
Mili	1	2	2	1
TOTAL	26	328	32	3

TEAM STATISTICS

	Cleveland	Seattle
Total First Downs	11	26
Third Down Eff.	2-10-20%	11-17-65%
Total Net Yards	214	463
Total Off. Plays	54	75
Avg. per Play	4.0	6.2
Net Yards Rushing	47	157
Total Rushing Plays	16	36
Net Yards Passing	167	306
Times Sacked/Yards Lost	4/24	3/22
Pass Att.-Comp.-Int.	34-23-1	36-26-1
Punts-No. and Avg.	5-34.2	3-21.0
Penalties-No. and Yards	4-35	5-45
Fumbles-No. and Lost	2-2	1-0
Touchdowns	1	4
Field Goals Made-Att.	0-0	2-3
Time of Possession	21:21	38:39

DEFENSE

Cleveland	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Griffith	12	10	2	0.0	0.0	0	0	1	1	0
Davis	11	9	2	1.0	8.0	0	0	1	1	0
Bentley	9	6	3	0.0	0.0	0	0	0	0	0
Lang	7	6	1	1.0	7.0	1	0	1	0	0
Little	7	5	2	0.0	0.0	0	0	1	0	0
Bodden	6	6	0	0.0	0.0	0	0	0	0	0
Additional Stats:	Sacks: Myers 1.0.									
Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Springs	10	9	1	1.0	5.0	0	0	0	0	0
Lucas	7	6	1	0.0	0.0	1	27	3	0	0
Tongue	6	5	1	1.0	7.0	0	0	1	2	0
Simmons	5	4	1	0.0	0.0	0	0	2	0	0
Brown	4	4	0	0.0	0.0	0	0	0	0	1
Moore	4	3	1	0.0	0.0	0	0	0	0	1
Additional Stats:	Sacks: Okefor 1.0; Richard 1.0; Passes Defensed: Hamlin 1.									

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Minnesota Vikings 34, Seattle Seahawks 7

Sunday, December 7, 2003 — Hubert H. Humphrey Metrodome

An anticipated shootout between the top two offenses in the NFC turned into a lopsided affair as Daunte Culpepper and Randy Moss proved to be too much for the Seattle defense and Minnesota rolled to a 34-7 victory at the Metrodome. The first quarter passed without any offensive fireworks but the Vikings began the second with a bang. After a missed field goal by the Seahawks'

Josh Brown, Culpepper and Moss hooked up for their first touchdown on a 47-yard bomb that Moss caught between two defenders. The Minnesota defense then forced the Seahawks to a three and out and their offense churned out a 15-play drive which set-up an Aaron Elling 36-yard field goal. Matt Hasselbeck then threw his tenth interception of the year and Culpepper led his team back down the field for another Elling field goal, this time from 35 yards out to end the half. The Seahawks' Maurice Morris opened up the second half with a 56-yard kickoff return and Hasselbeck took the offense the rest of the way until Shaun Alexander punched it in for the score. Although the Vikings didn't let them back in the game for long as Culpepper and Moss hooked up again on a 45-yard scoring play. Moss caught eight passes for 133 yards on the day. The Seahawks responded with an 8 play, 41-yard drive but Brown again came up short on a 49-yard field goal. Seattle then appeared to force Minnesota to a three and out but on fourth and seven punter Eddie Johnson fumbled the snap but recovered it and ran for the first down to keep the drive alive. He ended up punting anyway and the Seahawks did the same. Then with Moss blanketed Culpepper found Kelly Campbell streaking along the sideline wide open for a 43-yard touchdown. The punters then got some more work in and the Vikings put the nail in the coffin when Mike Nattiel picked off Hasselbeck and returned it 80 yards for the score.

Seattle	0	0	7	0	—	7
Minnesota	0	13	7	14	—	34

					Seattle	Minnesota
MIN	2	13:17	Moss 47 pass from Culpepper (Elling kick) (3-58, 1:13)		0	7
MIN	2	3:27	Elling 36 FG (15-58, 8:33)		0	10
MIN	2	0:00	Elling 35 FG (11-43, 2:22)		0	13
SEA	3	12:42	Alexander 1 run (Brown kick) (6-39, 2:18)		7	13
MIN	3	9:24	Moss 45 pass from Culpepper (Elling kick) (7-72, 3:18)		7	20
MIN	4	14:53	Campbell 43 pass from Culpepper (Elling kick) (5-48, 2:18)		7	27
MIN	4	1:34	Nattiel 80 INT (A.Elling kick)		7	34
Att.	—	63,968				

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Minnesota	Att	Yds	LG	TD
Alexander	14	56	15	1	Bennett	25	103	18	0
Strong	1	1	1	0	Smith	4	40	23	0
K. Robinson	1	-1	-1	0	Williams	8	28	9	0
					Johnson	1	15	15	0
					Culpepper	5	7	3	0
TOTAL	16	56	15	1	TOTAL	43	193	23	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	Minnesota	A	C	Yds	TD	INT	RT
Hasselbeck	34	17	218	0	2	46.0	Culpepper	33	21	274	3	0	120.0
TOTAL	34	17	218	0	2	46.0	TOTAL	33	21	274	3	0	120.0

RECEIVING

Seattle	No	Yds	LG	TD	Minnesota	No	Yds	LG	TD
Jackson	5	76	22	0	Moss	8	133	47t	2
Engram	4	93	29	0	Campbell	3	60	43t	1
K. Robinson	4	32	13	0	Williams	3	29	11	0
Strong	2	6	7	0	Bates	3	22	9	0
Alexander	1	8	8	0	Bennett	2	12	9	0
Mili	1	3	3	0	Goodwin	1	12	12	0
					Kleinsasser	1	6	6	0
TOTAL	17	218	29	0	TOTAL	21	274	47t	3

TEAM STATISTICS

	Seattle	Minnesota	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	13	22	Woodard	8	7	1	0.0	0.0	0	0	0	0	0
Third Down Eff.	4-12-33%	9-19-47%	Lewis	8	4	4	0.0	0.0	0	0	0	0	0
Total Net Yards	258	465	Hamlin	7	6	1	0.0	0.0	0	0	0	1	0
Total Off. Plays	53	78	Lucas	7	4	3	1.0	0.0	0	0	0	0	0
Avg. per Play	4.9	6.0	Brown	6	6	0	0.0	0.0	0	0	1	0	0
Net Yards Rushing	56	193	Five with 4 tackles										
Total Rushing Plays	16	43	Additional Stats: Sacks: Okefor 1.0; Passes Defensed: Springs 2; Trufant 1.										
Net Yards Passing	202	272	Minnesota	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Times Sacked/Yards Lost	3-16	2-2	Williams	6	5	1	1.0	9.0	0	0	0	0	0
Pass Att.-Comp.-Int.	34-17-2	33-21-0	Chavous	5	5	0	0.0	0.0	0	0	0	0	0
Punts-No. and Avg.	5-43.6	4-36.8	Irvin	5	4	1	0.0	0.0	1	1	2	0	0
Penalties-No. and Yards	7-39	5-30	Claiborne	5	3	2	0.0	0.0	0	0	0	0	0
Fumbles-No. and Lost	1-1	4-0	Four with 3 tackles										
Touchdowns	1	4	Additional Stats: Sacks: Johnstone 1.0; Williams 1.0; Interceptions: Nattiel 1; Passes Defensed: Nattiel 2;										
Field Goals Made-Att.	0-2	2-3	Johnstone 1; Forced Fumble: Rogers 1;										
Time of Possession	21:09	38:51	Fumble Recovery: Wiley 1.										

St. Louis Rams 27, Seattle Seahawks 22

Sunday, December 14, 2003 — Edward Jones Dome

The NFL Game of the Week featured the top two teams in the NFC West and every second counted as the Rams clinched the division title by defeating the Seahawks 27-22 at the Edward Jones Dome. Seahawks linebacker Orlando Huff put the Seahawks on the board first when he sacked the Rams' Marc Bulger in the end zone for a safety. Although the Seahawks offense failed to capitalize on the play by going three and out on the next possession, the Rams offense then showcased their skills by driving 87 yards in 13 plays for a touchdown. Travis Fisher then intercepted a Matt Hasselbeck pass and Bulger led his squad right back down the field and hit Isaac Bruce for an 18-yard touchdown play. After punts from both teams, Hasselbeck and the Seahawks offense picked apart the Rams defense with the run and the pass by driving 72 yards in only seven plays for a 9-yard touchdown pass to Darrell Jackson, his career-high ninth of the season. A pass interference call then extended the Rams next drive and allowed Bulger to find Torrey Holt for a 40-yard touchdown pass and 21-9 lead. Randall Godfrey then intercepted his first pass of the season giving the Seahawks another drive before the half. Shaun Alexander got them in the red zone with a 21-yard jaunt. But after having a 9-yard touchdown pass nullified by a penalty, the Seahawks had to settle for a 31-yard field goal from Josh Brown to end the half. The Rams began the second half of play with a punt and the Seahawks drove 60 yards in 12 plays for a 38-yard field goal from Brown. The fourth quarter began with a Jeff Wilkins field goal from 33 yards out to put the Rams up by nine. The Seahawks responded with another efficient drive setting up a 2-yard touchdown run from Alexander to put them within two, 24-22. After forcing the Rams to a three and out, the Seahawks had a chance to take the lead but came up short and punted. Marshall Faulk then carried his Rams and ran out the clock as he led them back down the field to set up a 46-yard field goal from Wilkins. The Seahawks regained possession of the ball with 1:32 left on the clock for one more chance. Hasselbeck found Jackson for 26 yards and then Koren Robinson for nine more. The drive stalled at the St. Louis 34 and the Rams held on for their fourth division title in five years.

Seattle	2	10	3	7	—	22
St. Louis	14	7	0	6	—	27

						Seattle	St. Louis
SEA	1	11:37	Bulger sacked in end zone by Huff for a safety			2	0
STL	1	3:05	Faulk 5 run (Wilkins kick) (13-87, 6:57)			2	7
STL	1	1:10	Bruce 18 pass from Bulger (J.Wilkins kick) (3-24, 1:37)			2	14
SEA	2	7:53	Jackson 9 pass from Hasselbeck (Brown kick) (7-72, 3:07)			9	14
STL	2	5:06	Holt 40 pass from Bulger (Wilkins kick) (6-60, 2:47)			9	21
SEA	2	0:18	Brown 31 FG (8-23, 1:49)			12	21
SEA	3	5:39	Brown 38 FG (12-60, 6:06)			15	21
STL	4	14:18	Wilkins 33 FG (12-56, 6:21)			15	24
SEA	4	10:18	Alexander 2 run (Brown kick) (7-56, 4:00)			22	24
STL	4	1:37	Wilkins 46 FG (10-57, 4:20)			22	27
Att.	— 66,152						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	St. Louis	Att	Yds	LG	TD
Alexander	25	126	35	1	Faulk	28	85	28	1
Morris	2	9	5	0	Gordon	1	2	2	0
					Bulger	1	-1	-1	0
TOTAL	27	135	35	1	TOTAL	30	86	28	1

PASSING

Seattle	A	C	Yds	TD	INT	RT	St. Louis	A	C	Yds	TD	INT	RT
Hasselbeck	37	21	246	1	1	74.8	Bulger	32	20	236	2	1	92.7
TOTAL	37	21	246	1	1	74.8	TOTAL	32	20	236	2	1	92.7

RECEIVING

Seattle	No	Yds	LG	TD	St. Louis	No	Yds	LG	TD
Jackson	6	99	27	1	Holt	6	100	40	1
Mili	5	69	22	0	Furrey	4	45	17	0
K.Robinson	5	47	17	0	Looker	3	30	12	0
Strong	2	16	10	0	Faulk	3	13	6	0
Alexander	2	8	5	0	Bruce	2	43	25	1
Stevens	1	7	7	0	Cleeland	1	10	10	0
					Manumaleuna	1	-5	-5	0
TOTAL	21	246	27	1	TOTAL	20	236	40	2

TEAM STATISTICS

	Seattle	St. Louis
Total First Downs	22	21
Third Down Eff.	6-14-43%	8-13-62%
Total Net Yards	366	316
Total Off. Plays	66	63
Avg. per Play	5.5	5.0
Net Yards Rushing	135	86
Total Rushing Plays	27	30
Net Yards Passing	231	230
Times Sacked/Yards Lost	2-15	1-6
Pass Att.-Comp.-Int.	37-21-1	32-20-1
Punts-No. and Avg.	5-40.0	3-45.7
Penalties-No. and Yards	9-64	7-50
Fumbles-No. and Lost	0-0	0-0
Touchdowns	2	3
Field Goals Made-Att.	2-2	2-2
Time of Possession	27:39	32:21

DEFENSE

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Lewis	10	7	3	0.0	0.0	0	0	0	0	0
Brown	7	7	0	0.0	0.0	0	0	0	0	0
Woodard	7	4	3	0.0	0.0	0	0	0	0	0
D. Robinson	6	6	0	0.0	0.0	0	0	1	0	0
Hamlin	5	5	0	0.0	0.0	0	0	0	0	0
Huff	5	4	1	1.0	6.0	0	0	0	0	0

Additional Stats: Interceptions: Godfrey 1; Passes Defensed: Springs 1; Godfrey 1.

St. Louis	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Archuleta	9	8	1	1.0	7.0	0	0	2	0	0
Fisher	6	6	0	0.0	0.0	1	9	1	0	0
Williams	6	4	2	0.0	0.0	0	0	0	0	0
Polley	5	5	0	0.0	0.0	0	0	1	0	0
Butler	5	4	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: G.Wistrom 1.0; Passes Defensed: D.Groce 1; J.Duncan 1; D.Lewis 1.

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Seattle Seahawks 28, Arizona Cardinals 10
Sunday, December 21, 2003 — Seahawks Stadium

The Seahawks kept their playoffs hopes alive and for the first time in club history finished their home schedule with a perfect 8-0 record by defeating the Cardinals 28-10. Matt Hasselbeck and the Seahawks offense got things going quickly as they marched down the field on the first drive of the game in 12 plays, capping it off with a 9-yard touchdown run by Shaun Alexander.

Hasselbeck was almost perfect on the drive, completing five passes in seven attempts. The Seahawks defense then forced Arizona to a three and out. Hasselbeck then hit Darrell Jackson for 26 yards and Itula Mili for 28 and the Seahawks were back in the red zone. On first-and-goal from the 1-yard line, Alexander fumbled and Arizona recovered. But Arizona went three and out again and Alexander and Maurice Morris led the Seahawks back down to the Arizona 4-yard line which set up Hasselbeck's 4-yard touchdown pass to Morris. The TD was Morris' first career offensive touchdown. Arizona responded in the second quarter by driving 54 yards in eight plays for a Neil Rackers field goal from 49 yards out. Hasselbeck then found Bobby Engram for 25 yards and Alexander burst through the line for 44 yards and his second rushing touchdown of the day. In the fourth quarter, Cardinals' quarterback Josh McCown found rookie Pro Bowler Anquan Boldin for 60 yards and the Cardinals only touchdown on the day. The Seahawks then went three and out and the Cardinals next drive stalled at their own 41-yard line when the Seahawks defense forced them to turn it over on downs. Backup quarterback Trent Dilfer, subbing for an injured Hasselbeck, then directed the Seahawks offense 41 yards in 10 plays and tossed a touchdown pass to Bobby Engram from three yards out to end any potential threats from the Cardinals. The scoring pass was the first of the season for Dilfer.

Arizona	0	3	0	7	—	10
Seattle	14	7	0	7	—	28

				Arizona	Seattle
SEA 1	9:58	Alexander 9 run (Brown kick) (12-72, 5:02)		0	7
SEA 1	0:59	Morris 4 pass from Hasselbeck (Brown kick) (5-45, 2:20)		0	14
AZ 2	12:42	Rackers 49 FG (8-54, 3:17)		3	14
SEA 2	11:06	Alexander 44 run (Brown kick) (4-80, 1:36)		3	21
AZ 4	12:49	Boldin 60 pass from McCown (Rackers kick) (2-70, 0:48)		10	21
SEA 4	3:12	Engram 3 pass from Dilfer (Brown kick) (10-41, 4:55)		10	28
Att. —	64,899				

INDIVIDUAL STATISTICS

RUSHING

Arizona	Att	Yds	LG	TD	Seattle	Att	Yds	LG	TD
McCown	8	38	13	0	Alexander	21	135	44t	2
Shipp	12	32	6	0	Strong	4	17	10	0
Smith	4	9	4	0	Morris	1	13	13	0
Anderson	1	5	5	0	Dilfer	1	0	0	0
Boldin	1	-5	-5	0	Hasselbeck	3	-5	1	0
TOTAL	26	79	13	0	TOTAL	30	160	44t	2

PASSING

Arizona	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
McCown	40	25	274	1	0	91.0	Hasselbeck	24	17	179	1	1	88.7
TOTAL	40	25	274	1	0	91.0	Dilfer	3	2	11	1	1	72.9
							TOTAL	27	19	190	2	2	83.9

RECEIVING

Arizona	No	Yds	LG	TD	Seattle	No	Yds	LG	TD
Boldin	10	122	60	1	Mili	6	70	28	0
Johnson	4	70	41	0	Engram	5	55	25	1
Smith	4	27	12	0	K.Robinson	3	16	7	0
Poole	2	21	11	0	Strong	2	12	6	0
Jones	2	11	9	0	Stevens	1	26	26	0
Anderson	1	11	11	0	Alexander	1	7	7	0
Gilmore	1	8	8	0	Morris	1	4	4	1
Shipp	1	4	4	0					
TOTAL	25	274	60	1	TOTAL	19	190	28	2

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	17	23
Third Down Eff.	6-18-33%	4-8-50%
Total Net Yards	299	340
Total Off. Plays	74	59
Avg. per Play	4.0	5.8
Net Yards Rushing	79	160
Total Rushing Plays	26	30
Net Yards Passing	220	180
Times Sacked/Yards Lost	8-54	2-10
Pass Att.-Comp.-Int.	40-25-0	27-19-2
Punts-No. and Avg.	6-43.8	4-42.0
Penalties-No. and Yards	6-30	3-30
Fumbles-No. and Lost	1-1	2-2
Touchdowns	1	4
Field Goals Made-Att.	1-3	0-0
Time of Possession	33:14	26:46

DEFENSE

Arizona	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Jackson	7	4	3	0.0	0.0	1	7	2	0	0
Hayes	6	5	1	0.0	0.0	0	0	0	0	0
Wilson	6	5	1	0.0	0.0	0	0	0	0	0
Barrett	5	5	0	0.0	0.0	0	0	1	1	0
McKinnon	5	4	1	0.0	0.0	0	0	0	0	0
Hill	5	3	2	0.0	0.0	1	18	1	0	0

Additional Stats: Sacks: Woods, King 1.0; Fumble Recovery: Wakefield 1; Woods 1.

Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
A.Simmons	8	8	0	1.0	7.0	0	0	1	0	0
M.Trufant	7	6	1	0.0	0.0	0	0	0	0	0
R.Godfrey	6	5	1	0.0	0.0	0	0	2	0	0
D.Robinson	6	5	1	0.0	0.0	0	0	0	0	0
C.Woodard	6	4	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Okefor, King 2.0; Mitchell, Randle, Bernard 1.0; Passes Defensed: Springs 2; Lucas 1; Forced Fumble: Mitchell 1; Fumble Recovery: Randle 1.

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Seattle Seahawks 24, San Francisco 17 Saturday, December 27, 2003 — 3Com Park

Needing a win to keep their playoffs hopes alive the Seahawks traveled to San Francisco and clinched a playoff berth with a critical win against their division rivals. The first quarter proved to be a slugfest as both defenses held strong and shut the offenses down. San Francisco started the second by driving 60 yards in seven plays for an 18-yard touchdown pass from Jeff Garcia to tight end Jed Weaver. After intercepting a Matt Hasselbeck pass, the Niners drove back down the field and Garcia found wide receiver Cedrick Wilson for a 14-yard touchdown pass and a 14-0 lead. But the Seahawks hit right back on their next drive. Shaun Alexander set the tone when he broke free for 10 yards and Hasselbeck kept it going by hitting Bobby Engram for 10 more, Darrell Jackson for 19 and then Pro Bowler Alex Bannister for 31 yards and a score. The Seahawks defense then stuffed the Niners in three plays but Engram muffed the punt and San Francisco recovered. Their drive was short lived though as rookie Marcus Trufant intercepted Garcia and got the offense back onto the field. Hasselbeck didn't let the opportunity go to waste, driving the team 68 yards in seven plays and Alexander punched it in from 3 yards out to tie the game. The 49ers began the second half with their longest drive of the day which they capped off with a 38-yard field goal from former Seahawk Todd Peterson. After punts from both teams, the Seahawks offense drove 57-yards in only five plays and Hasselbeck hooked up with Koren Robinson for a magnificent 30-yard pass and catch that put the Hawks up for good. In the fourth the Seahawks defense showed playoff toughness and allowed the offense time to put together their best drive of the day, 70 yards in 13 plays, and a 33-yard Josh Brown field goal to put the nail in the coffin and send Seattle to the playoffs for the second time in the last five seasons. The Seahawks finished the season with 10 victories for the third time in franchise history and the first time since 1986.

Seattle	0	14	7	3	—	24
San Francisco	0	14	3	0	—	17

					Seattle	San Francisco	
SF	2	10:59	Weaver	18	pass from Garcia (Peterson kick) (7-60, 3:07)	0 7	
SF	2	8:47	Wilson	14	pass from Garcia (Peterson kick) (3-19, 1:20)	0 14	
SEA	2	5:51	Bannister	31	pass from Hasselbeck (Brown kick) (6-73, 2:56)	7 14	
SEA	2	0:54	Alexander	3	run (Brown kick) (7-68, 3:01)	14 14	
SF	3	9:36	Peterson	38	FG (10-50, 5:24)	14 17	
SEA	3	3:28	K.Robinson	30	pass from Hasselbeck (Brown kick) (5-57, 2:29)	21 17	
SEA	4	1:56	Brown	33	FG (13-70, 5:52)	24 17	
Att.	—67,840						

INDIVIDUAL STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	San Francisco	Att	Yds	LG	TD
Alexander	21	84	23	1	Barlow	14	40	8	0
Morris	5	11	9	0	Garcia	2	15	9	0
Strong	2	1	1	0	Beasley	1	4	4	0
Hasselbeck	3	-3	-1	0	Robertson	5	0	4	0
K. Robinson	1	-4	-4	0					
TOTAL	32	89	23	1	TOTAL	22	59	9	0

PASSING

Seattle	A	C	Yds	TD	INT	RT	San Francisco	A	C	Yds	TD	INT	RT
Hasselbeck	37	24	315	2	2	87.1	Garcia	38	22	248	2	1	84.1
TOTAL	37	24	315	2	2	87.1	TOTAL	38	22	248	2	1	84.1

RECEIVING

Seattle	No	Yds	LG	TD	San Francisco	No	Yds	LG	TD
K.Robinson	6	85	30t	1	Barlow	6	38	16	0
Mili	5	47	14	0	Wilson	5	50	14t	1
Jackson	4	54	19	0	Weaver	4	58	22	1
Engram	4	27	10	0	Lloyd	3	63	44	0
Alexander	3	49	20	0	Streets	2	11	6	0
Bannister	2	53	31t	1	Walker	1	26	26	0
TOTAL	24	315	31t	2	TOTAL	22	248	44	2

TEAM STATISTICS

	Seattle	San Francisco	Seattle	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Total First Downs	25	14	Simmons	10	7	3	0.0	0.0	0	0	0	0	0
Third Down Eff.	6-13-46%	4-14-29%	Brown	10	7	3	2.0	12.0	0	0	0	0	0
Total Net Yards	394	290	Tongue	6	6	0	0.0	0.0	0	0	0	0	0
Total Off. Plays	70	63	Godfrey	4	3	1	0.0	0.0	0	0	1	0	0
Avg. per Play	5.6	4.6	Five with 3 tackles										
Net Yards Rushing	89	59	Additional Stats: Sacks: Springs, J.Randle 0.5;										
Total Rushing Plays	32	22	Interceptions: Trufant 1; Passes Defensed: Trufant 2;										
Net Yards Passing	305	231	Hamlin 1.										
Times Sacked/Yards Lost	1-10	3-17	San Francisco	T	S	A	QB	Yds	Int	Yds	PD	FF	FR
Pass Att.-Comp.-Int.	37-24-2	38-22-1	Parrish	11	10	1	0.0	0.0	0	0	2	0	0
Punts-No. and Avg.	5-35.6	8-37.4	Smith	10	9	1	0.0	0.0	0	0	0	0	0
Penalties-No. and Yards	6-43	6-45	Carpenter	9	9	0	0.0	0.0	0	0	0	0	0
Fumbles-No. and Lost	1-1	1-0	Rumph	7	7	0	0.0	0.0	0	0	0	0	0
Touchdowns	3	2	Ulbrich	4	3	1	1.0	10.0	1	7	1	0	0
Field Goals Made-Att.	1-2	1-2	Additional Stats: Interceptions: Webster 1; Passes Defensed: Webster 3; Peterson 1; Rasheed 1.										
Time of Possession	31:51	28:09											

2003 STATISTICS

DAY	DATE	W/L	SCORE	OPPONENT	ATTENDANCE	
Sun.	Sept. 7	W	27-10	New Orleans	52,250	
Sun.	Sept. 14	W	38-0	at Arizona	23,127	
Sun.	Sept. 21	W	24-23	St. Louis	65,841	
Sun.	Oct. 5	L	35-13	at Green Bay	70,365	
Sun.	Oct. 12	W	20-19	San Francisco	66,437	
Sun.	Oct. 19	W	24-17	Chicago	65,671	
Sun.	Oct. 26	L	27-24	at Cincinnati	52,131	
Sun.	Nov. 2	W	23-16	Pittsburgh	66,507	
Sun.	Nov. 9	L	27-20	at Washington	80,728	
Sun.	Nov. 16	W	35-14	Detroit	65,865	
Sun.	Nov. 23	L	44-41	at Baltimore	69,477	
Sun.	Nov. 30	W	34-7	Cleveland	64,680	
Sun.	Dec. 7	L	34-7	at Minnesota	63,968	
Sun.	Dec. 14	L	27-22	at St. Louis	66,152	
Sun.	Dec. 21	W	28-10	Arizona	64,899	
Sat.	Dec. 27	W	24-17	at San Francisco	67,840	
POSTSEASON						
Sun.	Jan. 4	OT	L	33-27	at Green Bay	71,457

TEAM STATS

SEAHAWKS

OPPONENTS

Total First Downs	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
Possession Avg.	28:33	31:27
Total Net Yards	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
Net Yards Rushing	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
Net Yards Passing	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
Punts/Average	69/40.0	76/39.8
Net Punting Avg.	69/37.1	76/34.1
Penalties/Yards	91/777	105/825
Fumbles/Ball Lost	23/13	25/12
Touchdowns	48	36
Rushing	17	9
Passing	27	24
Returns	4	3

SCORE BY PERIODS

Q1

Q2

Q3

Q4

OT

PTS

Seahawks	89	166	67	82	0	404
Opponents	51	104	73	96	3	327

SCORING	TD	RUSH	PASS	RETURN	K-PAT	FG	S	PTS.
J. Brown	0	0	0	0	48/48	22/30	0	114
Alexander	16	14	2	0			0	96
Jackson	9	0	9	0			0	54
Engram	7	0	6	1			0	42
K. Robinson	5	0	4	1			0	30
Mili	4	0	4	0			0	24
Hasselbeck	2	2	0	0			0	12
Huff	1	0	0	1			1	8
Bannister	1	0	1	0			0	6
Godfrey	1	0	0	1			0	6
Morris	1	0	1	0			0	6
Strong	1	1	0	0			0	6
TEAM	48	17	27	4	48/48	22/30	1	404
OPPONENTS	36	9	24	3	34/35	25/31	0	327

2-Pt. Conversions: TEAM 0-0; OPPONENTS 1-1.

PASSING	ATT.	COMP.	YDS.	COMP.%	TD	INT.	LG	S/L	RATING
Hasselbeck	513	313	3841	61.0	26	15	80t	42/246	88.8
Dilfer	8	4	31	50.0	1	1	14	1/8	59.9
TEAM	521	317	3872	60.8	27	16	80t	43/254	88.2
OPPONENTS	573	343	3728	59.9	24	16	72t	40/248	81.4

RUSHING	NO.	YDS.	AVG.	LONG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
Dilfer	2	-1	-5	0	0
Carter	3	-2	-7	1	0
TEAM	453	2009	4.4	55	17
OPPONENTS	456	1759	3.9	50	9

RECEIVING	NO.	YDS.	AVG.	LONG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
Morris	4	32	8.0	13	1
Bannister	3	61	20.3	31t	1
H. Evans	2	34	17.0	20	0
TEAM	317	3872	12.2	80t	27
Opponents	343	3728	10.9	72t	24

INTERCEPTIONS	No.	YDS.	AVG.	LONG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
Lucas	1	27	27.0	27	0
D. Robinson	1	26	26.0	26	0
Okeafor	1	18	18.0	18	0
Springs	1	8	8.0	8	0
Godfrey	1	7	7.0	7	0
Hamlin	1	2	2.0	2	0
C. Brown	1	-1	-1.0	-1	0
TEAM	16	157	9.8	33	0
OPPONENTS	16	164	10.3	80t	1

PUNTING	No.	YDS.	AVG.	NET	TB	IN	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
TEAM	69	2762	40.0	37.1	3	29	61	2
OPPONENTS	76	3028	39.8	34.1	6	19	64	1

PUNT RETURNS	RET.	FC	YDS.	AVG.	LONG	TD
Engram	31	22	320	10.3	83t	1
Lucas	1	0	0	0.0	0	0
Richard	1	0	0	0.0	0	0
D. Robinson	1	0	0	0.0	0	0
TEAM	34	22	320	9.4	83t	1
OPPONENTS	29	22	140	4.8	19	0

KICKOFF RETURNS	No.	YDS.	AVG.	LONG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
Engram	1	18	18.0	18	0
H. Evans	1	14	14.0	14	0
Hannam	1	17	17.0	17	0
Palepoi	1	14	14.0	14	0
Womack	1	11	11.0	11	0
Wunsch	1	10	10.0	10	0
Bannister	0	0	---	0	0
TEAM	64	1336	20.9	56	0
OPPONENTS	79	1626	20.6	52	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	10/11	6/11	1/3
TEAM	0/0	5/5	10/11	6/11	1/3
OPPONENTS	0/0	5/6	12/15	7/8	1/2

J. BROWN: (37G, 25G) (37G) (36G, 35N) (27G, 58G) (27G, 37G) (50N, 45G) (27G, 49B) (36G, 46G, 34G) (27G, 49N, 48G) () (45G, 46G) (41N, 36G, 41G) (52N, 49N) (31G, 38G) () (49N, 33G).

OPPONENTS: (33G) (53N) (28G, 33G, 33G) () (38N, 42G, 33G) (50G, 35G, 40G) (30G, 25G) (49G, 33G, 21G) (20G, 34G) () (21G, 40G, 42G) () (40N, 36G, 35G) (33G, 46G) (49G, 38N, 33N) (29N, 38G)

SACKS: Okeafor 8.0, C. Brown 7.0, Randle 5.5, King 3.0, Mitchell 3.0, Simmons 3.0, Bernard 2.0, Tongue 2.0, Springs 1.5, Cochran 1.0, Hand 1.0, Huff 1.0, Moore 1.0, Richard 1.0, TEAM 40.0, OPPONENTS 43.0

DEFENSIVE STATISTICS

NAME	TKL.	SOLO	AST.	QB	YDS.	INT.	TD	PD	FF	FR
Simmons	100	80	20	3.0	21.0	3	0	8	1	1
Hamlin	96	76	20	0	0	1	0	10	2	1
C. Brown	86	74	12	7.0	39.0	1	0	3	1	2
Trufant	78	69	9	0	0	2	0	20	0	1
Tongue	63	50	13	2.0	15.0	4	0	8	2	0
Lucas	62	52	10	0	0	1	0	12	1	1
Godfrey	59	45	14	0	0	1	1	4	1	It
Woodard	57	41	16	0	0	0	0	0	0	0
Lewis	56	38	18	0	0	0	0	2	0	0
Okeafor	47	33	14	8.0	43.0	1	0	2	2	0
Springs	39	34	5	1.5	7.5	1	0	11	0	0
D. Robinson	30	26	4	0	0	1	0	4	0	1
Moore	30	20	10	1.0	3.0	0	0	0	0	1
Cochran	29	23	6	1.0	8.0	0	0	0	0	1
Mitchell	24	20	4	3.0	17.0	0	0	2	1	0
Huff	20	16	4	1.0	6.0	0	0	0	0	0
Randle	17	12	5	5.5	44.5	0	0	0	0	1
King	16	12	4	3.0	21.0	0	0	1	0	0
Bernard	16	11	5	2.0	9.0	0	0	1	0	0
Williams	14	11	3	0	0	0	0	2	0	0
Richard	11	9	2	1.0	8.0	0	0	0	0	0
Hand	10	4	6	1.0	5.0	0	0	1	0	0
Kacyvenski	6	2	4	0	0	0	0	0	0	0
Palepoi	3	1	2	0	0	0	0	0	0	0
D. Evans	1	1	0	0	0	0	0	0	0	0
H. Evans	1	1	0	0	0	0	0	0	0	0
Bannister	1	1	0	0	0	0	0	0	0	0
Team	2	2	0	0	0	0	0	0	0	0

SPECIAL TEAMS STATISTICS

NAME	TKL.	SOLO	AST.	FF	FR	BL
Bannister	18	17	1	0	0	0
Kacyvenski	16	15	1	0	0	0
Lewis	10	9	1	0	0	1
White	9	8	1	0	0	0
Tongue	8	7	1	0	0	0
Carter	6	6	0	0	0	0
Darche	5	5	0	1	0	0
D. Robinson	5	5	0	0	0	0
Richard	5	5	0	0	0	0
Trufant	5	5	0	0	0	0
Williams	4	3	1	0	0	0
Huff	4	4	0	0	It	0
J. Brown	4	3	1	0	0	0
Springs	4	3	1	0	0	0
Morris	3	2	1	0	0	0
Strong	3	3	0	0	0	0
Bates	3	3	0	0	0	0
Hamlin	2	2	0	0	0	0
Palepoi	2	2	0	0	0	0
Darche	1	1	0	0	0	0
Okeafor	1	1	0	0	0	0
H. Evans	1	1	0	0	0	0
Engram	0	0	0	0	1	0

2003 PARTICIPATION

Date	9/7	9/14	9/21	10/5	10/12	10/19	10/26	11/2	11/9
Game	NO	@Arz	StL	@GB	SF	Chi	@Cin	Pitt	@Wash
Alexander, S.	RB	RB	rb	RB	RB	RB	RB	RB	RB
Bannister, A.	wr	WR	wr	wr	wr	wr	wr	wr	wr
Bates, S.	sub	in	in	in	in	sub	sub	sub	in
Bernard, R.	dt	dt	dt	dt	in	in	dt	in	in
Brown, C.	OLB	OLB	OLB	OLB	OLB	OLB	in	OLB	OLB
Brown, J.	k	k	k	k	k	k	k	k	k
Carter, K.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Cochran, A.	LDE	LDE	LDE	LDE	LDE	LDE	LDE	de	de
Darche, J.P.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Davis, C.	sub	ir	ir	ir	ir	ir	ir	ir	ir
Dilfer, T.	dnp	qb	dnp	dnp	dnp	dnp	dnp	dnp	dnp
Engram, B.	wr	wr	wr	WR	wr	WR	WR	wr	WR
Evans, D.		sub	s	in					
Evans, H.	fb	fb	sub	fb	fb	fb	fb	in	dnp
Godfrey, R.	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB
Gray, C.	RG	RG	RG	RG	RG	RG	RG	RG	RG
Hamlin, K.	FS	FS	FS	FS	FS	FS	FS	s	FS
Hand, N.	LDT	LDT	in	dt	LDT	LDT	dnp	LDT	in
Hannam, R.	in	te	sub	sub	sub	te	in	ir	ir
Hasselbeck, M.	QB	QB	QB	QB	QB	QB	QB	QB	QB
Hill, M.	sub	rt	RT	RT	sub	sub	t	sub	sub
Huff, O.	in	lb	sub	in	in	sub	lb	sub	sub
Hunter, W.	in	in	in	in	in	in	in	in	in
Hutchinson, S.	LG	LG	LG	LG	LG	LG	LG	LG	LG
Jackson, D.	WR	WR	WR	WR	WR	WR	WR	WR	WR
Jones, W.	LT	LT	LT	LT	LT	LT	LT	LT	LT
Kacyvenski, I.	in	in	sub	lb	sub	sub	sub	sub	sub
King, L.	pup	pup	pup	pup	pup	pup	res	de	de
Lewis, D.D.	lb	lb	lb	lb	lb	lb	OLB	lb	lb
Lucas, K.	RCB	RCB	RCB	RCB	RCB	in	in	cb	cb
Mili, I.	TE	TE	TE	te	TE	te	te	TE	TE
Mitchell, B.	de	de	de	de	de	de	de	LDE	LDE
Moore, R.	in	in	dt	dt	dt	dt	dt	dt	RDT
Morris, M.	rb	rb	RB	rb	rb	rb	rb	rb	rb
Norman, D.	in	in	in	sub	in	in	in	in	in
Okeafor, C.	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE
Palepoi, A.	sub	de	in	in	in	in	dt	in	in
Randle, J.	RDT	RDT	RDT	RDT	RDT	RDT	RDT	dt	dt
Richard, K.	cb	in	sub	cb	cb	cb	RCB	cb	cb
Robinson, D.	s	s	sub	s	s	s	s	FS	s
Robinson, K.	WR	dnp	WR	WR	WR	WR	WR	WR	WR
Rouen, T.	p	p	p	p	p	p	p	p	p
Simmons, A.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB
Springs, S.	in	in	in	in	cb	LCB	cb	LCB	LCB
Stevens, J.	te	TE	TE	te	te	te	te	te	te
Strong, M.	FB	fb	fb	FB	FB	FB	FB	FB	fb
Terry, C.	nfi	nfi	nfi	nfi	RT	RT	RT	RT	RT
Tobeck, R.	C	C	C	C	C	C	C	C	C
Tongue, R.	SS	SS	SS	SS	SS	SS	SS	SS	SS
Trufant, M.	LCB	LCB	LCB	LCB	LCB	RCB	LCB	RCB	RCB
Urban, J.									
Wallace, S.	in*	in*	in*	in*	in*	in*	in*	in*	in*
Wallace, T.									
Williams, W.	cb	cb	cb	cb	cb	cb	cb	cb	cb
White, T.	sub	sub	in	sub	sub	in	in	in	in
Womack, F.	RT	RT	dnp	in	in	in	in	in	sub
Woodard, C.	dt	dt	LDT	LDT	dt	dt	LDT	LDT	LDT
Wunsch, J.	sub	g	sub	sub	sub	sub	sub	sub	sub

CAPS - starter; lower case - substitute at that position; sub - special teams only; dnp - did not play; in - inactive; ps - practice squad; ir - injured reserve; nfi - non-football injury; in* - third quarterback, res - reserve, pup - physically unable to perform

2003 PARTICIPATION

11/16	11/23	11/30	12/7	12/14	12/21	12/27	G	S	IN	DNP
Det	@Balt	Clev	@Minn	@StL	Arz	@SF	G	S	IN	DNP
RB	RB	RB	RB	RB	RB	RB	16	15	0	0
wr	wr	WR	wr	wr	wr	wr	16	2	0	0
sub	in	in	in	sub	sub	in	7	0	9	0
dt	dt	dt	dt	dt	dt	dt	12	0	4	0
OLB	OLB	OLB	OLB	OLB	in	OLB	14	14	2	0
k	k	k	k	k	k	k	16	0	0	0
rb	sub	sub	sub	sub	rb	sub	16	0	0	0
de	de	de	de	de	de	sub	15	7	1	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
ir	ir	ir	ir	ir	ir	ir	1	0	0	0
qb	qb	qb	dnp	dnp	qb	dnp	5	0	0	11
WR	wr	WR	wr	wr	wr	WR	16	7	0	0
							2	0	1	0
fb	fb	fb	fb	sub	fb	fb	14	0	1	1
MLB	MLB	in	MLB	lb	MLB	MLB	15	14	1	0
RG	RG	RG	RG	RG	RG	RG	16	16	0	0
FS	s	FS	FS	FS	FS	FS	16	14	0	0
ir	ir	ir	ir	ir	ir	ir	6	5	2	1
ir	ir	ir	ir	ir	ir	ir	5	0	2	0
QB	QB	QB	QB	QB	QB	QB	16	16	0	0
in	in	in	sub	sub	t	t	13	2	3	0
lb	sub	MLB	lb	MLB	in	in	11	2	5	0
in	in	in	in	in	in	in	0	0	16	0
LG	LG	LG	LG	LG	LG	LG	16	16	0	0
WR	WR	WR	WR	WR	WR	WR	16	16	0	0
LT	LT	LT	LT	LT	LT	LT	16	16	0	0
lb	lb	sub	lb	lb	lb	sub	14	0	2	0
de	de	LDE	LDE	de	de	LDE	9	3	0	0
OLB	in	lb	OLB	OLB	OLB	lb	15	5	1	0
cb	cb	LCB	LCB	cb	cb	cb	14	7	2	0
TE	TE	te	TE	TE	TE	TE	16	12	0	0
LDE	LDE	in	in	LDE	LDE	de	14	6	2	0
RDT	RDT	RDT	dt	dt	RDT	RDT	14	6	2	0
rb	rb	rb	rb	rb	rb	rb	16	1	0	0
in	in	in	in	in	in	in	1	0	15	0
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	16	0	0
in	in	de	de	in	de	de	7	0	9	0
dt	dt	dt	RDT	RDT	dt	dt	16	9	0	0
cb	cb	cb	cb	cb	cb	cb	15	1	1	0
in	FS	sub	s	SS	SS	s	15	4	1	0
WR	WR	WR	WR	WR	WR	WR	15	15	0	1
p	p	p	p	p	p	p	16	0	0	0
in	OLB	OLB	in	in	OLB	OLB	13	13	3	0
LCB	LCB	cb	cb	LCB	LCB	LCB	12	8	4	0
te	te	te	te	TE	te	te	16	3	0	0
fb	FB	fb	FB	fb	FB	fb	16	9	0	0
RT	RT	RT	RT	t	sub	RT	12	10	0	1
C	C	C	C	C	C	C	16	16	0	0
SS	SS	SS	SS	in	in	SS	14	14	2	0
RCB	RCB	RCB	RCB	RCB	RCB	RCB	16	16	0	0
						in	0	0	1	0
in*	in*	in*	in*	in*	in*	in*	0	0	16	0
						sub	1	0	3	0
cb	cb	sub	sub	sub	sub	in	15	0	1	0
sub	sub	sub	sub	sub	sub	sub	10	0	5	1
t	t	t	t	RT	RT	rg	10	4	5	1
LDT	LDT	LDT	LDT	LDT	LDT	LDT	16	12	0	0
g	sub	g	in	in	in	ir	12	0	3	0

2003 STARTERS

OFFENSE

DATE	GAME	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
Sept. 7	New Orleans	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Womack	Mili	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Sept. 14	at Arizona	Bannister	Jones	Hutchinson	Tobeck	Gray	Womack	Mili	Jackson	Hasselbeck	Alexander	Stevens(te)	J. Brown
Sept. 21	St. Louis	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Hill	Mili	Jackson	Hasselbeck	Morris	Stevens(te)	J. Brown
Oct. 5	at Green Bay	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Hill	Engram (wr)	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Oct. 12	San Francisco	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Oct. 19	Chicago	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Engram (wr)	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Oct. 26	at Cincinnati	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Engram (wr)	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Nov. 2	Pittsburgh	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Nov. 9	at Washington	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Nov. 16	Detroit	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Engram (wr)	J. Brown
Nov. 23	at Baltimore	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Engram (wr)	J. Brown
Nov. 30	Cleveland	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Dec. 7	at Minnesota	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Bannister (wr)	Jackson	Hasselbeck	Alexander	Engram (wr)	J. Brown
Dec. 14	at St. Louis	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Strong	J. Brown
Dec. 21	Arizona	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Womack	Mili	Jackson	Hasselbeck	Alexander	Stevens(te)	J. Brown
Dec. 27	at San Fran.	K. Robinson	Jones	Hutchinson	Tobeck	Gray	Terry	Mili	Jackson	Hasselbeck	Alexander	Engram (wr)	J. Brown

DEFENSE

DATE	GAME	LDE	LDT	RDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
Sept. 7	New Orleans	Cochran	Hand	Randle	Okeafor	Simmons	Godfrey	C. Brown	Trufant	Lucas	Tongue	Hamlin	Rouen
Sept. 14	at Arizona	Cochran	Hand	Randle	Okeafor	Simmons	Godfrey	C. Brown	Trufant	Lucas	Tongue	Hamlin	Rouen
Sept. 21	St. Louis	Cochran	Woodard	Randle	Okeafor	Simmons	Godfrey	C. Brown	Trufant	Lucas	Tongue	Hamlin	Rouen
Oct. 5	at Green Bay	Cochran	Woodard	Randle	Okeafor	Simmons	Godfrey	C. Brown	Trufant	Lucas	Tongue	Hamlin	Rouen
Oct. 12	San Francisco	Cochran	Woodard	Randle	Okeafor	Simmons	Godfrey	C. Brown	Trufant	Lucas	Tongue	Hamlin	Rouen
Oct. 19	Chicago	Cochran	Hand	Randle	Okeafor	Simmons	Godfrey	C. Brown	Springs	Trufant	Tongue	Hamlin	Rouen
Oct. 26	at Cincinnati	Cochran	Woodard	Randle	Okeafor	Simmons	Godfrey	Lewis	Richard	Trufant	Tongue	Hamlin	Rouen
Nov. 2	Pittsburgh	Mitchell	Hand	Woodard	Okeafor	Simmons	Godfrey	C. Brown	Springs	Trufant	Tongue	D. Robinson	Rouen
Nov. 9	at Washington	Mitchell	Woodard	Moore	Okeafor	Simmons	Godfrey	C. Brown	Springs	Trufant	Tongue	Hamlin	Rouen
Nov. 16	Detroit	Mitchell	Woodard	Moore	Okeafor	Simmons	Godfrey	C. Brown	Springs	Trufant	Tongue	Hamlin	Rouen
Nov. 23	at Baltimore	Mitchell	Woodard	Moore	Okeafor	Simmons	Godfrey	C. Brown	Springs	Trufant	Tongue	Hamlin	Rouen
Nov. 30	Cleveland	King	Woodard	Moore	Okeafor	Simmons	Huff	C. Brown	Lucas	Trufant	Tongue	Hamlin	Rouen
Dec. 7	at Minnesota	King	Woodard	Randle	Okeafor	Lewis	Godfrey	C. Brown	Trufant	Trufant	Tongue	Hamlin	Rouen
Dec. 14	at St. Louis	Mitchell	Woodard	Randle	Okeafor	Lewis	Huff	C. Brown	Springs	Trufant	D. Robinson	Hamlin	Rouen
Dec. 21	Arizona	Mitchell	Woodard	Moore	Okeafor	Simmons	Godfrey	Lewis	Springs	Trufant	D. Robinson	Hamlin	Rouen
Dec. 27	at San Fran.	King	Woodard	Moore	Okeafor	Simmons	Godfrey	C. Brown	Springs	Trufant	Tongue	Hamlin	Rouen

2003 GAME-BY-GAME INDIVIDUAL RUSHING

	SHAUN ALEXANDER		MAURICE MORRIS		MACK STRONG		MATT HASSELBECK		HEATH EVANS												
	No. Yds.	Avg. LG TD	No. Yds.	Avg. LG TD	No. Yds.	Avg. LG TD	No. Yds.	Avg. LG TD	No. Yds.	Avg. LG TD											
9/7	New Orleans	24 108	4.5 15 1	0 0 0	0 0 0	5 32	6.4 20 0	4 11	2.8 11 0	0 0 0											
9/14	at Arizona	13 51	3.9 11 1	11 67	6.1 0 0	1 3	3.0 3 0	1 2	2.0 2t 1	3 8											
9/21	St. Louis	14 58	4.1 17 0	0 0 0	0 0 0	2 6	3.0 7 0	5 28	5.6 11 0	0 0 0											
10/5	at Green Bay	20 102	5.1 18 1	1 18	18.0 18 0	1 1	1.0 1 0	1 7	7.0 7 0	0 0 0											
10/12	San Francisco	22 77	3.5 13 0	1 5	5.0 5 0	3 26	8.7 21t 1	5 17	3.4 17 0	2 6											
10/19	Chicago	21 101	4.8 25t 2	0 0 0	0 0 0	3 11	3.7 5 0	4 12	3.0 7 0	0 0 0											
10/26	at Cincinnati	20 86	4.3 23 0	3 24	8.0 12 0	0 0	0.0 0 0	1 11	11.0 11 0	0 0 0											
11/2	Pittsburgh	20 48	2.4 14 1	3 47	15.7 43 0	0 0	0.0 0 0	2 3	1.5 4 0	0 0 0											
11/9	at Washington	22 94	4.3 17 1	3 26	8.7 18 0	2 4	2.0 3 0	1 1	1.0 1 0	0 0 0											
11/16	Detroit	20 110	5.5 55 1	3 17	5.7 11 0	3 17	5.7 10 0	3 15	5.0 8 1	1 2											
11/23	at Baltimore	22 72	3.3 12 0	1 2	2.0 2 0	6 33	5.5 18 0	3 26	8.7 18 0	0 0 0											
11/30	Cleveland	27 127	4.7 21 1	4 0	0.0 4 0	4 22	5.5 7 0	0 0	0.0 0 0	1 8											
12/7	at Minnesota	14 56	4.0 15 1	0 0 0	0 0 0	1 1	1.0 1 0	0 0	0.0 0 0	0 0 0											
12/14	at St. Louis	25 126	5.0 35 1	2 9	4.5 5 0	0 0	0.0 0 0	0 0	0.0 0 0	0 0 0											
12/21	Arizona	21 135	6.4 44t 2	1 13	13.0 13 0	4 17	4.3 10 0	3 -5	-1.7 1 0	0 0 0											
12/27	at San Francisco	21 84	4.0 23 1	5 11	2.2 9 0	2 1	0.5 1 0	3 -3	-1.0 -1 0	0 0 0											
Totals		326	1435	4.4	55	14	37	174	4.7	21t	1	36	125	3.5	18	2	7	24	3.4	8	0
	KOREN ROBINSON		TRENT DILFER		KERRY CARTER																
	No. Yds.	Avg. LG TD	No. Yds.	Avg. LG TD	No. Yds.	Avg. LG TD															
9/7	New Orleans	0 0	0.0 0 0	DNP	1 -1	-1.0 0 0	0 0	0.0 0 0													
9/14	at Arizona	DNP		DNP			0 0	0.0 0 0													
9/21	St. Louis	1 4	4.0 4 0	DNP			0 0	0.0 0 0													
10/5	at Green Bay	0 0	0.0 0 0	DNP			0 0	0.0 0 0													
10/12	San Francisco	1 16	16.0 16 0	DNP			0 0	0.0 0 0													
10/19	Chicago	0 0	0.0 0 0	DNP			0 0	0.0 0 0													
10/26	at Cincinnati	0 0	0.0 0 0	DNP			0 0	0.0 0 0													
11/2	Pittsburgh	0 0	0.0 0 0	DNP			0 0	0.0 0 0													
11/9	at Washington	0 0	0.0 0 0	DNP			0 0	0.0 0 0													
11/16	Detroit	0 0	0.0 0 0	0 0	0.0 0 0	3 -2	-0.7 0 0														
11/23	at Baltimore	0 0	0.0 0 0	0 0	0.0 0 0	0 0	0.0 0 0														
11/30	Cleveland	0 0	0.0 0 0	0 0	0.0 0 0	0 0	0.0 0 0														
12/7	at Minnesota	1 -1	-1.0 -1 0	DNP			0 0	0.0 0 0													
12/14	at St. Louis	0 0	0.0 0 0	DNP			0 0	0.0 0 0													
12/21	Arizona	0 0	0.0 0 0	1 0	0.0 0 0	0 0	0.0 0 0														
12/27	at San Francisco	1 -4	-4.0 -4 0	DNP			0 0	0.0 0 0													
Totals		4	15	3.8	16	0	3	-2	-0.7	0	0	3	-2	-0.7	0	0	0	0	0	0	0

2003 GAME-BY-GAME INDIVIDUAL RECEIVING

		DARRELL JACKSON		KOREN ROBINSON		BOBBY ENGRAM		ITULA MILI		SHAUN ALEXANDER	
		No. Yds.	Avg. LG	No. Yds.	Avg. LG	No. Yds.	Avg. LG	No. Yds.	Avg. LG	No. Yds.	Avg. LG
		TD	TD	TD	TD	TD	TD	TD	TD	TD	TD
9/7	New Orleans	3	53	17.7	29	0	1	1	1.0	1	0
9/17	at Arizona	3	133	44.3	66t	2	DNP	2	9	4.5	9
9/21	St. Louis	2	50	25.0	35	1	7	3	35	11.7	13
10/5	at Green Bay	4	58	14.5	20	0	8	3	45	15.0	24
10/12	San Francisco	5	55	11.0	23	0	3	3	23	7.7	9
10/19	Chicago	2	31	15.5	21	0	3	6	73	12.2	25t
10/26	at Cincinnati	6	98	16.3	29	0	2	4	69	17.3	19
11/2	Pittsburgh	5	85	17.0	43	1	3	2	21	10.5	14
11/9	at Washington	4	41	10.3	14	0	5	2	19	9.5	16
11/16	Detroit	4	56	14.0	26	0	6	4	29	7.3	11
11/23	at Baltimore	7	146	20.9	80t	2	3	4	54	13.5	20
11/30	Cleveland	8	102	12.8	26t	2	6	1	2	2.0	2t
12/7	at Minnesota	5	76	15.2	22	0	4	4	93	23.3	29
12/14	at St. Louis	6	99	16.5	27	1	5	0	1	3	3.0
12/21	Arizona	0	0	0.0	0	0	3	5	69	13.8	22
12/27	at San Francisco	4	54	13.5	19	0	6	7	67	11.7	28
Totals		68	1,137	16.7	80t	9	65	46	492	10.7	46t
		MACK STRONG		JERRAMY STEVENS		MAURICE MORRIS		ALEX BANNISTER		HEATH EVANS	
		No. Yds.	Avg. LG	No. Yds.	Avg. LG	No. Yds.	Avg. LG	No. Yds.	Avg. LG	No. Yds.	Avg. LG
		TD	TD	TD	TD	TD	TD	TD	TD	TD	TD
9/7	New Orleans	2	9	4.5	6	0	0	0	0	0	0
9/14	at Arizona	0	0	0.0	0	0	3	28	9.3	13	0
9/21	St. Louis	2	6	3.0	3	0	0	0	0	0	0
10/5	at Green Bay	0	0	0.0	0	0	1	2	2.0	2	0
10/12	San Francisco	2	36	18.0	27	0	0	0	0	0	0
10/19	Chicago	3	18	6.0	9	0	0	0	0	0	0
10/26	at Cincinnati	2	9	4.5	10	0	0	0	0	0	0
11/2	Pittsburgh	2	13	6.5	9	0	0	0	0	0	0
11/9	at Washington	2	28	14.0	15	0	1	17	17.0	17	0
11/16	Detroit	2	4	2.0	2	0	0	0	0	0	0
11/23	at Baltimore	2	3	1.5	4	0	0	0	0	0	0
11/30	Cleveland	4	56	14.0	32	0	2	20	10.0	15	0
12/7	at Minnesota	2	6	3.0	7	0	0	0	0	0	0
12/14	at St. Louis	2	16	8.0	10	0	1	7	7.0	7	0
12/21	Arizona	2	12	6.0	6	0	1	4	4.0	4t	1
12/27	at San Francisco	0	0	0.0	0	0	0	0	0	0	0
Totals		29	216	7.4	32	0	6	72	12.0	26	0

2003 GAME-BY-GAME INDIVIDUAL PASSING

	MATT HASSELBECK					TRENT DILFER					SENECA WALLACE							
	Att.	Cmp.	Yds.	Pct.	TD	INT	Skd.	Yds.	Rat.	Att.	Cmp.	Yds.	Pct.	TD	INT	Skd.	Yds.	Rat.
9/7 New Orleans	23	12	137	52.2	2	0	3	18	99.4	DNP								
9/14 at Arizona	19	8	175	42.1	2	0	1	2	110.6	2	2	201	100.0	0	0	0	0	108.3
9/21 St. Louis	39	22	256	56.4	2	1	4	36	82.9	DNP								
10/5 at Green Bay	39	23	225	58.9	0	1	2	10	64.6	DNP								
10/12 San Francisco	27	17	207	63.0	1	1	4	21	83.4	DNP								
10/19 Chicago	27	19	215	70.1	1	1	2	4	90.8	DNP								
10/26 at Cincinnati	43	26	344	60.5	3	3	2	6	80.3	DNP								
11/2 Pittsburgh	31	18	215	58.1	1	0	5	24	90.1	DNP								
11/9 at Washington	29	19	241	65.5	1	1	3	20	88.4	DNP								
11/16 Detroit	28	21	207	75.0	1	0	0	0	107.3	1	0	0	0.0	0	0	0	0	39.6
11/23 at Baltimore	41	23	333	56.1	5	0	6	40	122.3	1	0	0	0.0	0	0	0	0	39.6
11/30 Cleveland	35	26	328	74.3	3	1	2	14	119.7	1	0	0	0.0	0	0	1	8	39.6
12/7 at Minnesota	34	17	218	50.0	0	2	3	16	46.0	DNP								
12/14 at St. Louis	37	21	246	56.8	1	1	2	15	74.8	DNP								
12/21 Arizona	24	17	179	70.8	1	1	2	10	88.7	3	2	11	66.7	1	1	0	0	72.9
12/27 at San Francisco	37	24	315	64.9	2	2	1	10	87.1	DNP								
Totals	513	313	3,841	61.0	26	15	42	246	88.8	8	4	31	50.0	1	1	1	8	59.9

2003 GAME-BY-GAME INDIVIDUAL DEFENSE

	ANTHONY SIMMONS				KEN HAMLIN				CHAD BROWN							
	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans	11	10	1	0.0	0	0	1	0	5	5	0	0.0	0	0	0	2
9/14 at Arizona	6	6	0	0.0	0	0	0	0	8	7	1	0.0	1	1	0	3
9/21 St. Louis	6	4	2	0.0	1	0	0	1	7	5	2	0.0	0	0	0	1
10/5 at Green Bay	7	5	2	0.0	0	0	0	0	11	7	4	0.0	0	0	0	0
10/12 San Francisco	10	9	1	1.0	0	0	0	0	7	5	2	0.0	0	1	0	0
10/19 Chicago	6	3	3	1.0	1	0	0	1	8	7	1	0.0	0	0	0	0
10/26 at Cincinnati	7	4	3	0.0	0	0	0	0	7	6	1	0.0	0	0	0	0
11/2 Pittsburgh	4	2	2	0.0	0	0	0	1	2	1	1	0.0	0	0	0	0
11/9 at Washington	7	5	2	0.0	1	0	0	1	7	7	0	0.0	0	0	0	1
11/16 Detroit	INACTIVE								7	7	0	0.0	0	0	0	0
11/23 at Baltimore	13	13	0	0.0	0	1	0	1	5	4	1	0.0	0	0	0	1
11/30 Cleveland	5	4	1	0.0	0	0	0	2	6	5	1	0.0	0	0	0	0
12/7 at Minnesota	INACTIVE								3	1	2	0.0	0	0	1	4
12/14 at St. Louis	INACTIVE								7	6	1	0.0	0	1	0	0
12/21 Arizona	8	8	0	1.0	0	0	0	1	5	5	0	0.0	0	0	0	0
12/27 at San Francisco	10	7	3	0.0	0	0	0	0	3	2	1	0.0	0	0	0	1
Totals	100	80	20	3.0	3	1	1	8	96	76	20	0.0	1	2	1	10
	MARCUS TRUFANT				REGGIE TONGUE				KEN LUCAS							
	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans	5	4	1	0.0	0	0	0	2	5	5	0	1.0	0	0	0	1
9/14 at Arizona	3	3	0	0.0	0	0	1	1	0	0	0	0.0	2	0	0	2
9/21 St. Louis	8	8	0	0.0	0	0	0	0	5	5	0	0.0	1	0	0	1
10/5 at Green Bay	7	5	2	0.0	0	0	0	0	8	5	3	0.0	0	0	0	0
10/12 San Francisco	3	2	1	0.0	0	0	0	0	5	4	1	0.0	0	0	0	0
10/19 Chicago	8	6	2	0.0	1	0	0	3	8	4	4	0.0	0	0	0	1
10/26 at Cincinnati	5	3	2	0.0	0	0	0	2	3	3	0	0.0	0	0	0	0
11/2 Pittsburgh	8	8	0	0.0	0	0	0	2	5	4	1	0.0	0	0	0	0
11/9 at Washington	6	6	0	0.0	0	0	0	0	3	3	0	0.0	0	0	0	0
11/16 Detroit	4	4	0	0.0	0	0	0	1	5	4	1	0.0	1	0	0	2
11/23 at Baltimore	4	4	0	0.0	0	0	0	5	2	0	2	0.0	0	0	0	0
11/30 Cleveland	1	1	0	0.0	0	0	0	0	6	5	1	1.0	0	0	2	1
12/7 at Minnesota	4	4	0	0.0	0	0	0	1	2	2	0	0.0	0	0	0	0
12/14 at St. Louis	2	2	0	0.0	0	0	0	0	INACTIVE							
12/21 Arizona	7	6	1	0.0	0	0	0	0	INACTIVE							
12/27 at San Francisco	3	3	0	0.0	1	0	0	2	6	6	0	0.0	0	0	0	0
Totals	78	69	9	0.0	2	0	1	20	63	50	13	2.0	4	2	0	8

2003 GAME-BY-GAME INDIVIDUAL DEFENSE

	RANDALL GODFREY				CEDRIC WOODARD				D.D. LEWIS							
	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans	6	5	1	0.0	0	0	0	0	0	0	0.0	0	0	0	0	1
9/14 at Arizona	4	3	1	0.0	0	0	1t	0	2	1	0.0	0	0	0	0	0
9/21 St. Louis	5	3	2	0.0	0	0	0	0	4	3	1	0.0	0	0	0	1
10/5 at Green Bay	3	3	0	0.0	0	0	0	0	2	1	1	0.0	0	0	0	0
10/12 San Francisco	6	3	3	0.0	0	0	0	0	1	1	0	0.0	0	0	0	0
10/19 Chicago	9	8	1	0.0	0	0	0	0	3	2	1	0.0	0	0	0	0
10/26 at Cincinnati	1	1	0	0.0	0	0	0	0	6	6	0	0.0	0	0	0	0
11/2 Pittsburgh	2	1	1	0.0	0	0	0	0	4	3	1	0.0	0	0	0	0
11/9 at Washington	1	1	0	0.0	0	0	0	0	3	3	0	0.0	0	0	0	0
11/16 Detroit	2	2	0	0.0	0	0	0	0	4	2	2	0.0	0	0	0	0
11/23 at Baltimore	7	6	1	0.0	0	1	0	0	5	4	1	0.0	0	0	0	0
11/30 Cleveland	INACTIVE								2	0	2	0.0	0	0	0	0
12/7 at Minnesota	2	0	2	0.0	0	0	0	0	8	7	1	0.0	0	0	0	0
12/14 at St. Louis	1	1	0	0.0	1	0	0	1	7	4	3	0.0	0	0	0	0
12/21 Arizona	6	5	1	0.0	0	0	2	2	6	4	2	0.0	0	0	0	0
12/27 at San Francisco	4	3	1	0.0	0	0	1	0	0	0	0	0.0	0	0	0	0
Totals	59	45	14	0.0	1	1	1t	4	57	41	16	0.0	0	0	0	0

	SHAWN SPRINGS				DAMIEN ROBINSON											
	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans	3	2	1	1.0	1	1	0	2	0	0	0	0.0	0	0	0	0
9/14 at Arizona	2	2	0	1.0	0	1	0	0	2	2	0	0.0	0	0	0	0
9/21 St. Louis	2	1	1	0.0	0	0	0	0	0	0	0	0.0	0	0	0	0
10/5 at Green Bay	3	2	1	0.0	0	0	0	0	0	0	0	0.0	0	0	0	0
10/12 San Francisco	7	3	4	1.0	0	0	0	0	0	0	0	0.0	0	0	0	0
10/19 Chicago	1	1	0	0.0	0	0	0	0	0	0	0	0.0	0	0	0	0
10/26 at Cincinnati	1	1	0	0.0	0	0	0	0	3	2	1	0.0	0	0	0	0
11/2 Pittsburgh	6	2	4	0.0	0	0	0	0	5	5	0	0.0	0	0	0	0
11/9 at Washington	3	3	0	0.0	0	0	0	0	1	1	0	0.0	0	0	0	0
11/16 Detroit	0	0	0	0.0	0	0	0	0	3	3	0	0.0	1	0	2	2
11/23 at Baltimore	5	3	2	1.0	0	0	0	0	3	3	0	0.0	0	0	3	1
11/30 Cleveland	2	2	0	1.0	0	0	0	0	10	9	1	1.0	0	0	0	0
12/7 at Minnesota	4	4	0	1.0	0	0	0	0	2	1	1	0.0	0	0	2	4
12/14 at St. Louis	2	2	0	0.0	0	0	0	0	2	2	0	0.0	0	0	0	1
12/21 Arizona	4	3	1	2.0	0	0	0	0	3	2	1	0.5	0	0	0	0
12/27 at San Francisco	2	2	0	0.0	0	0	0	0	2	2	0	0.0	0	0	0	0
Totals	47	33	14	8.0	1	2	0	2	39	34	5	1.5	1	0	0	11

2003 GAME-BY-GAME INDIVIDUAL DEFENSE

RASHAD MOORE

	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans								
9/14 at Arizona								
9/21 St. Louis								
10/5 at Green Bay								
10/12 San Francisco								
10/19 Chicago								
10/26 at Cincinnati								
11/2 Pittsburgh								
11/9 at Washington								
11/16 Detroit								
11/23 at Baltimore								
11/30 Cleveland								
12/7 at Minnesota								
12/14 at St. Louis								
12/21 Arizona								
12/27 at San Francisco								
Totals	30	20	10	1.0	0	0	1	0

ANTONIO COCHRAN

	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans								
9/14 at Arizona								
9/21 St. Louis								
10/5 at Green Bay								
10/12 San Francisco								
10/19 Chicago								
10/26 at Cincinnati								
11/2 Pittsburgh								
11/9 at Washington								
11/16 Detroit								
11/23 at Baltimore								
11/30 Cleveland								
12/7 at Minnesota								
12/14 at St. Louis								
12/21 Arizona								
12/27 at San Francisco								
Totals	29	23	6	1.0	0	0	1	0

BRANDON MITCHELL

	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans								
9/14 at Arizona								
9/21 St. Louis								
10/5 at Green Bay								
10/12 San Francisco								
10/19 Chicago								
10/26 at Cincinnati								
11/2 Pittsburgh								
11/9 at Washington								
11/16 Detroit								
11/23 at Baltimore								
11/30 Cleveland								
12/7 at Minnesota								
12/14 at St. Louis								
12/21 Arizona								
12/27 at San Francisco								
Totals	24	20	4	3.0	0	1	0	2

ORLANDO HUFF

	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans								
9/14 at Arizona								
9/21 St. Louis								
10/5 at Green Bay								
10/12 San Francisco								
10/19 Chicago								
10/26 at Cincinnati								
11/2 Pittsburgh								
11/9 at Washington								
11/16 Detroit								
11/23 at Baltimore								
11/30 Cleveland								
12/7 at Minnesota								
12/14 at St. Louis								
12/21 Arizona								
12/27 at San Francisco								
Totals	20	16	4	1.0	0	0	0	0

JOHN RANDLE

	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans								
9/14 at Arizona								
9/21 St. Louis								
10/5 at Green Bay								
10/12 San Francisco								
10/19 Chicago								
10/26 at Cincinnati								
11/2 Pittsburgh								
11/9 at Washington								
11/16 Detroit								
11/23 at Baltimore								
11/30 Cleveland								
12/7 at Minnesota								
12/14 at St. Louis								
12/21 Arizona								
12/27 at San Francisco								
Totals	17	12	5	5.5	0	0	1	0

LAMAR KING

	Tkl.	Solo	Asst.	Sack	Int.	FF	FR	PD
9/7 New Orleans								
9/14 at Arizona								
9/21 St. Louis								
10/5 at Green Bay								
10/12 San Francisco								
10/19 Chicago								
10/26 at Cincinnati								
11/2 Pittsburgh								
11/9 at Washington								
11/16 Detroit								
11/23 at Baltimore								
11/30 Cleveland								
12/7 at Minnesota								
12/14 at St. Louis								
12/21 Arizona								
12/27 at San Francisco								
Totals	16	12	4	3.0	0	1	0	1

2003 OFFENSE

	9/7 NO	9/14 @ARIZ	9/21 StL	10/5 @GB	10/12 SF	10/19 CHI	10/26 @CIN
Points	27	38	24	13	20	24	24
1 Quarter	0	7	7	7	7	0	7
2 Quarter	21	17	3	6	10	14	10
3 Quarter	3	7	0	0	0	3	7
4 Quarter	3	7	14	0	3	7	0
Overtime	-	-	-	-	-	-	-
First Downs	17	16	20	23	21	22	24
Rushing	10	8	6	8	9	9	7
Passing	6	6	13	14	10	9	17
Penalty	1	2	1	1	2	4	0
3rd Down Eff.	3/12	6/12	7/14	5/10	8/15	5/10	8/14
Percentage	25%	50%	50%	50%	53%	50%	57%
4th Down Eff.	0/0	0/0	0/1	0/2	0/0	1/1	1/1
Percentage	0	0	0	0	0	100%	100%
Total Net Yds.	270	323	316	343	333	335	459
Plays	59	52	65	64	65	57	69
Avg./Play	4.6	6.2	4.9	5.4	5.1	5.9	6.7
Net Yds Rush	119	130	96	128	147	124	121
Plays	33	30	22	23	34	28	24
Avg./Play	4.6	4.3	4.4	5.6	4.3	4.4	5.0
Net Yds. Pass	151	193	220	215	186	211	338
Sack/Loss	3/18	1/2	4/36	2/10	4/21	2/4	2/6
Gross Yds.	137	195	256	225	207	215	344
Att./Comp.	23/12	21/10	39/22	39/23	27/17	27/19	43/26
Int.	0	0	1	1	1	1	3
Avg./Play	4.6	8.8	5.1	5.2	6.0	7.3	7.5
Punts/Avg.	7/42.3	5/39.8	4/45.3	1/32.0	5/37.4	2/45.0	2/40.5
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	3/25	3/50	2/38	1/0	3/6	0/0	3/12
Kickoff Ret./Yds.	3/65	1/14	4/82	6/95	4/79	5/108	5/114
Int Ret./Yds.	1/18	4/12	2/1	0/0	0/0	2/39	0/0
Penalties/Yds.	3/20	8/64	4/30	7/57	8/105	5/45	5/30
Fumbles/Lost	2/0	0/0	1/0	1/1	0/0	1/1	2/2
Touchdowns	3	5	3	1	2	3	3
Rushing	1	2	0	1	1	2	0
Passing	2	2	2	0	1	1	3
Returns	0	0	0	0	0	0	0
Defense	0	1	1	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt PAT/Att.	3/3	5/5	3/3	1/1	2/2	3/3	3/3
2 Pt PAT/Att.	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att.	2/2	1/1	1/2	2/2	2/2	1/2	1/2
Time of Poss.	25:21	26:29	27:41	26:50	32:26	25:49	27:34
Take/Give Ratio	4/0	6/0	3/1	2/0	1/1	2/2	0/5
Avg. Drive Start	SEA38	SEA33	SEA31	SEA25	SEA26	SEA28	SEA32

2003 OFFENSE

11/2 PITT	11/9 @WASH	11/16 DET	11/23 @BAL	11/30 CLEV	12/7 @MINN	12/14 @STL	12/21 ARIZ	12/27 @SF
23	20	25	41	34	7	22	28	24
3	14	14	0	7	0	2	14	0
3	3	21	17	10	0	10	7	14
3	0	0	17	10	7	3	0	7
14	3	0	7	7	0	7	7	3
-	-	-	0	-	-	-	-	-
19	21	22	24	26	13	22	23	25
5	8	10	5	6	4	7	11	8
12	13	10	17	20	8	11	9	15
2	0	2	2	0	1	4	3	2
3/11	5/11	8/14	7/18	11/17	4/12	6/14	4/8	6/13
27%	45%	57%	39%	65%	33%	43%	50%	46%
0/0	0/0	0/0	0/1	0/0	0/0	0/1	0/0	0/0
0	0	0	0	0	0	0	0	0
289	346	366	426	463	258	366	340	394
61	60	62	80	75	53	66	59	70
4.7	5.8	5.9	5.3	6.2	4.9	5.5	5.8	5.6
98	125	159	133	157	56	135	160	89
25	28	33	32	36	16	27	30	32
3.9	4.5	4.8	4.2	4.4	3.5	5.0	5.3	2.8
191	221	207	293	306	202	231	180	305
5/24	3/20	0/0	6/40	3/22	3/16	2/15	2/10	1/10
215	241	207	333	328	218	246	190	315
31/18	29/19	29/21	42/23	36/26	34/17	37/21	27/19	37/24
0	1	0	0	1	2	1	2	2
5.3	6.9	7.1	6.1	7.8	5.5	5.9	6.2	8.0
5/41.0	3/40.0	6/48.2	7/36.4	3/21.0	5/43.6	5/40.0	4/42.0	5/35.6
0	0	0	1	1	0	0	0	0
2/21	2/15	5/84	3/12	1/9	0/0	0/0	3/22	3/26
5/84	6/109	2/46	5/107	1/21	5/153	6/116	2/55	4/88
0/0	2/30	2/8	0/0	1/27	0/0	1/7	0/0	1/15
5/35	4/32	6/49	6/89	5/45	7/39	9/64	3/30	6/43
2/0	3/2	3/0	3/3	1/0	1/1	0/0	2/2	1/1
2	2	5	5	4	1	2	4	3
1	1	2	0	1	1	1	2	1
1	1	1	5	3	0	1	2	2
0	0	2	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	1	0	0
2/2	2/2	5/5	5/5	4/4	1/1	2/2	4/4	3/3
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
3/3	2/3	0/0	2/3	2/3	0/2	2/2	0/0	1/2
27:37	30:08	32:15	32:38	38:39	21:09	27:39	26:46	31:51
0/0	2/3	2/0	2/3	3/1	0/3	1/1	1/4	1/3
SEA34	SEA30	SEA26	SEA36	SEA34	SEA30	SEA29	SEA31	SEA28

2003 DEFENSE

	9/7	9/14	9/21	10/5	10/12	10/19	10/26
	NO	@ARIZ	StL	@GB	SF	CHI	@CIN
Points	10	0	23	35	19	17	27
1 Quarter	3	0	7	7	0	3	7
2 Quarter	0	0	10	14	3	3	10
3 Quarter	0	0	6	14	13	0	7
4 Quarter	7	0	0	0	3	11	0
Overtime	-	-	-	-	-	-	-
First Downs	20	18	19	27	19	19	19
Rushing	5	5	4	12	7	8	8
Passing	14	11	14	12	9	8	10
Penalty	1	2	1	3	3	3	1
3rd Down Eff.	10/19	10/18	5/13	6/9	5/12	6/16	7/16
Percentage	53%	56%	38%	67%	42%	38%	44%
4th Down Eff.	0/1	0/1	0/1	0/0	0/0	2/2	1/1
Percentage	0%	0%	0%	0%	0%	100%	100%
Total Net Yds.	359	286	308	336	261	211	412
Plays	75	72	62	61	60	65	66
Avg./Play	4.8	4.0	5.0	5.5	4.4	3.2	6.2
Net Yds. Rush	96	93	82	159	111	87	194
Plays	26	24	28	35	29	28	34
Avg./Play	3.7	3.9	2.9	4.5	3.8	3.1	5.7
Net Yds. Pass	263	193	226	177	150	124	218
Sack/Loss	2/11	2/12	0/0	1/8	4/18	3/25	2/8
Gross Yds.	274	205	226	185	168	149	221
Att./Comp.	47/29	46/25	34/21	25/19	27/16	34/19	31/18
Int.	1	4	2	0	0	2	0
Avg./Play	5.4	4.0	6.6	6.8	4.8	3.4	6.8
Punts/Avg.	5/46.0	4/54.0	2/49.0	2/29.0	5/37.8	3/44.3	6/37.7
Blocked	0	0	0	0	0	0	0
Punt Ret./Yds.	4/31	1/7	4/25	0/0	2/9	1/0	1/0
Kickoff Ret./Yds.	5/112	5/152	5/99	3/73	5/93	4/78	4/70
Int. Ret./Yds.	0/0	0/0	1/4	1/19	1/0	1/0	3/2
Penalties/Yds.	11/114	4/40	3/15	3/25	6/33	6/64	7/60
Fumbles/Lost	3/3	4/2	3/1	0/0	1/1	2/0	0/0
Touchdowns	1	0	2	5	2	1	3
Rushing	0	0	1	3	2	1	1
Passing	1	0	1	2	0	0	2
Returns	0	0	0	0	0	0	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	0	0	0
1 Pt PAT/Att.	1/1	0/0	2/2	5/5	1/2	0/0	3/3
2 Pt PAT/Att.	0/0	0/0	0/0	0/0	0/0	1/1	0/0
FG/Att.	1/1	0/0	3/3	0/0	2/3	3/3	2/2
Time of Poss.	34:39	33:31	32:19	33:10	27:34	34:11	32:26
Take/Give Ratio	0/4	0/6	1/3	0/2	1/1	2/2	5/0
Avg. Drive Start	NO26	AZ28	STL36	GB34	SF26	CHI27	CIN29

2003 DEFENSE

11/2 PITT	11/9 @WASH	11/16 DET	11/23 @BAL	11/30 CLEV	12/7 @MINN	12/14 @STL	12/21 ARIZ	12/27 @SF
16	27	14	44	7	34	27	10	17
0	3	7	0	0	0	14	0	0
3	14	7	3	0	13	7	3	14
3	3	0	21	0	7	0	0	3
10	7	0	17	7	14	6	7	0
-	-	-	3	-	-	-	-	-
19	19	20	20	11	22	21	17	14
5	7	5	7	1	10	6	1	2
12	11	13	12	9	11	12	15	10
2	1	2	1	1	1	3	1	0
4/14	6/14	4/12	7/18	2/10	9/19	8/13	6/18	4/14
29%	43%	33%	39%	20%	47%	62%	33%	29%
0/1	1/1	0/2	1/1	0/1	1/2	0/0	1/3	0/1
0%	100%	0%	100%	0%	50%	0%	33%	0%
320	379	357	426	214	465	316	299	290
67	65	66	78	54	78	63	74	63
4.8	5.8	5.4	5.5	4.0	6.0	5.0	4.0	4.6
105	137	81	150	47	193	86	79	59
30	32	17	35	16	43	30	26	22
3.5	4.3	4.8	4.3	2.9	4.4	2.9	3.0	2.7
215	242	276	276	167	272	230	220	231
2/11	0/0	1/9	6/43	4/24	1/2	1/6	8/54	3/17
226	242	285	319	191	274	236	274	248
35/21	33/18	48/26	37/20	34/23	33/21	32/20	40/25	38/22
0	2	2	0	1	0	1	0	1
5.8	7.3	5.6	6.4	4.4	8.8	7.0	4.6	5.6
5/28.6	4/40.0	6/36.8	8/42.1	5/34.2	4/36.8	3/45.7	6/43.8	8/37.4
1	0	0	0	0	0	0	0	0
2/8	1/11	3/7	3/11	0/0	4/10	1/2	1/7	1/12
6/118	5/83	6/118	8/142	6/145	2/45	5/122	5/92	5/84
0/0	1/0	0/0	0/0	1/0	2/81	1/9	2/25	2/24
11/76	4/40	8/56	14/112	4/35	5/30	7/50	6/30	6/45
0/0	0/0	1/0	3/2	2/2	4/0	0/0	1/1	1/0
1	3	2	5	0	4	3	1	2
0	0	0	0	0	0	1	0	0
1	3	2	4	0	3	2	1	2
0	0	0	0	0	0	0	0	0
0	0	0	1	1	1	0	0	0
0	0	0	0	0	0	0	0	0
1/1	3/3	2/2	5/5	1/1	4/4	3/3	1/1	2/2
0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0	0/0
3/3	2/2	0/0	3/3	0/0	2/3	2/2	1/3	1/2
32:23	29:52	27:45	35:50	21:21	38:51	32:21	33:14	28:09
0/0	3/2	0/2	3/2	1/3	3/0	1/1	4/1	3/1
PIT30	WASH34	DET24	BLT33	CLV31	MIN34	STL30	AZ23	SF33

2003

3RD DOWN EFFICIENCY

DATE	TEAM	YARDS TO GO										TOTAL	PCT.
		1	2	3	4	5	6	7	8	9	10+		
9/7	Seahawks	1-1	0-1	0-1	1-2	0-1	0-1	1-2	0-0	0-0	0-3	3-12	25
	New Orleans	1-1	2-2	1-1	1-1	2-3	2-2	1-2	0-0	0-2	0-5	10-19	53
9/14	Seahawks	1-1	1-1	0-0	0-0	0-0	0-0	0-3	2-3	0-0	2-4	6-12	50
	at Arizona	2-4	1-3	1-2	1-1	1-2	0-0	0-1	1-1	1-1	2-3	10-18	56
9/21	Seahawks	1-1	0-0	1-1	0-0	0-1	1-1	0-1	0-0	1-1	2-7	7-14	50
	St. Louis	0-2	0-0	2-3	0-0	0-0	1-2	1-3	0-1	1-2	0-0	5-13	38
10/5	Seahawks	1-1	0-0	1-2	0-0	0-1	1-1	1-1	0-0	1-2	0-2	5-10	50
	at Green Bay	1-1	0-0	2-2	1-1	0-1	1-1	1-1	0-0	0-2	0-0	6-9	67
10/12	Seahawks	1-2	2-3	0-0	2-2	0-0	0-0	1-4	0-0	2-2	0-2	8-15	53
	San Francisco	1-1	1-1	1-1	0-1	0-1	1-3	0-1	0-0	0-1	1-2	5-12	42
10/19	Seahawks	0-1	0-0	2-2	1-1	0-1	1-1	0-0	0-2	0-0	1-2	5-10	50
	Chicago	1-2	0-0	1-2	0-0	0-1	1-1	2-2	0-1	0-1	1-6	6-16	38
10/26	Seahawks	0-0	1-1	0-1	1-2	1-1	2-2	1-1	1-2	0-1	1-3	8-14	57
	at Cincinnati	0-1	1-2	1-2	1-2	1-3	1-1	0-1	0-1	0-0	2-3	7-16	44
11/2	Seahawks	0-0	0-0	1-1	0-0	0-0	0-1	0-0	1-1	0-2	1-6	3-11	27
	Pittsburgh	1-1	1-2	1-3	0-0	0-0	0-0	0-0	0-1	0-1	1-6	4-14	29
11/9	Seahawks	2-3	1-1	0-0	0-1	0-1	0-1	0-0	1-1	0-0	1-3	5-11	45
	at Washington	3-4	1-2	0-1	0-1	1-1	1-3	0-1	0-1	0-0	0-0	6-14	43
11/16	Seahawks	3-3	1-2	0-0	2-2	0-0	0-1	1-1	0-0	1-1	0-4	8-14	57
	Detroit	0-0	0-0	0-1	1-2	0-1	1-1	0-2	0-1	1-2	1-2	4-12	33
11/23	Seahawks	0-1	1-1	0-1	2-2	1-2	0-1	1-1	1-2	0-0	1-7	7-18	38
	at Baltimore	1-1	2-2	1-2	0-1	1-2	0-0	0-0	0-2	0-2	2-6	7-18	38
11/30	Seahawks	0-1	0-1	1-1	1-3	3-4	1-1	2-2	1-1	0-0	2-3	11-17	65
	Cleveland	0-0	0-3	0-1	0-0	0-0	0-1	1-2	0-0	0-0	1-3	2-10	20
12/7	Seahawks	1-1	0-0	0-0	2-2	0-0	1-1	0-1	0-0	0-1	0-6	4-12	33
	at Minnesota	3-3	1-2	1-1	1-2	1-3	0-2	1-3	0-1	0-0	1-2	9-19	47
12/14	Seahawks	3-3	2-2	0-1	0-0	0-1	0-2	0-1	0-0	1-1	0-3	6-14	43
	at St. Louis	1-2	0-1	0-0	2-2	1-1	0-1	1-1	0-1	0-0	3-4	8-13	62
12/21	Seahawks	0-0	2-2	0-0	0-1	1-1	0-0	0-0	0-1	0-0	1-3	4-8	50
	Arizona	0-3	2-3	1-1	0-1	0-2	1-1	1-1	0-1	0-1	1-4	6-18	33
12/27	Seahawks	3-3	1-2	0-2	1-1	0-0	0-1	0-0	0-0	0-0	1-4	6-13	46
	at San Francisco	0-0	0-2	1-1	1-1	1-1	0-1	0-1	0-0	0-1	1-6	4-14	29
Totals	Seahawks	17-22	12-18	6-13	13-19	6-14	7-15	8-18	7-14	6-10	13-62	95-205	46.3
	Opponents	15-26	12-25	14-24	9-16	9-22	10-20	9-22	1-12	3-16	17-52	99-235	42.1

2003

DRIVE CHART

-----DRIVE ENDED BY-----

DATE	TEAM	DRIVES	3/OUT	TD	FG	FGA	PNT	DWN	TO	SAF	CLK	PTS	PTS/DRV	EFF.
9/7	Seahawks	13	5	3	2	2	7	0	0	0	1	27	2.1	.384
	New Orleans	13	2	1	1	1	5	1	4	0	1	10	0.8	.153
9/14	Seahawks	11	7	4	1	1	5	0	0	0	1	31	2.8	.455
	at Arizona	12	3	0	0	1	4	1	6	0	0	0	0.0	.000
9/21	Seahawks	11	1	2	1	2	4	1	1	0	1	24	2.2	.273
	St. Louis	11	2	2	3	3	2	1	3	0	1	23	2.1	.455
10/5	Seahawks	8	2	1	2	2	1	2	2	0	0	13	1.6	.375
	at Green Bay	8	0	5	0	0	2	0	0	0	1	35	4.4	.625
10/12	Seahawks	12	2	2	2	2	5	0	1	0	2	20	1.7	.333
	San Francisco	11	3	2	2	3	5	0	1	0	0	19	1.7	.363
10/19	Seahawks	10	0	3	1	2	2	0	2	0	1	24	2.4	.400
	Chicago	10	3	1	3	3	3	0	2	0	1	17	1.7	.400
10/26	Seahawks	12	2	3	1	2	2	0	5	0	0	24	2.0	.333
	at Cincinnati	11	4	3	2	2	6	0	0	0	0	27	2.5	.454
11/2	Seahawks	11	2	2	3	3	5	0	0	0	1	23	2.1	.454
	Pittsburgh	11	2	1	3	3	4	1	0	0	1	16	1.5	.364
11/9	Seahawks	10	2	2	2	3	3	0	1	0	1	20	2.0	.400
	at Washington	12	2	3	2	2	4	0	2	0	1	27	2.3	.417
11/16	Seahawks	11	3	4	0	0	6	0	0	0	1	28	2.5	.364
	Detroit	12	4	2	0	0	6	1	2	0	1	14	1.2	.167
11/23	Seahawks	17	4	5	2	2	7	1	2	0	0	41	2.4	.353
	at Baltimore	18	5	4	3	3	8	0	2	0	1	44	2.4	.389
11/30	Seahawks	11	2	4	2	2	3	0	1	0	0	34	3.1	.455
	Cleveland	11	4	0	0	0	5	1	3	0	2	0	0.0	.000
12/7	Seahawks	12	4	1	0	2	5	0	3	0	1	7	0.6	.083
	at Minnesota	11	0	3	2	3	4	1	0	0	0	27	2.5	.455
12/14	Seahawks	11	1	2	2	2	5	1	1	0	0	20	1.8	.364
	at St. Louis	11	3	3	2	2	3	0	1	1	1	27	2.5	.455
12/21	Seahawks	13	3	4	0	0	4	0	4	0	1	28	2.2	.308
	Arizona	13	5	1	1	3	6	1	1	0	1	10	0.8	.154
12/27	Seahawks	14	1	3	1	2	5	0	2	0	2	24	1.7	.286
	at San Fran.	14	4	2	1	2	8	1	1	0	0	17	1.2	.214
Totals	Seahawks	187	41	45	22	30	69	5	25	0	13	381	2.04	.358
	Opponents	189	46	33	25	31	76	9	28	1	12	313	1.66	.307

2003

INSIDE THE 20

DATE	TEAM	TRIPS/SCORES	TD	ATT/FG	POINTS	INT	FUM	DOWN	CLOCK
9/7	Seahawks	4/4	2	2/2	30	0	0	0	0
	New Orleans	2/2	1	1/1	10	0	0	0	0
9/14	Seahawks	3/3	2	1/1	17	0	0	0	0
	at Arizona	1/0	0	0/0	0	1	0	0	0
9/21	Seahawks	4/3	2	2/1	17	0	0	0	0
	St. Louis	5/5	2	3/3	23	0	0	0	0
10/5	Seahawks	3/2	1	1/1	10	0	0	1	0
	at Green Bay	4/4	4	0/0	28	0	0	0	0
10/12	Seahawks	4/3	1	2/2	13	0	0	0	1
	San Francisco	4/3	2	2/1	17	0	0	0	0
10/19	Seahawks	2/1	1	0/0	7	1	0	0	0
	Chicago	2/2	1	1/1	10	0	0	0	0
10/26	Seahawks	3/3	2	1/1	17	0	0	0	0
	at Cincinnati	4/4	2	2/2	20	0	0	0	0
11/2	Seahawks	4/4	2	2/2	20	0	0	0	0
	Pittsburgh	3/3	1	2/2	13	0	0	0	0
11/9	Seahawks	3/3	2	1/1	17	0	0	0	0
	at Washington	6/5	3	2/2	27	1	0	0	0
11/16	Seahawks	3/3	3	0/0	21	0	0	0	0
	Detroit	3/1	1	0/0	7	1	0	1	0
11/23	Seahawks	3/3	3	0/0	21	0	0	0	0
	at Baltimore	4/4	2	2/2	20	0	0	0	0
11/30	Seahawks	4/4	3	1/1	24	0	0	0	0
	Cleveland	1/0	0	0/0	0	1	0	0	0
12/7	Seahawks	1/1	1	0/0	7	0	0	0	0
	at Minnesota	2/2	0	2/2	6	0	0	0	0
12/14	Seahawks	3/3	2	1/1	17	0	0	0	0
	at St. Louis	3/3	2	1/1	17	0	0	0	0
12/21	Seahawks	4/3	3	0/0	21	0	1	0	0
	Arizona	3/0	0	2/0	0	0	1	0	0
12/27	Seahawks	2/2	1	1/1	10	0	0	0	0
	at San Francisco	3/2	2	1/0	14	0	0	0	0
Totals	Seahawks	50/45	31	15/14	259	1	1	1	1
	Opponents	50/40	23	21/17	212	4	1	1	0

2003 SUPERLATIVES

Overall	10-6	When Leading at Halftime	8-1
Home	8-0	When Trailing at Halftime	1-3
Road	2-6	When Tied at Halftime	1-2
		When Leading After 3 Quarters	9-2
By Month		When Trailing After 3 Quarters	1-4
September	3-0	When Tied After 3 Quarters	0-0
October	2-2	When Scoring...	
November	3-2	First	7-3
December	2-2	Less than 20 points	0-2
		20 or more points	10-4
Turf		When Outrushing Opponents	9-1
FieldTurf	8-0	When + in time of possession	4-1
Natural Grass	2-3	When - in time of possession	6-5
Artificial	0-3	When = in time of possession	0-0
vs. AFC	2-2	When + in takeaway/giveaway	5-0
North	2-2	When - in takeaway/giveaway	2-5
South	0-0	When = in takeaway/giveaway	3-1
East	0-0	With a 100-yard rusher	5-2
West	0-0	With a 100-yard receiver	2-1
		With a 300-yard passer	2-2
vs. NFC	8-4	Versus an opponent 100-yard rusher	0-4
North	2-2	Versus an opponent 100-yard receiver	2-4
South	1-0	Versus an opponent 300-yard passer	0-1
East	0-1		
West	5-1		

2003 WEEKLY RANKINGS

NFL

NFC

WEEK	OFFENSE			DEFENSE			WEEK	OFFENSE			DEFENSE		
	TOTAL	RUSH	PASS	TOTAL	RUSH	PASS		TOTAL	RUSH	PASS	TOTAL	RUSH	PASS
1	23	5	27	25	18	24t	1	11	4	13	11	9	11t
2	21	10	26	21	14	24	2	12	7	13	10	7	11
3	19	12	27	20	9t	22	3	10	7	12	8	4t	9
4	19	13	27	20	9t	23	4	10	8	12	8	4t	16
5	19	12	26	17	17	16	5	9	8	13	7	10	8
6	16	11	25	13t	17	16	6	9	7	13	6	10	7
7	16	10	24	7	14	8	7	9	6	11	3	7	3
8	9	10	14	11	17	14	8	6	6	7	5	9	7
9	11	11	14	13	17	14	9	8	7	6	6	9	6
10	10	10	14	19	18	18	10	7	7	6	9	10	9
11	10	8	13	20	16	15	11	8	6	5	10	8	8
12	7	7	10	23	19	20	12	5	5	5	12	10	10
13	4	8	9	17	15	19	13	2	6	5	7	7	8
14	5	10	8	23	16	26	14	3	7	5	13	7	13
15	6	12	7	20	16	22	15	3	8	4	10	8	10
16	7	9	7	20	14	22	16	4	7	4	9	6	10
17	6	10	7	19	14	27	17	4	6	4	9	6	13

2003 MISCELLANEOUS

DRIVE ENGINEERING

QB	DRIVES		DRIVES ENDED BY										POINTS YIELDED	POINTS DRIVE	DRIVE EFF.	
	STARTED	TD	FG	FGA	PNT	DWN	TO	SAF	GM	HLF						
Hasselbeck	180	44	22	30	65	5	24	0	7	4				374	2.21	.373
Dilfer	7	1	0	0	4	0	1	0	1	0				7	1.00	.143
Seattle	187	45	22	30	69	5	25	0	8	4				381	2.04	.358
Opponents	189	33	25	31	76	9	28	1	5	7				313	1.66	.307

YARDS GAINED BY DOWN

TEAM	1ST DOWN			2ND DOWN			3RD DOWN			4TH DOWN			SEASON		
	ATT.	YDS.	AVG.	ATT.	YDS.	AVG.	ATT.	YDS.	AVG.	ATT.	YDS.	AVG.	ATT.	YDS.	AVG.
Seattle	468	2,644	5.65	337	1,660	4.93	205	1,303	6.36	7	20	2.86	1,017	5,627	5.53
Opponents	455	2,197	4.83	361	1,737	4.81	235	1,234	5.25	18	71	3.94	1,069	5,239	4.90

FIRST DOWN TENDENCIES

TEAM	RUSHING			PASSING			OVERALL			TIMES GAINED			
	ATT.	YDS.	AVG.	ATT.	YDS.	AVG.	ATT.	YDS.	AVG.	10+	5+	0	NEG.
Seattle	245	1,055	4.31	223	1,589	7.13	468	2,644	5.65	92	99	87	54
Opponents	231	965	4.18	224	1,232	5.50	455	2,197	4.83	62	117	89	37

GOAL-TO-GO

TEAM	ATT.	TD	FG	FGA	INT.	FUMBLE	DOWN	CLOCK	PTS.
Seattle	34	27	5	5	1	1	0	0	204
Opponents	18	11	5	6	2	0	1	0	92

TAKEAWAYS/GIVEAWAYS

	NO.	RESULTING IN...	TD	FG	FGA	SAFETY	INT.	FUMBLE	PUNT	DOWN	CLOCK	PTS.
Takeaways	27		8	3	4	0	2	1	9	0	3	72
Giveaways	29		11	4	7	0	1	2	4	0	4	89

TIMES LEADING THE TEAM IN...

- Receptions:** **Jackson, 8** (vs. NO, 9/7) (at Ari, 9/14) (vs. SF, 10/12) (vs. Pit, 11/2) (at Balt, 11/23) (vs. Clev, 11/30) (at Minn, 12/7) (at StL 12/14); **K. Robinson, 4** (vs. NO, 9/7) (vs. StL, 9/21) (at GB, 10/5) (at SF, 12/14); **Engram, 2** (vs. Chi, 10/19) (at Wash, 11/9); **Alexander, 2** (at Cin, 10/26) (vs. Det, 11/16); **Mili, 1** (vs. Ari, 12/21).
- Receiving Yds.:** **Jackson, 6** (at Ari, 9/14) (vs. SF, 10/12) (at Cin, 10/26) (vs. Pit, 11/2) (at Balt, 11/23) (at StL, 12/14); **K. Robinson, 6** (vs. NO, 9/7) (vs. StL, 9/21) (at GB, 10/5) (at Wash, 11/9) (vs. Clev 11/30) (at SF, 12/27); **Engram, 3** (vs. Chi, 10/19) (vs. Det, 11/16) (at Minn, 12/7); **Mili, 1** (vs. Ari, 12/21).
- Rushing Yds.:** **Alexander, 15; Morris, 1** (at Ari, 9/14).
- Tackles:** **Simmons, 7** (vs. NO, 9/7) (vs. SF, 10/12) (at Cin, 10/26) (at Wash, 11/9) (at Balt, 11/23) (vs. Ari, 12/21) (at SF, 12/27); **Lewis, 4** (at Cin, 10/26) (vs. Det, 11/16) (at Minn, 12/7) (at StL, 12/14); **Hamlin, 3** (at GB, 10/5) (at Cin 10/26) (at Wash, 11/9); **C. Brown, 1** (at SF, 12/27); **Godfrey, 1** (vs. Chi, 10/19); **Lucas, 1** (at Ari, 9/14); **D. Robinson, 1** (vs. Pit, 11/2); **Springs, 1** (vs. Clev, 11/30); **Trufant, 1** (vs. StL, 9/21); **Woodard, 1** (at Minn, 12/7).
- Sacks:** **Brown, 6** (vs. SF, 10/12) (vs. Chi, 10/19) (vs. Pit, 11/2) (vs. Det, 11/16) (at SF, 12/27); **Okeafor, 6** (vs. NO 9/7) (at Ari, 9/14) (vs. SF, 10/12) (vs. Clev, 11/30) (at Minn, 12/7) (vs. Ari, 12/21); **Randle, 3** (at GB, 10/5) (vs. SF, 10/12) (at Balt, 11/23); **Simmons, 2** (vs. SF, 10/12) (vs. Chi, 10/19); **Tongue, 2** (vs. NO, 9/7) (vs. Clev, 11/30); **Cochran, 1** (vs. Chi, 10/19); **Hand, 1** (at Ari, 9/14); **Huff, 1** (at StL, 12/14); **King, 1** (vs. Ari, 12/21); **Lucas, 1** (at Minn, 12/7); **Mitchell, 1** (at Cin, 10/26); **Moore, 1** (at Cin, 10/26); **Richard, 1** (vs. Clev, 11/30); **Springs, 1** (vs. Clev, 11/30).

2003 HONORS

SHAUN ALEXANDER, RB

NFC Pro Bowl Team

ALEX BANNISTER, WR

NFC Pro Bowl Team

All-NFL Team

Pro Football Weekly

All-NFC Team

Pro Football Weekly

CHAD BROWN, OLB

Second Team All-Pro

Football Digest

NFC Defensive Player of Week 17

(at San Francisco 12/27)

JOSH BROWN, K

All-Rookie Team

Pro Football Weekly

TRENT DILFER, QB

Ed Block Courage Award

Steve Largent Award

(awarded to the player who exemplifies the spirit, dedication and integrity of the Seahawks)

BOBBY ENGRAM, WR

NFC Special Teams Player of Week 11

(vs. Detroit 11/16)

KEN HAMLIN, FS

All-Rookie Team

Pro Football Weekly

NFC Defensive Player of Week 2

(at Arizona 9/14)

MATT HASSELBECK, QB

NFC Pro Bowl Team

Male Sports Star of the Year

Seattle Post-Intelligencer

(First Seahawk in 15 years to win award)

FedEx Air Player of the Week

Weeks 12 & 13

STEVE HUTCHINSON, G

NFC Pro Bowl Team

All-Pro Team

Associated Press

All-Pro Team

Sports Illustrated - Dr. Z

All-NFL Team

Pro Football Weekly

All-NFC Team

Pro Football Weekly

All-Pro Team

Football Digest

All-Pro Team

The Sporting News

WALTER JONES, T

NFC Pro Bowl Team

All-NFC Team

Pro Football Weekly

MACK STRONG, FB

All-Pro Team

Sports Illustrated - Dr. Z

MARCUS TRUFANT, CB

All-Rookie Team

Pro Football Weekly



Seahawks President Bob Whitsitt presents Dilfer with the Steve Largent Award.

2003 STANDINGS

NFC

	W	L	T	Pct.	Pts.	Opp.
North Division						
*Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.563	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.313	270	379
South Division	W	L	T	Pct.	Pts.	Opp.
*Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.313	299	422
East Division	W	L	T	Pct.	Pts.	Opp.
*Philadelphia	12	4	0	.750	374	287
*Dallas	10	6	0	.625	289	260
Washington	5	11	0	.313	287	372
N.Y. Giants	4	12	0	.250	243	387
West Division	W	L	T	Pct.	Pts.	Opp.
*St. Louis	12	4	0	.750	447	328
*Seattle	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

AFC

	W	L	T	Pct.	Pts.	Opp.
North Division						
*Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.313	254	322
South Division	W	L	T	Pct.	Pts.	Opp.
*Indianapolis	12	4	0	.750	447	336
*Tennessee	12	4	0	.750	435	324
Jacksonville	5	11	0	.313	276	331
Houston	5	11	0	.313	255	380
East Division	W	L	T	Pct.	Pts.	Opp.
*New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
N.Y. Jets	6	10	0	.375	283	299
West Division	W	L	T	Pct.	Pts.	Opp.
*Kansas City	13	3	0	.813	484	332
*Denver	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

AFC Wild Card

Tennessee 20, BALTIMORE 17
INDIANAPOLIS 41, Denver 10

AFC Divisional

NEW ENGLAND 17, Tennessee 14
Indianapolis 38, KANSAS CITY 31

AFC Championship

NEW ENGLAND 24, Indianapolis 14

NFC Wild Card

CAROLINA 29, Dallas 10
GREEN BAY 33, Seattle 27 (OT)

NFC Divisional

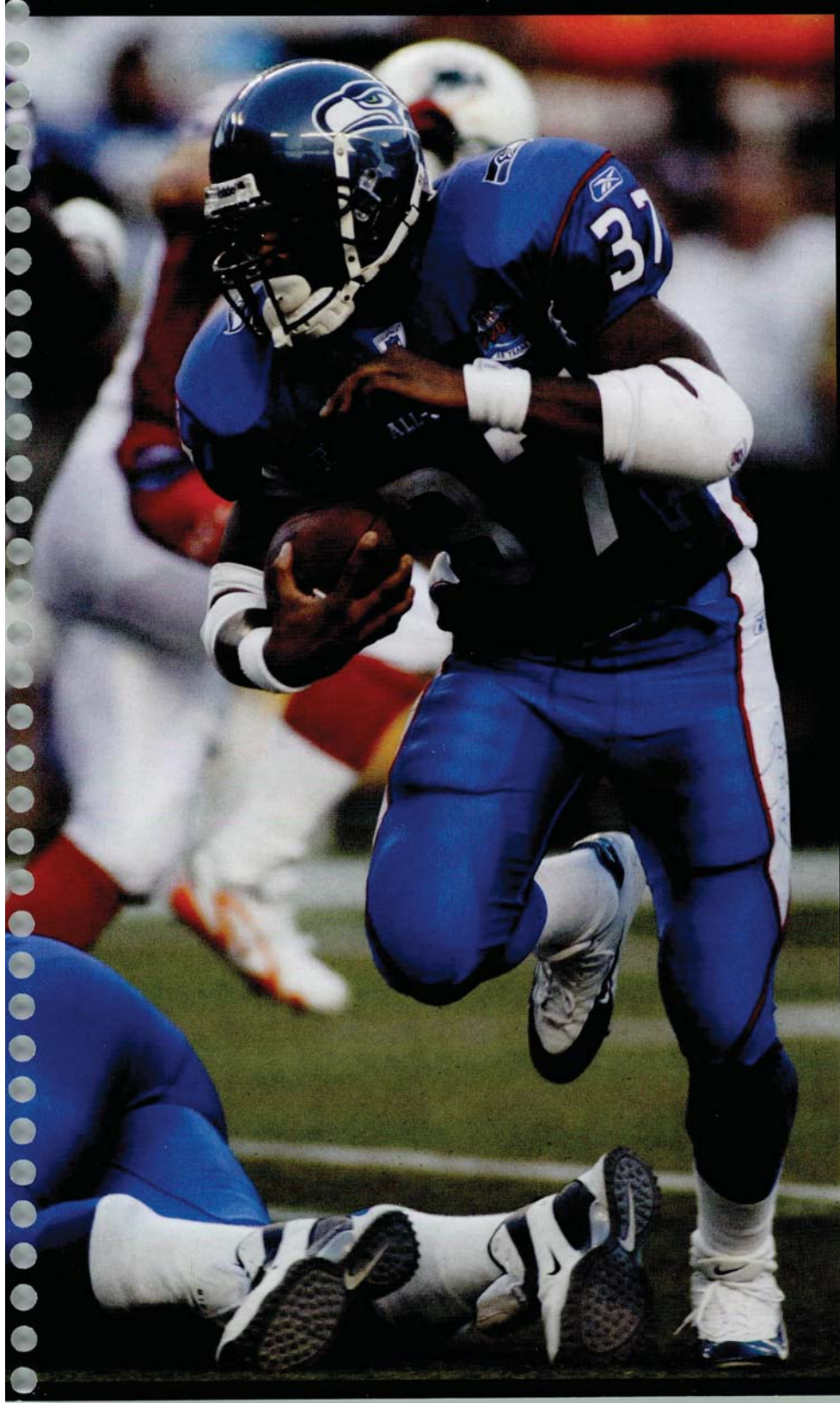
Carolina 29, ST. LOUIS 23 (2 OT)
PHILADELPHIA 20, Green Bay 17 (OT)

NFC Championship

Carolina 14, PHILADELPHIA 3

Super Bowl XXXVIII

New England (AFC) 32, Carolina (NFC) 29



1976 REVIEW (2-12)

DATE	W/L	SCORE	OPP	ATT	SCORING	TD	RU	PA	Rt	PAT	FG	S	Pts
09/12	L	30-24	St. Louis	58,441	Leypoldt	0	0	0	0	19-22	8-12	0	43
09/19	L	31-7	at Washington	53,174	Smith	5	4	1	0	0	0	0	30
09/26	L	37-21	San Francisco	59,108	Largent	4	0	4	0	0	0	0	24
10/03	L	28-13	Dallas	62,027	McCullum	4	0	4	0	0	0	0	24
10/10	L	28-20	Green Bay (Mil)	54,983	McKinnis	4	0	0	0	0	0	0	24
10/17	W	13-10	at Tampa Bay	43,812	Zorn	4	0	0	0	0	0	0	24
10/24	L	41-14	Detroit	61,280	SEA	29	14	13	2	26-29	9-16	1	229
10/31	L	41-6	at L.A. Rams	52,035	OPP	53	20	27	6	51-53	20-30	0	429
11/07	W	31-13	Atlanta	57,985									
11/14	L	27-21	at Minnesota	45,087	RUSHING								
11/21	L	51-27	New Orleans	61,865	Smith	119	537	4.5	53	4			
11/28	L	28-16	at N.Y. Giants	65,111	Zorn	52	246	4.7	19	4			
12/05	L	34-7	Chicago	60,510	Testerman	67	246	3.8	16	1			
12/12	L	27-10	at Philadelphia	37,949	Nelson	52	173	3.3	25	1			
					McKinnis	46	105	2.2	14	4			

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	237	323
Rushing	75	166
Passing	140	136
Penalty	22	21
3rd Down: Made/Att	59/221	96/219
3rd Down Pct.	26.7	43.8
4th Down: Made/Att	15/20	6/16
4th Down Pct.	75.0	37.8
TOTAL NET YARDS	4062	5405
Avg. Per Game	290.1	386.0
Total Plays	882	1008
Avg. Per Play	4.6	5.3
NET YARDS RUSHING	1413	2881
Avg. Per Game	100.9	206.0
Total Rushes	374	614
NET YARDS PASSING	2649	2524
Avg. Per Game	189.2	180.0
Sacked/Yards Lost	28/225	27/246
Gross Yards	2874	2770
Att./Completions	480/229	367/223
Completion Pct.	47.7	60.7
Had Intercepted	30	15
PUNTS/AVERAGE	82/37.4	65/35.0
NET PUNTING AVG.	30.1	29.6
PENALTIES/YARDS	80/684	106/926
FUMBLES/LOST	30/18	23/13
TOUCHDOWNS	29	53
Rushing	14	20
Passing	13	27
Returns	2	6
TOTAL POINTS	229	429

BY QUARTERS	1	2	3	4	OT	TOT
SEA	39	73	61	56	0	229
OPP	91	116	127	95	0	429

	ATT	YDS	AVG	LG	TD
RUSHING					
Smith	119	537	4.5	53	4
Zorn	52	246	4.7	19	4
Testerman	67	246	3.8	16	1
Nelson	52	173	3.3	25	1
McKinnis	46	105	2.2	14	4
SEA	374	1413	3.7	53	14
OPP	614	2881	4.6	47	20

	No	YDS	AVG	LG	TD
RECEIVING					
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4
Testerman	25	232	9.2	25	1
SEA	229	2874	12.5	80	13
OPP	223	2770	12.4	66	27

	No	YDS	AVG	LG	TD
INTERCEPTIONS					
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1
OPP	30	388	12.9	70	4

	No	FC	YDS	AVG	LG	TD
PUNT RETURNS						
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

	No	YDS	AVG	LG	TD
KICKOFF RETURNS					
Ross	30	655	21.8	45	0
Bolton	15	280	18.6	30	0
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

	No	YDS	AVG	NET	TB	I20	LG	B
PUNTING								
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2
OPP	65	2275	35.0	29.6	5	10	54	2

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TDTD%	INT	INT%	LG	SACKED	RATING	
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.7	7.54	27	7.3	15	4.0	66	27/246	91.7

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leypoldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

Bitterlich: (27) (—) (36W,40W,33W)
 Leypoldt: () () (—) (48,44,45B) (25,39,51S)
 (—) (43,41) (—) (36W) (—) (45,46R) (—) (24)
 OPP: (28,46W,22,26) (37) (45,45,31) (50B,39W)
 (—) (38,36W,35B) (25,44) (20)
 (44W,18,40B,21) (32W,43,39) (46,36,21)(—)
 (45S,51S) (33,37)

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

RECORD (FINISH): 2-12 (5th, NFC West)

HEAD COACH: Jack Patera (2-12, .143)

ASSISTANTS: Sam Boghosian (Off. Coord./OL),
 Bob Hollway (Def. Coord./DBs), Earl Leggett
 (DL), Andy MacDonald (RBs), Larry Peccatiello
 (LBs), Jerry Rhome (QB/WRs/TEs)

CAPTAINS: T Norm Evans (Off), LB Mike Curtis
 (Def), LB Ed Bradley (Sp. Teams)

MVP: QB Jim Zorn

PRO BOWL: None

NATIONAL HONORS: Jim Zorn, NFC Offensive
 Rookie of the Year; DT Steve Niehaus, NFC
 Defensive Rookie of the Year

ALL-NFL: None

POS.	OFFENSE	STARTS
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	*Art Kuehn	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	*Steve Largent	13
QB	*Jim Zorn	14
RB	*Sherman Smith	9
FB	*Don Testerman	8
	DEFENSE	
LE	Dave Tipton	12
LT	*Steve Niehaus	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	*Sammy Green	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14
	SPECIAL TEAMS	
K	Don Bitterlich	3
	John Leypoldt	11
P	Rick Engles	14
	*Rookie or first-year player	

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Baltimore	11	3	0	.786	417	246
New England*11	3	0	0	.786	376	236
Miami	6	8	0	.429	263	264
NY Jets	3	11	0	.214	169	383
Buffalo	2	12	0	.143	245	363

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	10	4	0	.714	342	138
Cincinnati	10	4	0	.714	335	210
Cleveland	9	5	0	.643	267	287
Houston	5	9	0	.357	222	273

WESTERN	W	L	T	PCT.	PTS.	OPP.
Oakland	13	1	0	.929	350	237
Denver	9	5	0	.643	315	206
San Diego	6	8	0	.429	248	285
Kansas City	5	9	0	.357	290	376
Tampa Bay	0	14	0	.000	125	412

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	11	3	0	.786	296	194
Washington*10	4	0	0	.714	291	217
St. Louis	10	4	0	.714	309	267
Philadelphia	4	10	0	.286	165	286
NY Giants	3	11	0	.214	170	250

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Minnesota	11	2	1	.821	305	176
Chicago	7	7	0	.500	253	216
Detroit	6	8	0	.429	262	220
Green Bay	5	9	0	.357	218	299

WESTERN	W	L	T	PCT.	PTS.	OPP.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

DATE	W/L	SCORE	OPPONENT	ATT.	SCORING	TD	RU	PA	RT	PAT	FG	S	Pts
09/18	L	29-14	Baltimore	58,991	Largent	10	0	10	0	0	0	0	60
09/25	L	42-20	at Cincinnati	45,579	Leyboldt	0	0	0	0	33-37	9-18	0	60
10/02	L	24-13	Denver	53,108	Sims	8	5	3	0	0	0	0	48
10/09	L	31-0	at New England	45,929	Smith	6	4	2	0	0	0	0	36
10/16	W	30-23	Tampa Bay	54,783	Testerman	5	1	4	0	0	0	0	30
10/23	L	31-13	at Miami	29,855	SEA	37	12	23	2	33-37	9-18	0	282
10/30	W	56-17	Buffalo	61,180	OPP	43	21	19	3	42-43	23-31	0	373
11/06	L	44-7	at Oakland	50,929									
11/13	W	17-0	at N. Y. Jets	43,973									
11/20	L	22-10	Houston	61,519									
11/27	L	30-28	San Diego	55,338									
12/04	L	30-20	at Pittsburgh	45,429									
12/11	W	34-31	at Kansas City	22,562									
12/18	W	20-19	Cleveland	61,583									

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	251	295
Rushing	116	152
Passing	116	125
Penalty	19	18
3rd Down: Made/Att	72/187	86/206
3rd Down Pct.	38.5	42.7
4th Down: Made/Att	6/16	9/14
4th Down Pct.	37.8	64.3
TOTAL NET YARDS	4292	4818
Avg. Per Game	306.5	344.1
Total Plays	869	963
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1964	2485
Avg. Per Game	140.2	177.5
Total Rushes	461	596
NET YARDS PASSING	2328	2333
Avg. Per Game	166.2	166.6
Sacked/Yards Lost	21/131	18/131
Gross Yards	2459	2464
Att./Completions	387/175	349/196
Completion Pct.	45.2	56.1
Had Intercepted	32	25
PUNTS/AVERAGE	64/37.9	54/35.9
NET PUNTING AVG.	30.9	30.8
PENALTIES/YARDS	76/666	96/794
FUMBLES/BALL LOST	26/13	20/11
TOUCHDOWNS	37	43
Rushing	12	21
Passing	23	19
Returns	2	3
TOTAL POINTS	282	373

BY QUARTERS	1	2	3	4	OT	Tot
SEA	52	106	57	67	0	282
OPP	101	105	65	102	0	373

RUSHING	ATT	Yds	AVG	LG	TD
Smith	163	763	4.7	39	4
Testerman	119	459	3.8	20	1
Sims	99	369	3.7	17	5
Hunter	32	179	5.5	20	1
Zorn	25	141	5.6	15	1
SEA	461	1964	4.2	39	12
OPP	596	2485	4.1	41	21

RECEIVING	No	Yds	AVG	LG	TD
Largent	33	643	19.4	74	10
Testerman	31	219	7.0	25	4
Smith	30	419	13.9	44	2
Ferguson	19	374	19.6	45	2
Howard	17	177	10.4	24	1
Sims	12	176	14.6	82	3
Sawyer	10	105	10.5	27	0
SEA	175	2459	14.0	82	23
OPP	196	2464	12.5	67	19

INTERCEPTIONS	No	Yds	AVG	LG	TD
Beamon	6	36	6.0	16	0
McMillan	4	157	39.2	57	0
Brown	4	68	17.0	29	1
Preece	4	55	13.7	29	0
Geddes	3	9	3.0	6	0
SEA	25	356	14.2	57	1
OPP	32	594	18.5	102	3

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Hunter	36	820	22.7	41	0
Ferguson	11	240	21.8	39	0
Packer	13	280	21.5	44	0
SEA	71	1502	21.2	44	0
OPP	50	1240	24.8	70	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.0	39	0

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Zorn	251	104	1683	41.4	6.60	16	6.3	19	7.5	82	12/51	54.2
Myer	130	70	729	53.8	5.60	6	4.6	12	9.2	45	9/80	47.6
SEA	387	175	2459	45.2	6.35	23	5.9	32	8.2	82	21/131	51.7
OPP	349	196	2465	56.1	7.06	19	5.4	25	7.1	67	18/131	66.6

PUNTING	NO	YDS	AVG	NET	TB	I20	LG	B
Weaver	58	2293	39.5	31.8	4	10	59	1
Engles	4	137	34.3	25.3	0	0	41	1
SEA	64	2430	37.9	30.6	4	10	59	2
OPP	54	1942	35.9	30.8	3	11	61	2

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Leypoldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

Leypoldt:(19B)(52S,32,42)(52S)(—) (43,21R,37B)
 (19,41)(—)(—)(33R, 43L,50R,33 (51)(—)(20,27)
 (—)(51S)
 Opp: (45R,38,42) (—) (36) (36,26R) (40,37,20)
 (39L,41) (25) (35,39,37) (46R) (31B,46B,27,37)
 (40,26,39) (22,28,43) (49L,23,45L) (24,38)

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3
Lurtsema	79	46	33	2.0	0	0	0

RECORD (FINISH): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.

HEAD COACH: Jack Patera (7-21, .250)

ASSISTANTS: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/ WRs/TEs)

CAPTAINS: T Norm Evans (Off), S Eddie McMillan (Def), S Steve Preece (Sp. Teams)

MVP: WR Steve Largent

PRO BOWL: None **NATIONAL HONORS:** None
ALL-NFL: None

Pos.	OFFENSE	STARTS
WR	Duke Fergerson	8
	Sam McCullum	3
	Steve Raible	3
	Nick Bebout	12
	Gordon Jolley	11
LT	*Tom Lynch	5
	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13
DEFENSE		
LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	*Dennis Boyd	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	*Terry Beeson	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Atry Beamon	9
	Don Dufek	5
FS	Steve Preece	14
SPECIAL TEAMS		
K	John Leypoldt	14
P	Rick Engles	1
	Herman Weaver	13

*Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
NY Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
NY Giants	5	9	0	.357	181	265

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	W	L	T	PCT.	PTS.	OPP.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

DATE	W/L	SCORE	OPPONENT	ATT
09/03	L	24-20	San Diego	55,778
09/10	L	21-10	at Pittsburgh	48,277
09/17	W	24-17	at N.Y. Jets	46,911
09/24	W	28-16	Detroit	56,781
10/01	L	28-7	at Denver	74,989
10/08	W	29-28	Minnesota	62,031
10/15	L	45-28	Green Bay (at Milwaukee)	52,712
10/22	W	27-7	Oakland	62,529
10/29	L	20-17	Denver (OT)	62,948
11/05	W	31-29	at Chicago	50,697
11/12	L	17-14	Baltimore	61,905
11/19	W	13-10	at Kansas City	35,252
11/26	W	17-16	at Oakland	52,978
12/03	W	47-24	Cleveland	62,262
12/10	L	37-10	at San Diego	49,975
12/17	W	23-19	Kansas City	58,490

TEAM STATISTICS		SEA	OPP
TOTAL FIRST DOWNS		345	331
Rushing		150	153
Passing		156	160
Penalty		39	18
3rd Down: Made/Att		98/235	88/216
3rd Down Pct.		41.7	40.7
4th Down: Made/Att		20/31	8/14
4th Down Pct.		54.5	57.1
TOTAL NET YARDS		5511	5522
Avg. Per Game		344.4	345.1
Total Plays		1072	1036
Avg. Per Play		5.1	5.3
NET YARDS RUSHING		2394	2517
Avg. Per Game		149.6	157.3
Total Rushes		561	551
NET YARDS PASSING		3117	3005
Avg. Per Game		194.8	187.8
Sacked/Yards Lost		44/284	25/220
Gross Yards		3401	3225
Att./Completions		467/261	460/263
Completion Pct.		55.9	57.2
Had Intercepted		22	22
PUNTS/AVERAGE		69/36.9	66/38.0
NET PUNTING AVG.		29.9	31.0
PENALTIES/YARDS		94/789	125/997
FUMBLES/BALL LOST		36/19	34/17
TOUCHDOWNS		44	43
Rushing		28	20
Passing		15	21
Returns		1	2
TOTAL POINTS		345	358

BY QUARTERS	1	2	3	4	OT	TOT
SEA	85	115	50	95	0	345
OPP	68	114	79	94	3	358

SCORING	TDR	PA	RT	PAT	FG	S	PTS	
Sims	15	14	1	0	0	0	90	
Herrera	0	0	0	0	40-44	13-21	0	79
Largent	8	0	8	0	0	0	48	
Smith	7	6	1	0	0	0	42	
Zorn	6	6	0	0	0	0	36	
SEA	44	28	15	1	40-44	13-21	1	345
OPP	43	20	21	2	41-43	19-27	1	358

RUSHING	ATT	Yds	AVG	LG	TD
Smith	165	805	4.9	67	6
Sims	174	752	4.3	44	14
Hunter	105	348	3.3	55	2
Zorn	59	290	4.9	23	6
SEA	561	2394	4.3	67	28
OPP	551	2517	4.6	62	20

RECEIVING	No	Yds	AVG	LG	TD
Largent	71	1168	16.5	57	8
McCullum	37	525	14.2	44	3
Sims	30	195	6.5	25	1
Smith	28	366	13.1	64	1
Raible	22	316	14.4	38	1
SEA	261	3401	13.0	64	15
OPP	263	3225	12.3	55	21

INTERCEPTIONS	No	Yds	AVG	LG	TD
Webster	5	9	1.8	4	0
Harris	4	65	16.3	28	0
Beamom	4	17	4.3	15	0
Brown	3	44	14.7	44	0
SEA	22	193	8.8	44	1
OPP	22	300	13.6	52	1

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Weaver	66	2440	37.0	29.5	6	13	59	0
SEA	69	2543	36.9	29.9	6	15	59	0
OPP	66	2507	38.0	31.0	6	16	67	1

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Crawford	34	4	284	8.4	22	0
SEA	40	5	342	8.6	42	0
OPP	36	9	363	10.1	24	0

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

KICKOFF RETURNS	No	YDS	AVG	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

FGs	1-19	20-29	30-30	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

RECORD (FINISH): 9-7 (T2nd, AFC West).

HEAD COACH: Jack Patera (16-28, .364)

ASSISTANTS: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)

CAPTAINS: T Norm Evans & WR Steve Largent (Off), DT Dennis Boyd (Def), S Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

PRO BOWL: WR Steve Largent (1)

NATIONAL HONORS: Jack Patera (Coach of the Year), GM John Thompson (Ex. of the Year)

FIRST-TEAM ALL-NFL: QB Jim Zorn (NEA)

POS.	OFFENSE	STARTS
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
	Art Kuehn	3
RG	Bob Newton	16
RT	Steve August	14
	Norm Evans	2
DEFENSE		
LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	*Keith Butler	14
LCB	Cornell Webster	14
	*Keith Simpson	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	*John Harris	16
SPECIAL TEAMS		
K	Efen Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
New England	11	5	0	.688	358	286
Miami*	11	5	0	.688	372	254
NY Jets	8	8	0	.500	359	364
Buffalo	5	11	0	.313	302	354
Baltimore	5	11	0	.313	249	425

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	14	2	0	.875	356	195
Houston*	10	6	0	.625	283	298
Cleveland	8	8	0	.500	334	356
Cincinnati	4	12	0	.250	252	284

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	12	4	0	.750	384	208
Philadelphia*	9	7	0	.563	270	250
Washington	8	8	0	.500	273	283
St. Louis	6	10	0	.375	248	296
NY Giants	6	10	0	.375	264	298

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Minnesota	8	7	1	.531	294	306
Green Bay	8	7	1	.531	249	269
Detroit	7	9	0	.438	290	300
Chicago	7	9	0	.438	253	274
Tampa Bay	5	11	0	.313	241	259

WESTERN	W	L	T	PCT.	PTS.	OPP.
Los Angeles	12	4	0	.750	316	245
Atlanta*	9	7	0	.563	240	290
New Orleans	7	9	0	.438	281	198
San Francisco	2	14	0	.125	219	350

1979 REVIEW (9-7)

DATE	W/L	SCORE	OPPONENT	ATT
09/02	L	33-16	San Diego	62,287
09/09	L	19-10	at Miami	56,233
09/16	W	27-10	Oakland	61,602
09/23	L	37-34	at Denver	74,879
09/30	L	24-6	Kansas City	61,169
10/07	W	35-24	at San Francisco	44,592
10/14	L	20-10	at San Diego	50,077
10/21	W	34-14	Houston	60,705
10/29	W	31-28	at Atlanta	52,566
11/04	L	24-0	L.A. Rams	62,048
11/11	W	29-24	at Cleveland	72,440
11/18	W	38-24	New Orleans	60,055
11/26	W	30-7	N.Y. Jets	59,977
12/02	L	37-21	at Kansas City	42,160
12/08	W	28-23	Denver	60,038
12/16	W	29-24	at Oakland	53,177

SCORING	TD	RU	PA	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	0	43-46	19-23	0 100
Smith	15	11	4	0	0	0	0	0 90
Doomink	9	8	1	0	0	0	0	0 54
Largent	9	0	9	0	0	0	0	0 54
McCullum	4	0	4	0	0	0	0	0 24
SEA	46	24	20	2	43-46	19-23	1	378
OPP	46	23	21	2	42-46	18-28	0	372

RUSHING	ATT	YDS	AVG	LG	TD
Smith	194	775	4.0	31	11
Doomink	152	500	3.3	26	8
Zorn	46	279	6.1	41	2
Hunter	34	174	5.1	67	1
Moore	44	168	3.8	18	2
SEA	500	1967	3.9	67	24
OPP	533	2375	4.5	84	23

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	315	350
Rushing	121	146
Passing	171	171
Penalty	23	33
3rd Down: Made/Att	104/243	88/224
3rd Down Pct.	42.8	39.3
4th Down: Made/Att	14/23	13/21
4th Down Pct.	60.7	61.9
TOTAL NET YARDS	5557	5834
Avg. Per Game	347.3	364.6
Total Plays	1046	1078
Avg. Per Play	5.3	5.4
NET YARDS RUSHING	1967	2375
Avg. Per Game	122.9	148.4
Total Rushes	500	533
NET YARDS PASSING	3590	3459
Avg. Per Game	224.4	216.2
Sacked/Yards Lost	23/201	37/280
Gross Yards	3791	3739
Att./Completions	523/292	508/317
Completion Pct.	55.8	62.4
Had Intercepted	18	17
PUNTS/AVERAGE	70/38.4	69/37.9
NET PUNTING AVG.	33.1	31.5
PENALTIES/YARDS	104/903	117/1045
FUMBLES/BALL LOST	31/18	39/16
TOUCHDOWNS	46	46
Rushing	24	23
Passing	20	21
Returns	2	2
TOTAL POINTS	378	372

RECEIVING	NO	YDS	AVG	LG	TD
Largent	66	1237	18.7	55	9
Doomink	54	432	8.0	41	1
Smith	48	499	10.4	35	4
McCullum	46	739	16.1	65	4
Peets	25	293	11.7	28	1
Raible	20	252	12.6	41	1
Moore	14	128	9.1	24	0
SEA	292	3791	13.0	65	20
OPP	317	3739	11.8	51	21

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Brown	6	46	9.2	23	0
Simpson	4	72	18.0	41	0
Harris	2	30	15.0	25	0
SEA	17	284	16.7	91	1
OPP	18	185	10.3	34	1

PUNTING	NO	YDS	AVG	NET	TB	I20	LG	B
Weaver	66	2651	40.2	33.4	3	11	60	3
SEA	70	2687	38.4	33.1	4	11	60	3
OPP	69	2616	37.9	31.5	8	14	64	1

PUNT RETURNS	NO	FC	YDS	AVG	LG	TD
T. Green	16	3	121	7.6	30	0
Moore	10	1	90	9.0	29	0
SEA	34	6	281	8.3	30	0
OPP	42	12	289	6.9	27	0

KICKOFF RETURNS	NO	YDS	AVG	LG	TD
T. Green	20	437	21.9	31	0
Moore	31	641	20.7	39	0
SEA	70	1444	20.6	39	0
OPP	70	1238	17.7	41	0

BY QUARTERS	1	2	3	4	OT	TOT
SEA	78	114	87	99	--	378
OPP	63	116	84	109	--	372

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-8	2-8	0-1
Herrera: (34)	(32,49R)	(23B,46,20)	(28,22,39B)	(38,53S,20)	(—)
(19)	(48,30)	(24)	(—)	(34)	(27)
(49,42,45)	(—)	(—)	(24,42)		
OPP: (31,42,22,23)	(36,31)	(34L,50S,37)	(27)		
(36)	(25)	(40R,38L)	(—)	(25R)	(40B,23)
(28,44L)	(37S,40)	(42L)	(27,31,22)	(41R,29)	(20,43S)

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	38	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	22	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

RECORD (FINISH): 9-7 (T3rd, AFC West)

HEAD COACH: Jack Patera (25-35, 417)

ASSISTANTS: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def Coach/ LBs), Jerry Rhome (Off. Coach/ QBs/WRs/ TEs), Rusty Tillman (Sp. Teams)

CAPTAINS: WR Steve Largent (Off), DE Dennis Boyd (Def), S Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

PRO BOWL: WR Steve Largent (2)

NATIONAL HONORS: None

ALL-NFL: WR Steve Largent (SI, NY Daily News)

POS.	OFFENSE	STARTS
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	David Sims	4
	Dan Doornink	12
	DEFENSE	
LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	*Robert Hardy	16
RT	*Manu Tuiaosopo	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6
	SPECIAL TEAMS	
K	Efren Herrera	16
P	Herman Weaver	16
	*Rookie or first-year player	

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Miami	10	6	0	.625	341	257
New England	9	7	0	.563	411	326
NY Jets	8	8	0	.500	337	383
Buffalo	7	9	0	.438	268	279
Baltimore	5	11	0	.313	271	351

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	12	4	0	.750	416	262
Houston*	11	5	0	.688	362	331
Cleveland	9	7	0	.563	359	352
Cincinnati	4	12	0	.250	337	421

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	11	5	0	.688	371	313
Philadelphia*	11	5	0	.688	339	282
Washington	10	6	0	.625	348	295
NY Giants	6	10	0	.375	237	323
St. Louis	5	11	0	.313	307	358

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Tampa Bay	10	6	0	.625	273	237
Chicago*	10	6	0	.625	306	249
Minnesota	7	9	0	.438	259	337
Green Bay	5	11	0	.313	246	316
Detroit	2	14	0	.125	219	365

WESTERN	W	L	T	PCT.	PTS.	OPP.
Los Angeles	9	7	0	.563	323	309
New Orleans	8	8	0	.500	370	360
Atlanta	6	10	0	.375	300	388
San Francisco	2	14	0	.125	308	416

1980 REVIEW (4-12)

DATE	W/L	SCORE	OPPONENT	ATT
09/07	L	34-13	San Diego	62,042
09/14	W	17-16	at Kansas City	42,403
09/21	L	37-31	New England	61,035
09/28	W	14-0	at Washington	53,263
10/05	W	26-7	at Houston	46,860
10/12	L	27-3	Cleveland	61,366
10/19	W	27-17	at N.Y. Jets	52,496
10/26	L	33-14	at Oakland	50,185
11/02	L	27-20	Philadelphia	61,047
11/09	L	31-30	Kansas City	58,976
11/17	L	19-17	Oakland	60,480
11/23	L	36-20	at Denver	73,274
11/27	L	51-7	at Dallas	57,540
12/07	L	27-21	N.Y. Giants	51,617
12/13	L	21-14	at S. Diego	49,980
12/21	L	25-17	Denver	51,853

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

BY QUARTERS	1	2	3	4	OT	TOT
SEA	25	95	50	121	---	291
OPP	48	139	77	144	---	408

SCORING	TDR	RU	PA	RT	PAT	FG	S	PTS
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doormink	5	3	2	0	0	0	0	30
McCutcheon	4	3	1	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

RUSHING	ATT	YDS	AVG	LG	TD
Jodat	155	632	4.1	26	5
Doormink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

RECEIVING	NO	YDS	AVG	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doormink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

PUNTING	NO	YDS	AVG	NET	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

PUNT RETURNS	NO	FC	YDS	AVG	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	---
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	---
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

FIELD GOALS	1-19	20-29	30-30	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

Herrera:(46,54S,28)(19)(33)(—)(32,33,50,44,40R)
 (51S,29)(48,23)(48S)(21,31,41L)(39,31,33,60S)
 (46S,37)(21,20)(—)(52R,48R)(47L)(31R,47)
 OPP: (41,29) (50,23,57)(19,30,44R,29)
 (33R,50S,52R)(—)(—)(37L)(34,38,43S,30,25)
 (39,25)(42)(28)(24,33)(—)(43,32)(23L)
 (53,55,34,38,52S)

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Jackson	136	105	31	0.0	5	1	2
Harris	119	80	39	0.0	9	0	1
Simpson	110	82	28	1.0	17	0	1
Beeson	101	65	36	1.0	1	2	1
Hardy	103	72	31	3.0	2	1	1
Tuiasosopo	94	63	31	3.5	4	0	1

RECORD (FINISH): 4-12 (5th, AFC West)

HEAD COACH: Jack Patera (29-47, .382)

ASSISTANTS: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def Coach/ LBs), Jerry Rhome (Off. Coach/ QBs/WRs/ TEs), Rusty Tillman (Sp. Teams)

CAPTAINS: WR Steve Largent (Off), SS Keith Simpson (Def)

MVP: WR Sam McCullum

PRO BOWL: None

NATIONAL HONORS: None

ALL-NFL: None

POS.	OFFENSE	STARTS
WR	Sam McCullum	16
LT	Louis Bullard	13
LG	Tom Lynch	12
	Jeff Sevy	4
C	John Yarno	16
RG	Bob Newton	16
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Sherman Smith	2
	Dan Doornink	11
FB	Jim Jodat	13
	Dan Doornink	3

DEFENSE

LE	*Jacob Green	13
LT	Robert Hardy	16
RT	Manu Tuiasosopo	16
RE	Bill Gregory	13
LLB	Michael Jackson	15
MLB	Terry Beeson	16
RLB	Keith Butler	16
LCB	Cornell Webster	5
	Kerry Justin	11
RCB	Dave Brown	16
SS	Keith Simpson	16
FS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	11	5	0	.688	320	260
New England	10	6	0	.625	441	325
Miami	8	8	0	.500	266	305
Baltimore	7	9	0	.438	355	387
NY Jets	4	12	0	.250	302	395

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	11	5	0	.688	357	310
Houston*	11	5	0	.688	295	251
Pittsburgh	9	7	0	.563	352	313
Cincinnati	6	10	0	.375	244	312

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	384	222
Dallas*	12	4	0	.750	454	311
Washington	6	10	0	.375	261	293
St. Louis	5	11	0	.313	299	350
NY Giants	4	12	0	.250	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	7	0	.563	317	308
Detroit	9	7	0	.453	334	272
Chicago	7	9	0	.438	304	264
Tampa Bay	5	10	1	.344	271	341
Green Bay	5	10	1	.344	231	371

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	12	4	0	.750	405	279
Los Angeles*	11	5	0	.688	424	282
San Francisco	6	10	0	.375	320	415
New Orleans	1	15	0	.063	291	487

1981 REVIEW (6-10)

DATE	W/L	SCORE	OPPONENT	ATT
09/06	L	27-21	at Cincinnati	41,177
09/13	W	13-10	Denver	58,513
09/20	L	20-10	at Oakland	45,725
09/27	L	20-14	Kansas City	59,255
10/04	L	24-10	at San Diego	51,463
10/11	L	35-17	at Houston	42,671
10/18	L	32-0	N.Y. Giants	56,134
10/25	W	19-3	at N.Y. Jets	49,678
11/01	L	34-24	at Green Bay	49,467
11/08	W	24-21	Pittsburgh	59,058
11/16	W	44-23	San Diego	58,628
11/22	L	40-13	at Kansas City	49,002
11/29	L	32-31	Oakland	57,147
12/06	W	27-23	N.Y. Jets	53,105
12/13	L	23-13	at Denver	74,527
12/20	W	42-21	Cleveland	51,435

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

BY QUARTERS	1	2	3	4	OT	TOT
SEA	71	109	85	57	---	322
OPP	58	140	75	115	---	388

SCORING TD	RU	PA	RT	PAT	FG	S	Pts
Largent	10	1	9	0	0	0	60
Herrera	0	0	0	0	23-25	12-17	0 59
T. Brown	6	6	0	0	0	0	36
Doomink	5	1	4	0	0	0	30
SEA	40	14	21	5	37-40	15-24	0 322
OPP	46	20	25	1	41-46	23-29	0 388

RUSHING	ATT	YDS	AVG	LG	TD
T. Brown	141	531	3.8	43	6
Smith	83	253	3.0	21	3
Doomink	65	194	3.0	11	1
Zorn	30	140	4.7	20	1
Hughes	47	135	2.9	15	0
SEA	440	1594	3.6	43	14
OPP	588	2806	4.8	73	20

RECEIVING	No	YDS	AVG	LG	TD
Largent	75	1224	16.3	57	9
McCullum	46	567	12.3	36	3
Smith	44	406	9.2	28	1
Hughes	35	263	7.5	22	2
Doomink	27	350	13.0	80	4
SEA	307	3727	12.1	80	21
OPP	294	3394	11.5	90	25

INTERCEPTIONS	No	YDS	AVG	LG	TD
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

PUNTING	No	YDS	AVG	NET	TB	I20	LG	B
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.0	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

PUNT RETURNS	No	FC	YDS	AVG	LG	TD
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

KICKOFF RETURNS	No	YDS	AVG	LG	TD
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

PASSING ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING	
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	----
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

1982 REVIEW (4-5)

DATE	W/L	SCORE	OPPONENT	ATT	BY	QUARTERS	1	2	3	4	OT	TOT
09/12	L	21-7	Cleveland	55,907	SEA		9	37	28	53	---	127
09/19	L	23-21	at Houston	43,117	OPP		26	70	23	28	---	147
09/26			at New England	Cxl								
10/03			Kansas City	Cxl								
10/10			at San Diego	Cxl								
10/17			L.A. Raiders	Cxl								
10/24			San Diego	Cxl								
10/31			at Kansas City	Cxl								
11/07			Denver	Cxl								
11/14			at St. Louis	Cxl								
11/21	W	17-10	at Denver	73,916	OPP		18	12	4	217-18	6-15	0 147
11/28	W	16-0	Pittsburgh	55,553								
12/05	L	28-23	at L.A. Raiders	42,170								
12/12	W	20-14	Chicago	52,826								
12/19	L	16-0	New England	53,457								
12/26	L	24-10	at Cincinnati	55,330								
01/02	W	13-11	Denver	43,145								

TEAM STATISTICS				SEA	OPP
TOTAL FIRST DOWNS				159	167
Rushing				51	86
Passing				89	68
Penalty				19	13
3rd Down: Made/Att	43/130	50/126			
3rd Down Pct.	33.1	39.7			
4th Down: Made/Att	6/12	5/8			
4th Down Pct.	50.0	62.5			
POSSESSION AVG.	28:04	31:56			
TOTAL NET YARDS	2594	2794			
Avg. Per Game	288.2	310.4			
Total Plays	589	600			
Avg. Per Play	4.4	4.7			
NET YARDS RUSHING	795	1461			
Avg. Per Game	88.3	162.3			
Total Rushes	227	337			
NET YARDS PASSING	1799	1333			
Avg. Per Game	199.9	148.1			
Sacked/Yards Lost	36/269	17/135			
Gross Yards	2068	1468			
Att./Completions	326/176	246/138			
Completion Pct.	54.0	56.1			
Had Intercepted	13	13			
PUNTS/AVERAGE	49/38.6	50/40.6			
NET PUNTING AVG.	35.9	34.9			
PENALTIES/YARDS	59/523	44/406			
FUMBLES/BALL LOST	21/11	18/9			
TOUCHDOWNS	14	18			
Rushing	4	12			
Passing	9	4			
Returns	1	2			
TOTAL POINTS	127	147			

SCORING		TD	RU	PA	Rt	PAT	FG	S	Pts	
N. Johnson	0	0	0	0	0	0	0	13-14	10-14	0 43
Largent	3	0	3	0	0	0	0	0	0	18
T. Brown	2	2	0	0	0	0	0	0	0	12
Carr	2	0	2	0	0	0	0	0	0	12
Walker	2	0	2	0	0	0	0	0	0	12
SEA	14	4	9	113-14	10-14	0	0	0	0	127
OPP	18	12	4	217-18	6-15	0	0	0	0	147

RUSHING		ATT	Yds	AVG	LG	TD
Smith	63	202	3.2	19	0	
Doornink	45	178	4.0	46	0	
T. Brown	53	141	2.7	17	2	
Zorn	15	113	7.5	35	1	
Hughes	30	106	3.5	13	0	
SEA	227	795	3.5	46	4	
OPP	337	1461	4.3	53	12	

INTERCEPTIONS		No	Yds	AVG	LG	TD
Easley	4	48	12.0	44	0	
Harris	4	33	8.3	18	0	
Jackson	2	29	14.5	28	0	
SEA	13	160	12.3	44	1	
OPP	13	88	6.8	39	1	

RECEIVING		No	Yds	AVG	LG	TD
Largent	34	493	14.5	45	3	
Doornink	22	176	8.0	44	0	
Smith	19	196	10.3	39	0	
Carr	15	265	17.7	50	2	
Johns	15	234	15.6	35	1	
Metzelaars	15	152	10.1	26	0	
SEA	176	2068	11.8	50	9	
OPP	138	1468	10.6	56	4	

PUNTING		No	Yds	AVG	NET	TB	I20	LG	B
West	48	1835	38.2	36.7	3	8	52	0	
SEA	49	1889	38.6	35.9	3	9	54	0	
OPP	50	2032	40.6	34.9	3	10	59	0	

PUNT RETURNS		No	FC	Yds	AVG	LG	TD
Johns	19	10	210	11.1	37	0	
SEA	21	14	228	10.9	37	0	
OPP	19	23	69	3.6	18	0	

KICKOFF RETURNS		No	Yds	AVG	LG	TD
Ivory	10	224	22.4	30	0	
Lane	11	172	15.6	32	0	
SEA	29	544	18.8	32	0	
OPP	24	361	15.0	34	0	

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

FIELD GOALS 1-19 20-29 30-39 40-49 50+
 N. Johnson 0-0 3-4 5-6 2-3 0-1
 SEA 0-0 3-4 5-6 2-3 0-1
 OPP 0-0 4-5 2-3 0-6 0-1
 N. Johnson: () () (37R,41R,23R,25) (35,48,29)
 (30) (30,34) (52B) (43) (22,34)
OPPONENTS: (45B,26B,42L) (24) (21)() (42L)
 (50R) (21,41B,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0
Butler	46	36	11	2.0	1	0	0

RECORD (FINISH): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

HEAD COACH: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

ASSISTANTS: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

CAPTAINS: WR Steve Largent (Off), CB Keith Simpson (Def), S Don Dufek (Sp. Teams)

MVP: LS Kenny Easley

PRO BOWL: LS Kenny Easley (1)

NATIONAL HONORS: None

FIRST-TEAM ALL-NFL: LS Kenny Easley (PFW, NEA, Football Digest)

POS.	OFFENSE	STARTS
WR	Paul Johns	7
	Roger Carr	2
LT	Dennis Boyd	2
	Ron Essink	7
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	David Hughes	3
	Dan Doomink	5

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	8
RT	Manu Tuiaosopou	8
RE	*Jeff Bryant	9
LLB	*Bruce Scholtz	9
MLB	Michael Jackson	8
RLB	Keith Butler	8
LCB	Keith Simpson	8
RCB	Dave Brown	9
LS	Kenny Easley	8
RS	John Harris	9

SPECIAL TEAMS

K	*Norm Johnson	9
P	Jeff West	9

*Rookie or first-year player

	AFC					
	W	L	T	PCT.	PTS.	OPP.
LA Raiders	8	1	0	.889	260	200
Miami	7	2	0	.778	198	131
Cincinnati	7	2	0	.778	232	177
Pittsburgh	6	3	0	.667	204	146
San Diego	6	3	0	.667	288	221
NY Jets	6	3	0	.667	245	166
New England	5	4	0	.556	143	157
Cleveland	4	5	0	.444	140	182
Buffalo	4	5	0	.444	150	154
Seattle	4	5	0	.444	127	147
Kansas City	3	6	0	.333	176	184
Denver	2	7	0	.222	148	226
Houston	1	8	0	.111	136	245
Baltimore	0	8	1	.056	113	236

	NFC					
	W	L	T	PCT.	PTS.	OPP.
Washington	8	1	0	.889	190	128
Dallas	6	3	0	.667	226	145
Green Bay	5	3	1	.611	226	169
Minnesota	5	4	0	.556	187	198
Atlanta	5	4	0	.556	183	199
St. Louis	5	4	0	.556	135	170
Tampa Bay	5	4	0	.556	158	178
Detroit	4	5	0	.444	181	176
New Orleans	4	5	0	.444	129	160
NY Giants	4	5	0	.444	164	160
San Francisco	3	6	0	.333	209	206
Chicago	3	6	0	.333	141	174
Philadelphia	3	6	0	.333	191	195
LA Rams	2	7	0	.222	200	250

As the result of a 57-day players' strike, the 1982 NFL regular season schedule was reduced from 16 weeks to 9. At the conclusion of the regular season, the NFL conducted a 16-team postseason Super Bowl Tournament. Eight teams from each conference were seeded 1-8 based on their records during the season.

1983 REVIEW (9-7; 2-1 PLAYOFFS)

DATE	W/L	SCORE	OPPONENT	ATT
09/04	L	17-13	at Kansas City	42,531
09/11	W	17-10	at N.Y. Jets	50,066
09/18	W	34-31	San Diego	61,714
09/25	L	27-17	Washington	60,718
10/02	W	24-9	at Cleveland	75,446
10/09	L	28-21	at San Diego	49,132
10/16	W	38-36	L.A. Raiders	60,697
10/23	L	27-21	Pittsburgh	61,615
10/30	W	34-21	at L.A. Raiders	49,708
11/06	W	27-19	Denver	61,189
11/13	L	33-28	at St. Louis	33,280
11/20	L	38-27	at Denver	74,710
11/27	W	51-48	Kansas City (OT)	56,795
12/04	L	35-10	Dallas	63,352
12/11	W	17-12	at N.Y. Giants	48,942
12/18	W	24-6	New England	59,688
POSTSEASON				
12/24	W	31-7	Denver	60,753
(AFC Wild Card Game)				
12/31	W	27-20	at Miami	71,032
(AFC Divisional Playoff)				
01/08	L	30-14	at L.A. Raiders	88,734
(AFC Championship)				

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	300	351
Rushing	131	128
Passing	153	195
Penalty	16	28
3rd Down: Made/Att	96/218	95/214
3rd Down Pct.	44.0	44.4
4th Down: Made/Att	4/10	4/10
4th Down Pct.	40.0	40.0
POSSESSION AVG.	29:52	30:08
TOTAL NET YARDS	5092	6029
Avg. Per Game	318.3	376.8
Total Plays	1032	1075
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	2119	2198
Avg. Per Game	132.4	137.4
Total Rushes	546	511
NET YARDS PASSING	2973	3831
Avg. Per Game	185.8	239.4
Sacked/Yards Lost	47/343	43/351
Gross Yards	3316	4182
Att./Completions	449/251	521/3111
Completion Pct.	55.9	59.7
Had Intercepted	18	26
PUNTS/AVERAGE	79/39.5	68/40.2
NET PUNTING AVG.	34.6	34.2
PENALTIES/YARDS	102/890	91/725
FUMBLES/BALL LOST	36/20	44/28
TOUCHDOWNS	50	48
Rushing	19	14
Passing	25	33
Returns	6	1
TOTAL POINTS	403	397

BY QUARTERS	1	2	3	4	OT	TOT
SEA	67	99	102	132	3	403
OPP	69	134	56	138	0	397

SCORING	TD	RU	PA	RT	PAT	FG	S	Pts
N. Johnson	0	0	0	0	49-50	18-25	0	103
Warner	14	13	1	0	0	0	0	84
Largent	11	0	11	0	0	0	0	66
Johns	5	0	4	1	0	0	0	30
SEA	50	19	25	6	49-50	18-25	0	403
OPP	48	14	33	1	43-48	20-26	3	397

RUSHING	ATT	Yds	AVG	LG	TD
Warner	335	1449	4.3	60	13
Hughes	83	313	3.8	26	1
Doornink	40	99	2.5	9	2
SEA	546	2119	3.9	60	19
OPP	511	2198	4.3	37	14

RECEIVING	No	Yds	AVG	LG	TD
Largent	72	1074	14.9	46	11
Warner	42	325	7.7	28	1
Young	36	529	14.7	47	2
Johns	34	486	14.3	30	4
SEA	251	3316	13.2	50	25
OPP	311	4182	13.4	78	33

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Johns	28	5	316	11.3	75t	1
SEA	34	6	366	10.8	75t	1
OPP	36	16	185	5.1	18	0

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Dixon	49	1148	23.4	94	1
Hughes	12	282	23.5	35	1
SEA	71	1575	22.2	94	1
OPP	59	952	16.1	45	0

INTERCEPTIONS	No	Yds	AVG	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
West	79	3115	39.5	34.6	10	25	56	0
SEA	79	3115	39.5	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	4-7	8-10	1-3
SEA	1-1	4-4	4-7	8-10	1-3
OPP	2-2	5-6	6-7	7-9	0-1

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	243	147	2139	60.5	8.80	18	7.4	11	4.5	50	38/279	95.0
Zorn	205	103	1166	50.2	5.69	7	3.4	7	3.4	43	9/64	64.8
SEA	449	251	3316	55.9	7.38	25	5.6	18	4.0	50	47/34	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/35	85.6

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Scholtz	104	84	20	1.5	6	3	1
Robinson	96	65	31	1.5	0	2	4
Harris	93	67	26	3.0	8	0	3
Easley	84	58	26	3.0	8	1	3
Butler	81	61	20	0.0	1	0	2

RECORD (FINISH): 9-7 (2nd, AFC). First playoff appearance. Won 2 games then lost AFC Championship Game at L.A. Raiders, 30-14.

HEAD COACH: Chuck Knox (9-7, .563)

ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

CAPTAINS: WR Steve Largent (Off), CB Dave Brown (Def), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

PRO BOWL: SS Kenny Easley (2), RB Curt Warner (1),

NATIONAL HONORS: Chuck Knox, NFL Coach of the Year (SGH), SS Kenny Easley, AFC Defensive Player of the Year (FB News), RB Curt Warner, AFC Offensive Player of Year (UPI, NFLPA, WNTDC),

FIRST-TEAM ALL-NFL: SS Kenny Easley (NEA, PFWA, PFW)

POS.	OFFENSE	STARTS
WR	Paul Johns	9
LT	Ron Essink	16
LG	Reggie McKenzie	14
C	Blair Bush	16
RG	Robert Pratt	16
RT	Steve August	15
TE	Pete Metzelaars	7
WR	Steve Largent	14
QB	Jim Zorn	8
	Dave Krieg	8
RB	*Curt Warner	16
FB	David Hughes	6
	DEFENSE	
LE	Jacob Green	16
NT	Manu Tuiaosopopo	8
	Joe Nash	8
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	15
RILB	Keith Butler	16
ROLB	Michael Jackson	9
	Greg Gaines	6
LCB	Kerry Justin	10
RCB	Dave Brown	16
SS	Kenny Easley	15
FS	John Harris	16
	SPECIAL TEAMS	
K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Miami	12	4	0	.750	389	250
New England	8	8	0	.500	274	289
Buffalo	8	8	0	.500	283	351
Baltimore	7	9	0	.438	264	354
NY Jets	7	9	0	.438	313	331

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	10	6	0	.625	355	303
Cleveland	9	7	0	.563	356	342
Cincinnati	7	9	0	.438	346	302
Houston	2	14	0	.125	288	460

WESTERN	W	L	T	PCT.	PTS.	OPP.
LA Raiders	12	4	0	.750	442	338
Seattle*	9	7	0	.563	403	397
Denver*	9	7	0	.563	302	327
San Diego	6	10	0	.375	358	462
Kansas City	6	10	0	.375	386	367

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Washington	14	2	0	.875	541	332
Dallas*	12	4	0	.750	479	360
St. Louis	8	7	1	.531	374	428
Philadelphia	5	11	0	.313	233	322
NY Giants	3	12	1	.219	267	347

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Detroit	9	7	0	.563	347	286
Green Bay	8	8	0	.500	429	439
Chicago	8	8	0	.500	311	301
Minnesota	8	8	0	.500	316	348
Tampa Bay	2	14	0	.125	241	380

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	10	6	0	.625	432	293
LA Rams*	9	7	0	.563	361	344
New Orleans	8	8	0	.500	319	337
Atlanta	7	9	0	.438	370	389

1984 REVIEW (12-4; 1-1 PLAYOFFS)

DATE	W/L	SCORE	OPPONENT	ATT
09/03	W	33-0	Cleveland (Mon.)	59,540
09/09	W	31-17	San Diego	61,314
09/16	L	38-23	at New England	43,140
09/23	W	38-9	Chicago	61,520
09/30	W	20-12	at Minnesota	57,171
10/07	L	28-14	at L.A. Raiders	77,904
10/14	W	31-28	Buffalo	59,034
10/21	W	28-24	Green Bay (at Milwaukee)	52,286
10/29	W	24-0	at San Diego	53,974
11/04	W	45-0	Kansas City	61,396
11/12	W	17-14	L.A. Raiders	64,001
11/18	W	26-6	at Cincinnati	50,280
11/25	W	27-24	at Denver	74,922
12/02	W	38-17	Detroit	62,441
12/09	L	34-7	at Kansas City	34,855
12/15	L	31-14	Denver	64,411

POSTSEASON

12/22	W	13-7	L.A. Raiders (AFC Wild Card Game)	62,049
12/29	L	31-10	at Miami (AFC Divisional Playoff)	73,469

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	287	288
Rushing	94	99
Passing	171	160
Penalty	22	29
3rd Down: Made/Att	84/222	73/214
3rd Down Pct.	37.8	34.1
4th Down: Made/Att	4/9	9/20
4th Down Pct.	44.4	45.0
POSSESSION AVG.	30:46	29:14
TOTAL NET YARDS	5068	4963
Avg. Per Game	316.8	310.2
Total Plays	1034	1051
Avg. Per Play	4.9	4.7
NET YARDS RUSHING	1645	1789
Avg. Per Game	102.8	111.8
Total Rushes	495	475
NET YARDS PASSING	3423	3174
Avg. Per Game	213.9	198.4
Sacked/Yards Lost	42/328	55/398
Gross Yards	3751	3572
Att./Completions	497/283	521/265
Completion Pct.	56.9	50.9
Had Intercepted	26	38
PUNTS/AVERAGE	95/37.5	83/40.3
NET PUNTING AVG.	33.3	33.0
PENALTIES/YARDS	128/1179	114/883
FUMBLES/BALL LOST	24/13	47/25
TOUCHDOWNS	51	34
Rushing	10	11
Passing	32	18
Returns	9	5
TOTAL POINTS	418	282

BY QUARTERS	1	2	3	4	OT	TOT
SEA	92	135	100	91	--	418
OPP	60	86	62	74	--	282

SCORING TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	50-51	20-24	0 110
Largent	12	0	12	0	0	0	0 72
Turner	10	0	10	0	0	0	0 60
Lane	5	4	1	0	0	0	0 30
SEA	51	10	32	9	50-51	20-24	1 418
OPP	34	11	18	5	34-34	14-22	1 282

RUSHING	ATT	YDS	AVG	LG	TD
Hughes	94	327	3.5	14	1
Lane	80	299	3.7	40	4
Doomink	57	215	3.8	25	0
SEA	495	1645	3.3	40	10
OPP	475	1789	3.8	25	11

RECEIVING	No	YDS	AVG	LG	TD
Largent	74	1164	15.7	65	12
Turner	35	715	20.4	80	10
C. Young	33	337	10.2	31	1
Doomink	31	365	11.8	32	2
SEA	283	3751	13.3	80	32
OPP	265	3572	13.5	92	18

INTERCEPTIONS	No	YDS	AVG	LG	TD
Easley	10	126	12.6	58	2
Brown	8	179	22.4	90	2
SEA	38	697	18.3	90	7
OPP	26	333	12.8	42	3

KICKOFF RETURNS	No	YDS	AVG	LG	TD
Dixon	25	446	17.8	36	0
Hughes	17	348	20.5	38	0
SEA	54	1007	18.6	38	0
OPP	67	1116	16.7	46	0

PUNT RETURNS	No	FC	YDS	AVG	LG	TD
Easley	16	5	194	12.1	42	0
Skansi	16	2	145	9.1	16	0
SEA	44	11	484	11.0	47	1
OPP	32	39	205	6.4	65	1

PUNTING	No	YDS	AVG	NET	TB	I20	LG	B
West	95	3567	37.5	33.3	10	24	60	0
SEA	95	3567	37.5	33.3	10	24	60	0
OPP	83	3345	40.3	33.0	6	14	63	4

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Johnson	0-0	9-10	4-4	6-7	1-3
SEA	0-0	9-10	4-4	6-7	1-3
OPP	0-0	4-5	5-8	5-9	0-0

PASSING ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314 83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328 80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398 54.2

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

RECORD (FINISH): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

HEAD COACH: Chuck Knox (21-11, .656)

ASSISTANTS: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Tms/TEs), Joe Vitt (Sp. Assign.)

CAPTAINS: TE Charle Young (Off), CB Dave Brown (Def), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

PRO BOWL: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), Sp. Fredd Young (1)

NATIONAL HONORS: Chuck Knox, NFL Coach of the Year (AP, SN, SGH), SS Kenny Easley, NFL Def. Player of the Year (AP, PFWA)

FIRST-TEAM ALL-NFL: CB Dave Brown (Films), SS Kenny Easley (AP, SI, PFW, PFWA, SN, NEA, Films), DE Jacob Green (SN), K Norm Johnson (AP, PFWA, SN, PFW), WR Steve Largent (Films), NT Joe Nash (AP, Films, PFW), Sp. Fredd Young (Films, PFW)

POS.	OFFENSE	STARTS
WR	*Daryl Turner	8
LT	Ron Essink	16
LG	Reggie McKenzie	8
	Edwin Bailey	8
C	Blair Bush	16
RG	Robert Pratt	16
RT	Bob Cryder	10
TE	Charle Young	13
	Mike Tice	8
WR	Steve Largent	16
QB	Dave Krieg	16
RB	Curt Warner	1
	Eric Lane	7
FB	Franco Harris	6
	David Hughes	6
	DEFENSE	
LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16
	SPECIAL TEAMS	
K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Miami	14	2	0	.875	513	298
New England	9	7	0	.563	362	352
NY Jets	7	9	0	.438	332	364
Indianapolis	4	12	0	.250	239	414
Buffalo	2	14	0	.125	250	454

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	9	7	0	.563	387	310
Cincinnati	8	8	0	.500	339	339
Cleveland	5	11	0	.313	250	297
Houston	3	13	0	.188	240	437

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
LA Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Washington	11	5	0	.688	426	310
NY Giants*	9	7	0	.563	299	301
St. Louis	9	7	0	.563	423	345
Dallas	9	7	0	.563	308	308
Philadelphia	6	9	1	.406	278	320

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Chicago	10	6	0	.625	325	248
Green Bay	8	8	0	.500	390	309
Tampa Bay	6	10	0	.375	335	380
Detroit	4	11	1	.281	283	408
Minnesota	3	13	0	.188	276	484

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	15	1	0	.938	475	227
LA Rams*	10	6	0	.625	346	316
New Orleans	7	9	0	.438	298	361
Atlanta	4	12	0	.250	281	382

1985 REVIEW (8-8)

DATE	W/L	SCORE	OPPONENT	ATT
09/08	W	28-24	at Cincinnati	51,625
09/15	W	49-35	at San Diego	54,420
09/23	L	35-24	L.A. Rams	63,292
09/29	L	28-7	at Kansas City	50,485
10/06	W	26-21	San Diego	61,300
10/13	W	30-26	Atlanta	60,430
10/20	L	13-10	at Denver (OT)	74,899
10/27	L	17-14	at N.Y. Jets	69,320
11/03	W	33-3	L.A. Raiders	64,060
11/10	W	27-3	at New Orleans	47,365
11/17	L	20-13	New England	60,345
11/25	L	19-6	at SF 49ers	57,482
12/01	W	24-6	Kansas City	52,655
12/08	W	31-13	Cleveland	58,477
12/15	L	13-3	at L.A. Raiders	77,425
12/20	L	27-24	Denver	56,283

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	299	290
Rushing	96	90
Passing	179	179
Penalty	24	21
3rd Down: Made/Att	96/244	72/218
3rd Down Pct.	39.3	33.0
4th Down: Made/Att	10/17	9/13
4th Down Pct.	58.8	69.2
POSSESSION AVG.	30:13	29:47
TOTAL NET YARDS	5007	5160
Avg. Per Game	312.9	322.5
Total Plays	1090	1030
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	1644	1837
Avg. Per Game	102.8	114.8
Total Rushes	462	473
NET YARDS PASSING	3363	3323
Avg. Per Game	210.2	207.7
Sacked/Yards Lost	53/457	61/464
Gross Yards	3820	3787
Att./Completions	575/304	496/273
Completion Pct.	52.9	55.0
Had Intercepted	23	24
PUNTS/AVERAGE	91/40.3	97/42.1
NET PUNTING AVG.	33.8	34.6
PENALTIES/YARDS	102/827	106/840
FUMBLES/BALL LOST	34/18	39/20
TOUCHDOWNS	44	35
Rushing	9	12
Passing	28	22
Returns	7	1
TOTAL POINTS	349	303

BY QUARTERS	1	2	3	4	OT	TOT
SEA	43	116	90	100	0	349
OPP	47	78	63	112	3	303

SCORING	TD	RU	PA	RT	PAT	FG	SPTS
Johnson	0	0	0	0	40-41	14-25	0 82
Turner	13	0	13	0	0	0	0 78
Warner	9	8	1	0	0	0	0 54
Largent	6	0	6	0	1-1	0	0 37
SEA	44	9	28	7	41-44	14-25	1349
OPP	35	12	22	1	31-35	20-28	1303

RUSHING	ATT	YDS	AVG	LG	TD
Warner	291	1094	3.8	38	8
Morris	55	236	4.3	21	0
Hughes	40	128	3.2	9	0
Krieg	35	121	3.5	17	1
SEA	462	1644	3.6	38	9
OPP	473	1837	3.9	43	12

RECEIVING	NO	YDS	AVG	LG	TD
Largent	79	1287	16.3	43	6
Warner	47	307	6.5	27	1
Turner	34	670	19.7	54	13
C. Young	28	351	12.5	32	2
Skansi	21	269	12.8	32	1
Walker	19	285	15.0	28	2
SEA	304	3820	12.6	54	28
OPP	273	3787	13.9	71	22

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Harris	7	20	2.9	17	0
Brown	6	58	9.7	28	1
Taylor	4	75	18.8	75	1
SEA	24	272	11.3	75	3
OPP	23	389	16.9	83	1

PUNTING	NO	YDS	AVG	NET	TB	I20	LG	B
Finzer	68	2766	40.7	34.6	6	12	61	0
Colquitt	12	481	40.1	34.3	2	3	55	0
West	11	420	38.2	28.3	3	0	52	0
SEA	91	3667	40.3	33.8	11	15	61	0
OPP	97	4081	42.1	34.6	12	22	62	2

PUNT RETURNS	NO	FC	YDS	AVG	LG	TD
Skansi	31	7	312	10.1	32	0
Easley	8	0	87	10.9	25	0
SEA	53	11	483	9.1	32	0
OPP	47	14	374	8.0	19	0

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	----
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

KICKOFF RETURNS	NO	YDS	AVG	LGTD
Morris	31	636	20.5	58
Skansi	19	358	18.8	35
SEA	58	1166	20.1	58
OPP	47	918	19.5	63

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
F. Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	25	8.5	4	0	4

RECORD (FINISH): 8-8 (3rd, AFC West).

HEAD COACH: Chuck Knox (29-19, .604)

ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ TEs), Joe Vitt (Sp. Assign.)

CAPTAINS: WR Steve Largent (Off), CB Dave Brown (Def), RB Eric Lane (Sp. Teams)

MVP: WR Steve Largent

PRO BOWL: SS Kenny Easley (4), WR Steve Largent (5), Sp. Fredd Young (2)

NATIONAL HONORS: RB Curt Warner, Comeback Player of the Year (SI)

FIRST-TEAM ALL-NFL: SS Kenny Easley (AP, PFWA, NEA), WR Steve Largent (AP, PFWA, SI, C&PFN)

POS.	OFFENSE	STARTS
WR	Daryl Turner	12
LT	Ron Essink	12
LG	Edwin Bailey	16
C	Blair Bush	16
RG	Robert Pratt	12
RT	Steve August	6
RT	Bob Cryder	15
TE	Charle Young	14
	Dan Ross	5
QB	Dave Krieg	16
RB	Curt Warner	16
FB	David Hughes	10
	Eric Lane	3
DEFENSE		
LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Sholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16
SPECIAL TEAMS		
K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Miami	12	4	0	.750	428	320
NY Jets*	11	5	0	.688	393	264
New England*	11	5	0	.688	362	290
Indianapolis	5	11	0	.313	320	386
Buffalo	2	14	0	.125	200	381

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Cleveland	8	8	0	.500	287	294
Cincinnati	7	9	0	.438	441	437
Pittsburgh	7	9	0	.438	379	355
Houston	5	11	0	.313	284	412

WESTERN	W	L	T	PCT.	PTS.	OPP.
LA Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	10	6	0	.625	357	333
NY Giants*	10	6	0	.625	399	283
Washington	10	6	0	.625	297	312
Philadelphia	7	9	0	.438	286	310
St. Louis	5	11	0	.313	278	414

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Chicago	15	1	0	.938	456	198
Green Bay	8	8	0	.500	337	355
Minnesota	7	9	0	.438	346	359
Detroit	7	9	0	.438	307	366
Tampa Bay	2	14	0	.125	294	448

WESTERN	W	L	T	PCT.	PTS.	OPP.
LA Rams	11	5	0	.688	340	277
San Francisco*10	6	6	0	.625	411	263
New Orleans	5	11	0	.313	294	401
Atlanta	4	12	0	.250	282	452

1986 REVIEW (10-6)

DATE	W/L	SCORE	OPPONENTS	ATT	BY	QUARTERS	1	2	3	4	OT	TOT
09/07	W	30-0	Pittsburgh	61,461	SEA		69	96	80	121	0	366
09/14	W	23-17	Kansas City	61,068	OPP		60	103	52	78	0	293
09/21	W	38-31	at New England	58,977								
09/28	L	19-14	at Washington	54,157								
10/06	W	33-7	San Diego	63,207	N. Johnson	0	0	0	0	42-42	22-35	0 108
10/12	L	14-10	at L.A. Raiders	70,635	Warner	13	13	0	0	0	0	0 78
10/19	W	17-12	N.Y. Giants	62,282	Largent	9	0	9	0	0	0	0 54
10/26	L	20-13	at Denver	76,089	Turner	7	0	7	0	0	0	0 42
11/02	L	38-7	N.Y. Jets	62,497	R. Butler	4	0	4	0	0	0	0 24
11/09	L	27-7	at Kansas City	53,268	SEA	43	15	24	4	42-43	22-35	0 366
11/16	L	34-7	at Cincinnati	54,410	OPP	34	12	20	2	32-34	19-28	0 293
11/23	W	24-20	Philadelphia	55,786								
11/27	W	31-14	at Dallas	58,020								
12/08	W	37-0	L.A. Raiders	62,923								
12/14	W	34-24	at San Diego	47,096								
12/20	W	41-16	Denver	63,697								

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	291	310
Rushing	123	93
Passing	158	192
Penalty	10	25
3rd Down: Made/Att	96/221	84/225
3rd Down Pct.	43.4	37.3
4th Down: Made/Att	0/6	6/18
4th Down Pct.	0.0	33.3
POSSESSION AVG.	29:46	30:14
TOTAL NET YARDS	5409	5341
Avg. Per Game	338.1	333.8
Total Plays	1005	1053
Avg. Per Play	5.4	5.1
NET YARDS RUSHING	2300	1759
Avg. Per Game	143.8	109.9
Total Rushes	513	471
NET YARDS PASSING	3109	3582
Avg. Per Game	194.3	223.9
Sacked/Yards Lost	39/315	47/306
Gross Yards	3424	3888
Att./Completions	453/268	535/301
Completion Pct.	59.2	56.3
Had Intercepted	14	22
PUNTS/AVERAGE	79/38.6	81/40.4
NET PUNTING AVG.	33.0	33.7
PENALTIES/YARDS	98/813	81/652
FUMBLES/BALL LOST	29/13	26/14
TOUCHDOWNS	43	34
Rushing	15	12
Passing	24	20
Returns	4	2
TOTAL POINTS	366	293

SCORING	TD	RU	PA	RT	PAT	FG	SPTS
N. Johnson	0	0	0	0	42-42	22-35	0 108
Warner	13	13	0	0	0	0	0 78
Largent	9	0	9	0	0	0	0 54
Turner	7	0	7	0	0	0	0 42
R. Butler	4	0	4	0	0	0	0 24
SEA	43	15	24	4	42-43	22-35	0 366
OPP	34	12	20	2	32-34	19-28	0 293

RUSHING	ATT	YDS	AVG	LG	TD
Warner	319	1481	4.6	60	13
Williams	129	538	4.2	36	0
Morris	19	149	7.8	49	1
Krieg	35	122	3.5	19	1
SEA	513	2300	4.5	60	15
OPP	471	1759	3.7	25	12

RECEIVING	NO	YDS	AVG	LG	TD
Largent	70	1070	15.3	38	9
Warner	41	342	8.3	26	0
Franklin	33	547	16.6	49	2
Williams	33	219	6.6	23	0
Skansi	22	271	12.3	39	0
R. Butler	19	351	18.5	67	4
Turner	18	334	18.6	72	7
SEA	268	3424	12.8	72	24
OPP	301	3888	12.9	83	20

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

KICKOFF RETURNS	NO	YDS	AVG	LG	TD
Edmonds	34	764	22.5	46	0
Morris	23	465	20.2	38	0
SEA	64	1322	20.7	46	0
OPP	59	1002	17.0	42	0

PUNTING	NO	YDS	AVG	NET	TBI	20LG	B
Gamache	79	3048	38.6	33.0	7	10	55 0
SEA	79	3048	38.6	33.0	7	10	55 0
OPP	81	3270	40.4	33.7	4	20	60 4

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

PUNT RETURNS	NO	FC	YDS	AVG	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

RECORD (FINISH): 10-6 (3rd, AFC West)

HEAD COACH: Chuck Knox (39-25, .609)

ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (Sp. Assign.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.), **CAPTAINS:** WR Steve Largent (Off), CB Dave Brown (Def), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

PRO BOWL: KR Bobby Joe Edmonds (1), DE Jacob Green (1), WR Steve Largent (6), RB Curt Warner (2), LB Fredd Young (3)

NATIONAL HONORS: RB Curt Warner, AFC Player of the Year (UPI), First-Team All-NFL: KR Bobby Joe Edmonds (AP, PFWA, SN, PFW, FD)

POS.	OFFENSE	STARTS
WR	Daryl Turner	12
LT	*Ron Mattes	16
LG	Edwin Bailey	12
C	Blair Bush	7
	Will Grant	6
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Mike Tice	15
WR	Steve Largent	16
QB	Dave Krieg	14
	Gale Gilbert	2
RB	Curt Warner	16
FB	*John L. Williams	16
	DEFENSE	
LE	Jacob Green	16
NT	Joe Nash	11
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	16
LILB	Fredd Young	15
RILB	Keith Butler	16
ROLB	Greg Gaines	15
LCB	Terry Taylor	15
RCB	Dave Brown	16
SS	Kenny Easley	10
	Paul Moyer	6
FS	Eugene Robinson	16
	SPECIAL TEAMS	
K	Norm Johnson	16
P	*Vince Gamache	16
	*Rookie or first-year player	

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
New England	11	5	0	.688	412	307
NY Jets*	10	6	0	.625	364	386
Miami	8	8	0	.500	430	405
Buffalo	4	12	0	.250	287	348
Indianapolis	3	13	0	.188	229	400

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Cleveland	12	4	0	.750	391	310
Cincinnati	10	6	0	.625	409	394
Pittsburgh	6	10	0	.375	307	336
Houston	5	11	0	.313	274	329

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	11	5	0	.688	378	327
Kansas City*	10	6	0	.625	358	326
Seattle	10	6	0	.625	366	293
LA Raiders	8	8	0	.500	323	346
San Diego	4	12	0	.250	335	396

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
NY Giants	14	2	0	.875	371	236
Washington*	12	4	0	.750	368	296
Dallas	7	9	0	.438	346	337
Philadelphia	5	10	1	.344	256	312
St. Louis	4	11	1	.281	218	351

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Chicago	14	2	0	.875	352	187
Minnesota	9	7	0	.563	398	273
Detroit	5	11	0	.313	277	326
Green Bay	4	12	0	.250	254	418
Tampa Bay	2	14	0	.125	239	473

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	10	5	1	.656	374	247
LA Rams*	10	6	0	.625	309	267
Atlanta	7	8	1	.469	280	280
New Orleans	7	9	0	.438	288	287

1987 REVIEW (9-6; 0-1 PLAYOFFS)

DATE/W	SCORE	OPPONENTS	ATT	SCORING	TDR	PA	Rt	PAT	FG	SPts
09/13	L 40-17	at Denver	75,999	N. Johnson	0	0	0	40-40	15-20	0 85
09/20	W 43-14	Kansas City	61,667	Warner	10	8	2	0	0	0 60
09/27		at San Diego	Cx1	Largent	8	0	8	0	0	0 48
10/04	W 24-20	Miami	19,448	Turner	6	0	6	0	0	0 36
10/11	L 17-10	Cincinnati	31,739	SEA	46	13	31	2	44-46	17-22 0371
10/18	W 37-14	at Detroit	8,310	OPP	36	14	20	2	35-36	21-26 0314
10/25	W 35-13	at L.A. Raiders	52,735							
11/01	W 28-17	Minnesota	61,134	RUSHING	ATT	Yds	AVG	LG	TD	
11/09	L 30-14	at N.Y. Jets	60,452	Warner	234	985	4.2	57	8	
11/15	W 24-13	Green Bay	60,693	J. L. Williams	113	500	4.4	48	1	
11/22	W 34-3	San Diego	62,444	Krieg	36	155	4.3	17	2	
11/30	L 37-14	L.A. Raiders	62,802	SEA	496	2023	4.1	57	13	
12/06	L 13-9	at Pittsburgh	48,881	OPP	472	2201	4.7	91	14	
12/13	W 28-21	Denver	61,759							
12/20	W 34-21	at Chicago	62,518	RECEIVING	No	Yds	AVG	LG	TD	
12/27	L 41-20	at Kansas City	20,370	Largent	58	912	15.7	55	8	
		POSTSEASON		J. L. Williams	38	420	11.1	75	3	
01/03	L 23-20	at Houston (OT)	49,662	R. Butler	33	465	14.1	40	5	
		(AFC Wild Card Game)		Skansi	19	207	10.9	25	1	
				SEA	237	3028	12.8	75	31	
				OPP	255	3196	12.5	81	20	

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

BY QUARTERS	1	2	3	4	OT	Tot
SEA	79	132	95	65	---	371
OPP	51	110	75	78	---	314

	ATT	Yds	AVG	LG	TD
RUSHING					
Warner	234	985	4.2	57	8
J. L. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14
RECEIVING					
Largent	58	912	15.7	55	8
J. L. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

INTERCEPTIONS	No	Yds	AVG	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

FIELD GOALS	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	ID%	INT	INT%	LG	SACKED	RATING
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	19	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

RECORD (FINISH): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

HEAD COACH: Chuck Knox (48-31, .608)

ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

CAPTAINS: WR Steve Largent and RB Curt Warner (Off), S Kenny Easley (Def), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

PRO BOWL: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Freddie Young (4)

NATIONAL HONORS: None

FIRST-TEAM ALL-NFL: WR Steve Largent (PFWA), G Bryan Millard (Films), RB Curt Warner (S-I, NEA), LB Freddie Young (AP, PFWA, Films, S-I, PFW, SN, NEA)

POS.	OFFENSE	STARTS
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10
DEFENSE		
LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	*Tony Woods	5
LILB	Freddie Young	13
RILB	*Brian Bosworth	12
ROLB	Greg Gaines	10
	*Tony Woods	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12
SPECIAL TEAMS		
K	Norm Johnson	13
P	Ruben Rodriguez	13
*Rookie or first-year player		

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Indianapolis	9	6	0	.600	300	238
New England	8	7	0	.533	320	293
Miami	8	7	0	.533	362	335
Buffalo	7	8	0	.467	270	305
NY Jets	6	9	0	.400	280	312

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Cleveland	10	5	0	.677	390	239
Houston*	9	6	0	.600	345	349
Pittsburgh	8	7	0	.533	285	299
Cincinnati	4	11	0	.267	285	370

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
LA Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Washington	11	4	0	.733	379	385
Dallas	7	8	0	.467	340	348
St. Louis	7	8	0	.467	362	268
Philadelphia	7	8	0	.467	337	380
NY Giants	6	9	0	.400	280	312

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Chicago	11	4	0	.733	356	282
Minnesota*	8	7	0	.533	336	335
Green Bay	5	9	1	.367	255	300
Tampa Bay	4	11	0	.267	286	360
Detroit	4	11	0	.267	269	384

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	13	2	0	.867	459	253
New Orleans*	12	3	0	.800	422	283
LA Rams	6	9	0	.400	317	361
Atlanta	3	12	0	.200	205	436

1988 REVIEW (9-7; 0-1 PLAYOFFS)

DATE	W/L	SCORE	OPPONENT	ATT	BY	QUARTERS	1	2	3	4	OT	TOT
09/04	W	21-14	at Denver	75,986	SEA		58	124	83	74	----	339
09/11	W	31-10	Kansas City	61,512	OPP		75	90	72	92	----	329
09/18	L	17-6	at San Diego	44,449								
09/25	L	38-7	San Francisco	62,382								
10/02	W	31-20	at Atlanta	28,619								
10/09	W	16-10	at Cleveland	78,605								
10/16	L	20-19	New Orleans	63,569								
10/23	L	31-10	at L.A. Rams	57,033								
10/30	W	17-14	San Diego	59,641								
11/06	L	13-3	Buffalo	61,074	SEA		39	14	22	3	39-39	22-28 0339
11/13	W	27-24	Houston	60,446	OPP		38	14	21	3	38-38	21-32 0329
11/20	L	27-24	at Kansas City	33,152								
11/28	W	35-27	L.A. Raiders	62,641								
12/04	L	13-7	at New England	59,068								
12/11	W	42-14	Denver	62,839								
12/18	W	43-37	at L.A. Raiders	61,127								
POSTSEASON												
12/31	L	21-13	at Cincinnati	58,560								
(AFC Divisional Playoff)												

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

SCORING	TD	RU	PA	Rt	PAT	FG	SPTs
N. Johnson	0	0	0	0	39-39	22-28	0105
Warner	12	10	2	0	0	0	0 72
Blades	8	0	8	0	0	0	0 48
Williams	7	4	3	0	0	0	0 42
Butler	4	0	4	0	0	0	0 24
SEA	39	14	22	3	39-39	22-28	0339
OPP	38	14	21	3	38-38	21-32	0329

RUSHING	ATT	Yds	AVG	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2986	4.0	44	14
OPP	509	2286	4.5	42	14

RECEIVING	No	Yds	AVG	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

INTERCEPTIONS	No	Yds	AVG	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0
FIELD GOALS	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	----
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

RECORD (FINISH): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.

HEAD COACH: Chuck Knox (57-38, .600)

ASSISTANTS: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

CAPTAINS: WR Steve Largent (Off), DE Jacob Green and S Eugene Robinson (Def), Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

PRO BOWL: QB Dave Krieg (2), Sp. Rufus Porter (1)

NATIONAL HONORS: WR Steve Largent, NFL Man of the Year

FIRST-TEAM ALL-NFL: G Bryan Millard (S-I), Sp. Teams Rufus Porter (PFW, C&PFN)

POS.	OFFENSE	STARTS
WR	*Brian Blades	7
	Ray Butler	5
LT	Ron Mattes	16
LG	Edwin Bailey	16
C	Blair Bush	14
RG	Bryan Millard	14
RT	Mike Wilson	16
TE	Mike Tice	16
WR	Steve Largent	15
QB	Dave Krieg	9
	*Kelly Stouffer	6
	Jeff Kemp	1
RB	Curt Warner	16
FB	John L. Williams	16
	DEFENSE	
LE	Jacob Green	16
NT	Joe Nash	15
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	15
LILB	Brian Bosworth	10
	Darren Comeaux	6
RILB	Dave Wyman	16
ROLB	Tony Woods	16
LCB	Terry Taylor	8
	Melvin Jenkins	8
RCB	*Patrick Hunter	8
	Melvin Jenkins	8
SS	Paul Moyer	16
FS	Eugene Robinson	16
	SPECIAL TEAMS	
K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Buffalo	12	4	0	.750	329	237
Indianapolis	9	7	0	.563	354	315
New England	9	7	0	.563	250	284
NY Jets	8	7	1	.531	372	354
Miami	6	10	0	.375	319	380

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Cincinnati	12	4	0	.750	448	329
Cleveland*	10	6	0	.625	304	288
Houston*	10	6	0	.625	424	365
Pittsburgh	5	11	0	.313	336	421

WESTERN	W	L	T	PCT.	PTS.	OPP.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
LA Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Philadelphia	10	6	0	.625	379	319
NY Giants	10	6	0	.625	359	304
Washington	7	9	0	.438	345	387
Phoenix	7	9	0	.438	344	398
Dallas	3	13	0	.188	265	381

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Chicago	12	4	0	.750	312	215
Minnesota*	11	5	0	.688	406	233
Tampa Bay	5	11	0	.313	261	350
Detroit	4	12	0	.250	220	313
Green Bay	4	12	0	.250	240	315

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	10	6	0	.625	369	294
LA Rams*	10	6	0	.625	407	293
New Orleans	10	6	0	.625	312	283
Atlanta	5	11	0	.313	244	315

1989 REVIEW (7-9)

DATE	W/L	SCORE	OPPONENTS	ATT
09/10	L	31-7	at Philadelphia	64,287
09/17	L	34-24	Phoenix	60,444
09/24	W	24-3	at New England	48,025
10/01	W	24-20	at L.A. Raiders	44,319
10/08	L	20-16	Kansas City	60,715
10/15	W	17-16	at San Diego	50,079
10/22	L	24-21	Denver (OT)	62,353
10/29	W	10-7	San Diego	59,691
11/05	L	20-10	at Kansas City	54,489
11/12	L	17-7	Cleveland	58,978
11/19	L	15-3	at N.Y. Giants	75,014
11/26	L	41-14	at Denver	75,117
12/04	W	17-16	Buffalo	57,682
12/10	W	24-17	at Cincinnati	54,744
12/17	W	23-17	L.A. Raiders	61,076
12/23	L	29-0	Washington	60,294

TEAM STATISTICS		SEA	OPP
TOTAL FIRST DOWNS		290	293
Rushing		86	119
Passing		180	158
Penalty		24	16
3rd Down: Made/Att	85/211	89/213	
3rd Down Pct.	40.3	41.8	
4th Down: Made/Att	8/17	5/16	
4th Down Pct.	47.1	31.3	
POSSESSION AVG.		29:20	30:40
TOTAL NET YARDS		4596	5215
Avg. Per Game		287.3	325.9
Total Plays		1010	997
Avg. Per Play		4.6	5.2
NET YARDS RUSHING		1392	2118
Avg. Per Game		87.0	132.4
Total Rushes		405	520
NET YARDS PASSING		3204	3097
Avg. Per Game		200.3	193.6
Sacked/Yards Lost	46/379	32/235	
Gross Yards		3583	3332
Att./Completions	559/316	445/252	
Completion Pct.	56.5	56.6	
Had Intercepted		23	9
PUNTS/AVERAGE		76/39.4	74/39.2
NET PUNTING AVG.		32.9	33.9
PENALTIES/YARDS		79/738	118/809
FUMBLES/BALL LOST		43/14	26/13
TOUCHDOWNS		28	37
Rushing		5	11
Passing		21	13
Returns		2	3
TOTAL POINTS		241	327

BY QUARTERS	1	2	3	4	OT	TOT
SEA	72	60	41	68	0	241
OPP	81	80	86	77	3	327

SCORING	TD	RU	PA	RT	PAT	FG	SPTS
N. Johnson	0	0	0	0	27-27	15-25	0 72
Williams	7	1	6	0	0	0	0 42
Blades	5	0	5	0	0	0	0 30
Skansi	5	0	5	0	0	0	0 30
Warner	4	3	1	0	0	0	0 24
SEA	28	5	21	2	28-28	15-25	0241
OPP	37	11	23	3	35-37	22-32	2327

RUSHING	ATT	YDS	AVG	LG	TD
Warner	194	631	3.3	34	3
Williams	146	499	3.4	21	1
Krieg	40	160	4.0	18	0
SEA	405	1392	3.4	34	5
OPP	520	2118	4.1	38	11

RECEIVING	NO	YDS	AVG	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

PUNTING	NO	YDS	AVG	NET	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

PUNT RETURNS	NO	FC	YDS	AVG	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	499	286	3309	57.3	6.63	21	4.2	20	4.0	60	37/289	74.8
Stouffer	59	29	270	49.2	4.58	0	0.0	3	5.1	29	9/90	40.9
SEA	559	316	3583	56.5	6.41	21	3.8	23	4.1	60	46/379	71.3
OPP	445	252	3332	56.6	7.49	23	5.2	9	2.0	69	32/235	89.3

KOR	No	Yds	AVG	LG	TD
Jefferson	22	511	23.2	91	1
Harris	18	334	18.6	25	0
Hollis	15	247	16.5	30	0
SEA	65	1246	19.2	97	1
OPP	44	814	18.5	37	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	6-7	3-4	4-8	1-5
SEA	1-1	6-7	3-4	4-8	1-5
OPP	1-1	10-13	8-10	3-7	0-1

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Robinson	102	72	30	0.0	5	2	0
Wyman	98	72	26	0.0	1	2	0
Glasgow	97	77	20	0.0	7	0	5
Nash	92	65	27	8.0	1	3	0
Comeaux	88	64	24	0.0	1	0	1
Bryant	68	50	18	3.5	2	2	0

RECORD (FINISH): 7-9 (4th, AFC West)

HEAD COACH: Chuck Knox (64-47, .577)

ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

CAPTAINS: WR Steve Largent (Off), DE Jacob Green (Def), Game-to-Game (Sp. Teams)

MVP: WR Brian Blades

PRO BOWL: WR Brian Blades (1), QB Dave Krieg (3), Sp. Rufus Porter (2)

NATIONAL HONORS: None

FIRST-TEAM ALL-NFL: None

WR	Brian Blades	14
LT	*Andy Heck	8
	Ron Mattes	8
LG	Edwin Bailey	16
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	*Robert Tyler	9
	*Travis McNeal	6
WR	Steve Largent	9
	Louis Clark	6
QB	Dave Krieg	14
	Kelly Stouffer	2
RB	Curt Warner	15
FB	John L. Williams	15

DEFENSE

LE	Jacob Green	14
NT	Joe Nash	16
RE	Jeff Bryant	15
LOLB	Rufus Porter	3
	Tony Woods	12
LILB	Brian Bosworth	2
	Darren Comeaux	13
RILB	Dave Wyman	16
ROLB	Vernon Maxwell	9
	M.L. Johnson	6
LCB	Dwayne Harper	13
RCB	Patrick Hunter	14
SS	Nesby Glasgow	16
FS	Eugene Robinson	14
SPECIAL TEAMS		
K	Norm Johnson	16
P	Ruben Rodriguez	16
*Rookie or first-year player		

POS. OFFENSE STARTS

AFC						
EASTERN	W	L	T PCT.	PTS.	OPP.	
Buffalo	9	7	0 .563	409	317	
Indianapolis	8	8	0 .500	298	301	
Miami	8	8	0 .500	331	379	
New England	5	11	0 .313	297	391	
NY Jets	4	12	0 .250	253	411	

CENTRAL						
	W	L	T PCT.	PTS.	OPP.	
Cleveland	9	6	1 .594	334	254	
Houston*	9	7	0 .563	365	412	
Pittsburgh*	9	7	0 .563	265	326	
Cincinnati	8	8	0 .500	404	285	

WESTERN						
	W	L	T PCT.	PTS.	OPP.	
Denver	11	5	0 .688	362	226	
Kansas City	8	7	1 .531	318	286	
LA Raiders	8	8	0 .500	315	297	
Seattle	7	9	0 .438	241	327	
San Diego	6	10	0 .375	266	290	

NFC						
EASTERN	W	L	T PCT.	PTS.	OPP.	
NY Giants	12	4	0 .750	348	252	
Philadelphia*	11	5	0 .688	342	274	
Washington	10	6	0 .625	386	308	
Phoenix	5	11	0 .313	258	377	
Dallas	1	15	0 .063	204	393	

CENTRAL						
	W	L	T PCT.	PTS.	OPP.	
Minnesota	10	6	0 .625	351	275	
Green Bay	10	6	0 .625	362	356	
Detroit	7	9	0 .438	312	364	
Chicago	6	10	0 .375	358	377	
Tampa Bay	5	11	0 .313	320	419	

WESTERN						
	W	L	T PCT.	PTS.	OPP.	
San Francisco	14	2	0 .875	442	253	
LA Rams*	11	5	0 .688	426	344	
New Orleans	9	7	0 .563	386	301	
Atlanta	3	13	0 .188	279	437	

1990 REVIEW (9-7)

DATE	W/L	SCORE	OPPONENTS	ATT
09/09	L	17-0	at Chicago	64,400
09/16	L	17-13	L.A. Raiders	61,889
09/23	L	34-31	at Denver (OT)	75,290
10/01	W	31-16	Cincinnati	60,135
10/07	W	33-20	at New England	39,735
10/14	L	24-17	at L.A. Raiders	50,624
10/21	W	19-7	Kansas City	60,358
10/28			BYE	
11/04	L	31-14	San Diego	59,646
11/11	W	17-16	at Kansas City	71,285
11/18	L	24-21	Minnesota	59,735
11/25	W	13-10	at S. Diego (OT)	50,097
12/02	W	13-10	Houston (OT)	57,592
12/09	W	20-14	at Green Bay	52,015
12/16	L	24-17	at Miami	57,851
12/23	W	17-12	Denver	55,845
12/30	W	30-10	Detroit	50,681

BY QUARTERS	1	2	3	4	OT	TOT
SEA	50	94	60	96	6	306
OPP	50	112	53	68	3	286

SCORING	TDS	RU	PA	Rt	PAT	FG	SPTS
Johnson	0	0	0	0	33-34	23-32	0102
Fenner	15	14	1	0	0	0	0 0 90
Chadwick	4	0	4	0	0	0	0 0 24
Kane	4	0	4	0	0	0	0 0 24
Blades	3	0	3	0	0	0	0 0 18
Williams	3	3	0	0	0	0	0 0 18
SEA	34	18	15	1	33-34	23-32	0306
OPP	32	7	19	6	32-32	20-27	1286

RUSHING	ATT	YDS	AVG	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

RECEIVING	No	YDS	AVG	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

INTERCEPTIONS	No	YDS	AVG	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

PUNTING	No	YDS	AVG	NET	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

PUNT RETURNS	No	FC	YDS	AVG	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

KOR	No	Yds	AVG	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

RECORD (FINISH): 9-7 (3rd, AFC West)
HEAD COACH: Chuck Knox (73-54, .575)
ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)
CAPTAINS: QB Dave Krieg (Off), DE Jacob Green (Def), Game-to-Game (Sp. Teams)
MVP: FB John L. Williams
PRO BOWL: FB John L. Williams (1)
NATIONAL HONORS: SS Kenny Easley and WR Steve Largent, All-NFL Decade of the 1980's Team (Hall of Fame)
FIRST-TEAM ALL-NFL: None

POS. OFFENSE STARTS

AFC						
EASTERN	W	L	T	PCT.	PTS.	OPP.
Buffalo	13	3	0	.813	428	263
Miami*	12	4	0	.750	336	242
Indianapolis	7	9	0	.438	281	353
NY Jets	6	10	0	.375	295	345
New England	1	15	0	.063	181	446

CENTRAL						
W	L	T	PCT.	PTS.	OPP.	
Cincinnati	9	7	0	.563	360	352
Houston*	9	7	0	.563	405	307
Pittsburgh	9	7	0	.563	292	240
Cleveland	3	13	0	.188	228	462

WESTERN						
W	L	T	PCT.	PTS.	OPP.	
LA Raiders	12	4	0	.750	337	268
Kansas City*	11	5	0	.688	369	257
Seattle	9	7	0	.563	306	286
San Diego	6	10	0	.375	315	281
Denver	5	11	0	.313	331	374

WR	Tommy Kane	11
LT	Andy Heck	16
LG	Edwin Bailey	11
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Ron Mattes	7
	Ronnie Lee	9
TE	Travis McNeal	14
WR	Brian Blades	16
QB	Dave Krieg	16
RB	Derrick Fenner	15
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Joe Nash	16
RT	Jeff Bryant	14
	*Cortez Kennedy	2
RE	Tony Woods	15
LLB	*Terry Wooden	8
MLB	Darren Comeaux	8
	Dave Wyman	8
RLB	Rufus Porter	12
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	*Robert Blackmon	3
	Nesby Glasgow	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Rick Donnelly	16

* Rookie or first-year player

NFC						
EASTERN	W	L	T	PCT.	PTS.	OPP.
NY Giants	13	3	0	.813	335	211
Philadelphia*	10	6	0	.625	396	299
Washington*	10	6	0	.625	381	301
Dallas	7	9	0	.438	244	308
Phoenix	5	11	0	.313	268	296

CENTRAL						
W	L	T	PCT.	PTS.	OPP.	
Chicago	11	5	0	.688	348	280
Tampa Bay	6	10	0	.375	264	367
Detroit	6	10	0	.375	373	413
Green Bay	6	10	0	.375	271	347
Minnesota	6	10	0	.375	351	326

WESTERN						
W	L	T	PCT.	PTS.	OPP.	
San Francisco	14	2	0	.875	353	239
New Orleans*	8	8	0	.500	274	275
LA Rams	5	11	0	.313	345	412
Atlanta	5	11	0	.313	348	365

1991 REVIEW (7-9)

DATE	W/L	SCORE	OPPONENTS	ATT	BY QUARTERS	1	2	3	4	OT	TOT
09/01	L	27-24	at New Orleans	68,492	SEA	39	78	79	80	0	276
09/08	W	20-13	N.Y. Jets	56,770	OPP	25	112	47	74	3	261
09/15	L	16-10	at Denver	74,152							
09/22	L	20-13	at Kansas City	71,789							
09/29	W	31-3	Indianapolis	56,656							
10/06	W	13-7	at Cincinnati	60,010							
10/13	L	23-20	L.A. Raiders (OT)	61,974							
10/20	W	27-7	at Pittsburgh	54,678							
10/27	W	20-9	San Diego	58,025							
11/03			BYE								
11/10	L	17-14	at San Diego	43,597							
11/17	L	31-7	at L.A. Raiders	49,317							
11/24	W	13-10	Denver	60,430							
12/01	L	19-6	Kansas City	57,248							
12/08	L	24-22	San Francisco	56,711							
12/15	L	26-13	at Atlanta	53,834							
12/22	W	23-9	L.A. Rams	51,100							

TEAM STATISTICS	SEA	OPP	RECEIVING	No	Yds	AVG	LG	TD
TOTAL FIRST DOWNS	253	263	Blades	70	1003	14.3	52	2
Rushing	80	92	Williams	61	499	8.2	35	1
Passing	159	159	Kane	50	763	15.3	60	2
Penalty	14	12	Chadwick	22	255	11.6	29	3
3rd Down: Made/Att	67/193	78/220	SEA	290	3371	11.6	60	15
3rd Down Pct.	34.7	35.5	OPP	296	3288	11.1	61	18
4th Down: Made/Att	2/9	9/20						
4th Down Pct.	22.2	45.0						

POSSESSION AVG.	SEA	OPP	INTERCEPTIONS	No	Yds	AVG	LG	TD
POSESSION AVG.	29:27	30:33	Robinson	5	56	11.2	27	0
TOTAL NET YARDS	4534	4703	Harper	4	84	21.0	43	0
Avg. Per Game	283.4	293.9	SEA	18	302	16.8	43	2
Total Plays	924	988	OPP	26	334	12.8	58	2
Avg. Per Play	4.9	4.8						

NET YARDS RUSHING	SEA	OPP	PUNTING	No	Yds	AVG	NET TB	I20	LG	B	
NET YARDS RUSHING	1426	1684	Tuten	49	2106	43.0	36.9	3	8	60	0
Avg. Per Game	89.1	105.3	Donnelly	13	505	38.8	33.8	1	1	57	0
Total Rushes	394	435	Waits	14	474	33.9	33.6	0	2	50	0
NET YARDS PASSING	3108	3019	SEA	76	3085	40.6	35.7	4	11	60	0
Avg. Per Game	194.3	188.7	OPP	79	3089	39.1	33.0	8	20	65	1
Sacked/Yards Lost	42/263	36/269									
Gross Yards	3371	3288									

Att/Comp	SEA	OPP	PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Att/Comp	488/290	517/296	Warren	32	19	298	9.3	159	1
Completion Pct.	59.4	57.3	SEA	38	20	325	8.6	159	1
Had Intercepted	26	18	OPP	40	18	289	7.2	29	0

PUNTS/AVERAGE	SEA	OPP	KOR	No	Yds	AVG	LG	TD
PUNTS/AVERAGE	76/40.6	79/39.1	Warren	35	792	22.6	55	0
NET PUNTING AVG.	35.7	33.0	Loville	18	412	22.9	50	0
PENALTIES/YARDS	85/682	108/845	SEA	60	1280	21.3	55	0
FUMBLES/BALL LOST	26/17	34/21	OPP	51	858	16.8	38	0
TOUCHDOWNS	29	25						
Rushing	11	4						
Passing	15	1						
Returns	3	3						
TOTAL POINTS	276	261						

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4
OPP	517	296	3288	57.3	6.36	18	3.5	18	3.5	61	36/269	73.4

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

RECORD (FINISH): 7-9 (4th, AFC West)

HEAD COACH: Chuck Knox (80-63, .559)

ASSISTANTS: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

CAPTAINS: QB Dave Krieg (Off), DE Jacob Green (Def), Game-to-Game (Sp. Teams)

MVP: FS Eugene Robinson

PRO BOWL: DT Cortez Kennedy (1), FB John L. Williams (2)

NATIONAL HONORS: None

FIRST-TEAM ALL-NFL: CB Dwayne Harper (SI), FS Eugene Robinson (SI)

POS.	OFFENSE	STARTS
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Millard	16
RT	Ronnie Lee	7
	Bill Hitchcock	9
TE	Mike Tice	15
WR	Brian Blades	16
QB	Dave Krieg	9
	Jeff Kemp	5
	*Dan McGwire	1
	Kelly Stouffer	1
RB	Derrick Fenner	8
	James Jones	6
FB	John L. Williams	16
	DEFENSE	
LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16
	SPECIAL TEAMS	
K	*John Kasay	16
P	Rick Tuten	10

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Buffalo	13	3	0	.813	458	318
NY Jets*	8	8	0	.500	314	293
Miami	8	8	0	.500	343	349
New England	6	10	0	.375	211	305
Indianapolis	1	15	0	.063	143	381

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Houston	11	5	0	.688	386	251
Pittsburgh	7	9	0	.438	292	344
Cleveland	6	10	0	.375	293	298
Cincinnati	3	13	0	.188	263	435

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
LA Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Washington	14	2	0	.875	485	224
Dallas*	11	5	0	.688	342	310
Philadelphia	10	6	0	.625	285	244
NY Giants	8	8	0	.500	281	297
Phoenix	4	12	0	.250	196	344

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Detroit	12	4	0	.750	339	295
Chicago*	11	5	0	.688	299	269
Minnesota	8	8	0	.500	301	306
Green Bay	4	12	0	.250	273	313
Tampa Bay	3	13	0	.188	199	365

WESTERN	W	L	T	PCT.	PTS.	OPP.
New Orleans	11	5	0	.688	341	211
Atlanta*	10	6	0	.625	361	338
San Francisco	10	6	0	.625	393	239
LA Rams	3	13	0	.188	234	390

1992 REVIEW (2-14)

DATE	W/L	SCORE	OPPONENTS	ATT	BY	QUARTERS	1	2	3	4	OT	TOT
09/06	L	21-3	Cincinnati	57,350	SEA		20	53	34	30	3	140
09/13	L	26-7	at Kansas City	75,125	OPP		63	87	74	85	3	312
09/20	W	10-6	at New England	42,327								
09/27	L	19-17	Miami	59,374								
10/04	L	17-6	at San Diego	36,783								
10/11	L	27-0	at Dallas	62,311								
10/18	L	19-0	L.A. Raiders	56,904								
10/25	L	23-10	at N.Y. Giants	67,399								
11/01			BYE									
11/08	L	16-3	Washington	53,616								
11/15	L	20-3	at L.A. Raiders	46,862								
11/22	L	24-14	Kansas City	49,867								
11/30	W	16-13	Denver (OT)	51,612								
12/06	L	20-14	at Pittsburgh	47,015								
12/13	L	20-17	Philadelphia (OT)	47,492								
12/20	L	10-6	at Denver	72,570								
12/27	L	31-14	San Diego	49,324								

SCORING	TD	RU	PA	RT	PAT	FG	S	Pts
Kasay	0	0	0	0	14/14	14/22	0	56
Kane	3	0	3	0	0/0	0/0	0	18
Warren	3	3	0	0	0/0	0/0	0	18
Williams	3	1	2	0	0/0	0/0	0	18
SEA	14	4	9	1	14/14	14/22	0	140
OPP	32	14	11	7	29/32	29/36	2	312

RUSHING	ATT	Yds	AVG	LG	TD
Warren	223	1017	4.6	52	3
Williams	114	339	3.0	14	1
Gelbaugh	16	79	4.9	22	0
SEA	402	1596	4.0	52	4
OPP	513	1922	3.7	66t	14

TEAM STATISTICS	SEATTLE	OPP
TOTAL FIRST DOWNS	208	247
Rushing	77	96
Passing	114	129
Penalty	17	22
3rd Down: Made/Att	59/222	75/230
3rd Down Pct.	26.6	32.6
4th Down: Made/Att	5/17	6/9
4th Down Pct.	29.4	66.7
POSSESSION AVG.	29:01	30:59
TOTAL NET YARDS	3374	4583
Avg. Per Game	210.9	286.4
Total Plays	945	987
Avg. Per Play	3.6	4.6
NET YARDS RUSHING	1596	1922
Avg. Per Game	99.8	120.1
Total Rushes	402	513
NET YARDS PASSING	1778	2661
Avg. Per Game	111.1	166.3
Sacked/Yards Lost	67/545	46/317
Gross Yards	2323	2978
Att./Completions	476/230	428/251
Completion Pct.	48.3	58.6
Had Intercepted	23	20
PUNTS/AVERAGE	108/44.1	96/41.8
NET PUNTING AVG.	108/38.7	96/36.8
PENALTIES/YARDS	111/918	100/776
FUMBLES/BALL LOST	37/18	25/11
TOUCHDOWNS	14	32
Rushing	4	14
Passing	9	11
Returns	1	7
TOTAL POINTS	140	312

RECEIVING	No	Yds	AVG	LG	TD
Williams	74	556	7.5	27	2
Kane	27	369	13.7	31	3
J. Jones	21	190	9.0	30	0
L. Clark	20	290	14.5	33	1
Blades	19	256	13.5	37	1
SEA	230	2323	10.1	57	9
OPP	251	2978	11.9	72t	11

INTERCEPTIONS	No	Yds	AVG	LG	TD
E. Robinson	7	126	18.0	49	0
Harper	3	74	24.7	41	0
SEA	20	324	16.2	69	0
OPP	23	231	10.0	40	4

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Tuten	108	4760	44.1	38.7	8	29	65	0
SEA	108	4760	44.1	38.7	8	29	65	0
OPP	96	4015	41.8	36.8	10	23	65	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Warren	34	25	252	7.4	16	0
SEA	38	27	283	7.4	16	0
OPP	56	26	416	7.4	86t	1

KOR	No	Yds	AVG	LG	TD
Warren	28	524	18.7	34	0
Mayes	19	311	16.4	29	0
SEA	50	885	17.7	34	0
OPP	36	685	19.0	64	0

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

RECORD (FINISH): 2-14 (5th, AFC West)

HEAD COACH: Tom Flores (2-14, .125)

ASSISTANTS: Tom Catlin (Asst. HC/Def), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

CAPTAINS: FB John L. Williams (Off), FS Eugene Robinson (Def), TE James Jones (Sp. Teams)

MVP: DT Cortez Kennedy

PRO BOWL: DT Cortez Kennedy (2), FS Eugene Robinson (1)

NATIONAL HONORS: DT Cortez Kennedy, NFL Defensive Player of the Year (AP, PFW/ PFWA, C&PFN)

ALL-NFL: DT Cortez Kennedy (AP, S-I, SN, USAT, PFW/PFWA, C&PFN, NEA)

POS.	OFFENSE	STARTS
WR	Tommy Kane	11
LT	*Ray Roberts	16
LG	Andy Heck	13
C	Joe Tofflemire	16
RG	Darrick Brilz	16
RT	Bill Hitchcock	11
TE	Ron Heller	11
WR	Brian Blades	5
	Louis Clark	10
QB	Kelly Stouffer	7
	Dan McGwire	1
	Stan Gelbaugh	8
RB	Chris Warren	16
FB	John L. Williams	16
DEFENSE		
LE	Jeff Bryant	15
	*Michael Sinclair	1
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Tony Woods	15
LLB	Terry Wooden	8
	Joe Cain	8
MLB	Dave Wyman	11
RLB	Rufus Porter	16
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Robert Blackmon	15
FS	Eugene Robinson	16
SPECIAL TEAMS		
K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Miami	11	5	0	.688	340	281
Buffalo*	11	5	0	.688	381	283
Indianapolis	9	7	0	.563	216	302
NY Jets	4	12	0	.250	220	315
New England	2	14	0	.125	205	363

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	11	5	0	.688	299	225
Houston*	10	6	0	.625	352	258
Cleveland	7	9	0	.438	272	275
Cincinnati	5	11	0	.313	274	364

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Diego	11	5	0	.688	335	241
Kansas City*	10	6	0	.625	348	282
Denver	8	8	0	.500	262	329
LA Raiders	7	9	0	.438	249	281
Seattle	2	14	0	.125	140	312

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	13	3	0	.813	409	254
Philadelphia*	11	5	0	.688	354	245
Washington*	9	7	0	.563	300	255
NY Giants	6	10	0	.375	306	367
Phoenix	4	12	0	.250	243	332

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Minnesota	11	5	0	.688	374	249
Green Bay	9	7	0	.563	276	296
Tampa Bay	5	11	0	.313	267	367
Chicago	5	11	0	.313	295	361
Detroit	5	11	0	.313	273	332

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	14	2	0	.875	431	236
New Orleans*	12	4	0	.750	330	202
Atlanta	6	10	0	.375	327	414
LA Rams	6	10	0	.375	313	383

1993 REVIEW (6-10)

DATE	W/L	SCORE	OPPONENT	ATT
09/05	L	18-12	at San Diego	58,039
09/12	L	17-13	L.A. Raiders	58,836
09/19	W	17-14	at New England	50,392
09/26	W	19-10	at Cincinnati	46,880
10/03	W	31-14	San Diego	54,778
10/10			BYE	
10/17	L	30-10	at Detroit	60,801
10/24	W	10-9	New England	56,526
10/31	L	28-17	at Denver	73,644
11/07	L	24-14	at Houston	50,447
11/14	W	22-5	Cleveland	54,622
11/21			BYE	
11/28	L	17-9	Denver	57,812
12/05	L	31-16	Kansas City	58,551
12/12	L	27-23	at L.A. Raiders	38,161
12/19	L	30-27	Phoenix (OT)	45,737
12/26	W	16-6	Pittsburgh	51,814
01/02	L	34-24	at Kansas City	72,136

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

PASSING ATT	CMP	YDS	CMP%	YDS/ATT	
Mirer	486	274	2833	56.4	5.83
SEA	498	280	2896	56.2	5.82
OPP	595	333	3897	56.0	6.55

BY QUARTERS	1	2	3	4	OT	TOT
SEA	72	64	45	99	0	280
OPP	65	104	66	76	3	314

SCORING	TD	RU	PA	RT	PAT	FG	SPTS
Kasay	0	0	0	0	29/29	23/28	0 98
C. Warren	7	7	0	0	0	0	0 42
Martin	5	0	5	0	0	0	0 30
Williams	4	3	1	0	0	0	0 24
SEA	29	13	13	3	29/29	23/28	4280
OPP	32	12	16	4	31/32	29/39	2314

RUSHING	ATT	YDS	AVG	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

RECEIVING	No	YDS	AVG	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

INTERCEPTIONS	No	YDS	AVG	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

PUNTING	No	YDS	AVG	NET	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

PUNT RETURNS	No	FC	YDS	AVG	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

KICKOFF RETURNS	No	FC	YDS	AVG	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

TD	TD%	INT	INT%	LG	SACKED	RATING
12	2.5	17	3.5	53t	47/235	67.0
13	2.6	18	3.6	53t	48/242	66.8
16	2.7	22	3.7	58t	38/244	69.6

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

RECORD (FINISH): 6-10 (5th, AFC West)

HEAD COACH: Tom Flores (8-24, .250)

ASSISTANTS: Tom Catlin (Asst. HC), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

CAPTAINS: FB John L. Williams (Off), FS Eugene Robinson (Def), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

MVP: FS Eugene Robinson

PRO BOWL: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)

NATIONAL HONORS: QB Rick Mirer, NFL Offensive Rookie of the Year (NFLPA, FBD), All-NFL: DT Cortez Kennedy (AP, S-I), FS Eugene Robinson (PFWA/PFW, Films, USA TODAY)

Pos.	OFFENSE	STARTS
WR	Kelvin Martin	14
LT	Ray Roberts	16
LG	Darrick Brilz	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Ferrell Edmunds	16
	Paul Green	8
WR	Brian Blades	14
QB	*Rick Mirer	16
RB	Chris Warren	14
FB	John L. Williams	9
DEFENSE		
LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Rufus Porter	6
	Kevin Murhpy	10
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16
SPECIAL TEAMS		
K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Buffalo	12	4	0	.750	329	242
Miami	9	7	0	.563	349	351
NY Jets	8	8	0	.500	270	247
New England	5	11	0	.313	238	286
Indianapolis	4	12	0	.250	189	378

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Houston	12	4	0	.750	368	238
Pittsburgh*	9	7	0	.563	308	281
Cleveland	7	9	0	.438	304	307
Cincinnati	3	13	0	.188	187	319

WESTERN	W	L	T	PCT.	PTS.	OPP.
Kansas City	11	5	0	.688	328	291
LA Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	12	4	0	.750	376	229
NY Giants*	11	5	0	.688	288	205
Philadelphia	8	8	0	.500	293	315
Phoenix	7	9	0	.438	326	269
Washington	4	12	0	.250	230	345

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Detroit	10	6	0	.625	298	292
Minnesota*	9	7	0	.563	277	290
Green Bay*	9	7	0	.563	340	282
Chicago	7	9	0	.438	234	230
Tampa Bay	5	11	0	.313	237	376

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	10	6	0	.625	473	295
New Orleans	8	8	0	.500	317	343
Atlanta	6	10	0	.375	316	385
LA Rams	5	11	0	.313	221	367

1994 REVIEW (6-10)

DATE	W/L	SCORE	OPPONENTS	ATT
09/04	W	28-7	at Washington	52,930
09/11	W	38-9	at L.A. Raiders	47,319
09/18	L	24-10	*San Diego	65,536
09/25	W	30-13	*Pittsburgh	59,637
10/02	L	17-15	at Indianapolis	49,876
10/09	L	16-9	*Denver	63,872
10/16			BYE	
10/23	L	38-23	at Kansas City	78,847
10/30	L	35-15	at San Diego	59,001
11/06	L	20-17	Cincinnati (OT)	46,630
11/13	L	17-10	at Denver	71,290
11/20	W	22-21	Tampa Bay	37,466
11/27	W	10-9	Kansas City	54,120
12/04	L	31-19	Indianapolis	39,574
12/11	W	16-14	at Houston	31,453
12/18	L	17-16	L.A. Raiders	53,301
12/24	L	35-9	at Cleveland	54,180

* at Husky Stadium

TEAM STATISTICS		SEA	OPP
TOTAL FIRST DOWNS		285	318
Rushing		114	122
Passing		143	178
Penalty		28	18
3rd Down: Made/Att		89/235	83/224
3rd Down Pct.		37.9	37.1
4th Down: Made/Att		10/19	8/20
4th Down Pct.		52.6	40.0
POSSESSION AVG.		28:35	31:25
TOTAL NET YARDS		4652	5349
Avg. Per Game		290.8	334.3
Total Plays		1018	1077
Avg. Per Play		4.6	5.0
NET YARDS RUSHING		2084	1952
Avg. Per Game		130.3	122.0
Total Rushes		480	511
NET YARDS PASSING		2568	3397
Avg. Per Game		160.5	212.3
Sacked/Yards Lost		40/241	29/206
Gross Yards		2809	3603
Att./Completions		498/253	537/313
Completion Pct.		50.8	58.3
Had Intercepted		9	19
PUNTS/AVERAGE		91/42.9	78/40.9
NET PUNTING AVG.		36.7	35.5
PENALTIES/YARDS		114/898	103/773
FUMBLES/BALL LOST		31/19	21/11
TOUCHDOWNS		32	34
Rushing		16	15
Passing		13	15
Returns		1	1
Defensive		2	3
TOTAL POINTS		287	323

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT
Mirer	381	195	2151	51.2	5.65
McGwire	105	51	578	48.6	5.65
SEA	498	253	2809	50.8	5.64
OPP	537	313	3603	58.3	6.71

BY QUARTERS	1	2	3	4	OT	TOT
SEA	53	74	49	111	0	287
OPP	48	98	65	109	3	323

SCORING	TD	RU	PA	RT	PAT	FG	SPts
Kasay	0	0	0	0	25/26	20/24	0 85
C. Warren	11	9	2	0	0	0	0 68
Blades	4	0	4	0	0	0	0 26
SEA	32	16	13	3	25/26	20/24	1287
OPP	34	15	15	4	28/28	27/33	1323

2-Point PATs: Tuten 1-2; Blades 2-2; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

RUSHING	ATT	Yds	AVG	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

RECEIVING	No	Yds	AVG	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

INTERCEPTIONS	No	Yds	AVG	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

TD	TD%	INT	INT%	LG	SACKED	RATING
11	2.9	7	1.8	51	27/145	70.2
1	1.0	2	1.9	36	13/96	60.7
13	2.6	9	1.8	51	40/241	69.1
15	2.8	19	3.5	99t	29/206	73.2

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

RECORD (FINISH): 6-10 (5th, AFC West)

HEAD COACH: Tom Flores (14-34, .292)

ASSISTANTS: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def), Tom Catlin (Quality. Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs, Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

CAPTAINS: C Ray Donaldson (Off), FS Eugene Robinson (Def), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

MVP: RB Chris Warren

PRO BOWL: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

NATIONAL HONORS: WR Steve Largent (Hall of Fame inductee)

ALL-NFL: DT Cortez Kennedy (AP, SI, CPFN), P Rick Tuten (S-1)

POS.	OFFENSE	STARTS
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	*Kevin Mawae	11
RT	Howard Ballard	16
TE	Ferrell Edmunds	7
	Paul Green	11
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10
	DEFENSE	
LE	Antonio Edwards	8
	*Sam Adams	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14
	SPECIAL TEAMS	
K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Miami	10	6	0	.625	389	327
New England*	10	6	0	.625	351	312
Indianapolis	8	8	0	.500	307	320
Buffalo	7	9	0	.438	340	356
NY Jets	6	10	0	.375	264	320

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	12	4	0	.750	316	234
Cleveland*	11	5	0	.688	340	204
Cincinnati	3	13	0	.188	276	406
Houston	2	14	0	.125	226	352

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
LA Raiders	9	7	0	.453	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	12	4	0	.750	414	248
NY Giants	9	7	0	.563	279	304
Arizona	8	8	0	.500	235	267
Philadelphia	7	9	0	.438	308	308
Washington	3	13	0	.188	320	412

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Minnesota	10	6	0	.625	356	314
Green Bay*	9	7	0	.563	382	287
Detroit*	9	7	0	.563	357	342
Chicago*	9	7	0	.563	271	307
Tampa Bay	6	10	0	.375	251	351

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	13	3	0	.813	505	296
New Orleans	7	9	0	.438	348	407
Atlanta	7	9	0	.438	317	385
LA Rams	4	12	0	.250	286	365

1995 REVIEW (8-8)

DATE	W/L	SCORE	OPPONENT	ATT
09/03	L	34-10	Kansas City	47,564
09/10	L	14-10	at San Diego	54,420
09/17	W	24-21	Cincinnati	39,492
09/24			BYE	
10/01	W	27-10	Denver	49,914
10/08	L	34-14	at Oakland	50,213
10/15	L	27-21	at Buffalo	74,362
10/22	L	35-25	San Diego	45,821
10/29	L	20-14	at Arizona (OT)	39,600
11/05	W	30-28	New York Giants	42,100
11/12	W	47-30	at Jacksonville	71,290
11/19	W	27-20	at Washington	51,298
11/26	L	16-10	New York Jets	41,160
12/03	W	26-14	Philadelphia	39,893
12/10	W	31-27	at Denver	71,488
12/17	W	44-10	Oakland	58,428
12/24	L	26-3	at Kansas City	75,784

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	83/36.5	81/36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

BY QUARTERS	1	2	3	4	OT	Tot
SEA	79	77	88	119	0	363
OPP	90	128	48	94	6	366

SCORING	TD	RU	PA	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	0	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2, OPP 0-5.

RUSHING	ATT	Yds	AVG	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

RECEIVING	No	Yds	AVG	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

INTERCEPTIONS	No	Yds	AVG	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.7	72t	2

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

RECORD (FINISH): 8-8, 3rd AFC West

HEAD COACH: Dennis Erickson (8-8, .500)

ASSISTANTS: Gregg Smith (Asst. HC/TEs), Bob Bratkowski (Off. Coord./WRs), Greg Mc Mackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

CAPTAINS: Rick Mirer (Off), Eugene Robinson (Def), Trey Junkin (Sp. Teams)

MVP: RB Chris Warren

PRO BOWL: DT Cortez Kennedy (5), RB Chris Warren (3)

NATIONAL HONORS: WR Steve Largent inducted into Pro Football Hall of Fame

POS.	OFFENSE	STARTS
WR	*Joey Galloway	16
LT	James Atkins	16
LG	*Matt Joyce	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	*Christian Fauria	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4
DEFENSE		
LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16
SPECIAL TEAMS		
K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Buffalo	10	6	0	.625	350	335
Indianapolis*	9	7	0	.563	331	316
Miami*	9	7	0	.563	398	332
New England	6	10	0	.375	294	377
NY Jets	3	13	0	.188	233	384

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	11	5	0	.688	407	327
Cincinnati	7	9	0	.438	349	374
Houston	7	9	0	.438	348	324
Cleveland	5	11	0	.313	289	356
Jacksonville	4	12	0	.250	275	404

WESTERN	W	L	T	PCT.	PTS.	OPP.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	12	4	0	.750	435	291
Philadelphia*	10	6	0	.624	318	338
Washington	6	10	0	.375	326	359
NY Giants	5	11	0	.313	290	340
Arizona	4	12	0	.250	275	422

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Green Bay	11	5	0	.688	401	314
Detroit*	10	6	0	.625	436	336
Chicago	9	7	0	.563	392	360
Tampa Bay	7	9	0	.438	238	335

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	11	5	0	.688	457	258
Atlanta*	9	7	0	.563	362	349
St. Louis	7	9	0	.438	309	418
Carolina	7	9	0	.438	289	325
New Orleans	7	9	0	.438	319	348

1996 REVIEW (7-9)

DATE	W/L	SCORE	OPPONENT	ATT
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

BY QUARTERS	1	2	3	4	OT	TOT
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

SCORING	TD	RU	PA	RT	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	137
OPP	40	15	25	0	35/35	31/34	1	137

RUSHING	ATT	Yds	AVG	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.0
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.8
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	86/34.5	76/34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/ LOS	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

RECEIVING	No	Yds	AVG	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

INTERCEPTIONS	No	Yds	AVG	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with 3					
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

KOR	No	Yds	AVG	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

FIELD GOALS 1-19 20-29 30-39 40-49 50+

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

FIELD GOALS	1-1920-29	30-39	40-49	50+	
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

RECORD (FINISH): 7-9 (T4th AFC West)

HEAD COACH: Dennis Erickson (15-17, .469)

ASSISTANTS: Gregg Smith (Asst. HC/TEs), Bob Bratkowski (Off. Coord./WRs), Greg Mc Mackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

CAPTAINS: QB Rick Mirer & RB Chris Warren (Off), LB Winston Moss & LB Terry Wooden (Def), P Rick Tuten (Sp. Teams)

MVP: DT Cortez Kennedy

PRO BOWL: DT Cortez Kennedy (6), DE Michael Sinclair (1)

POS.	OFFENSE	STARTS
WR	Joey Galloway	16
LT	James Atkins	16
LG	*Pete Kendall	11
C	Kevin Mawae	16
RG	Derrick Graham	16
RT	Howard Ballard	16
TE	Carlester Crumpler	7
	Christian Fauria	9
WR	Brian Blades	9
	Ricky Proehl	7
QB	Rick Mirer	9
	John Friesz	6
	Stan Gelbaugh	1
RB	Chris Warren	14
FB	Mack Strong	8
	DEFENSE	
LE	Michael Sinclair	16
LT	Sam Adams	16
RT	Cortez Kennedy	16
RE	Michael McCrary	13
SLB	Terry Wooden	9
	Michael Barber	7
MLB	Dean Wells	15
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	16
FS	Darryl Williams	16
	SPECIAL TEAMS	
K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
New England	11	5	0	.688	418	313
Buffalo*	10	6	0	.625	319	266
Indianapolis*	9	7	0	.563	317	334
Miami	8	8	0	.500	339	325
NY Jets	1	15	0	.063	279	454

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	10	6	0	.625	344	257
Jacksonville*	9	7	0	.563	325	335
Cincinnati	8	8	0	.500	372	369
Houston	8	8	0	.500	345	319
Baltimore	4	12	0	.250	371	441

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	13	3	0	.813	391	275
Kansas City	9	7	0	.563	297	300
San Diego	8	8	0	.500	310	376
Oakland	7	9	0	.438	340	293
Seattle	7	9	0	.438	317	376

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	10	6	0	.625	286	250
Philadelphia*	10	6	0	.625	363	341
Washington	9	7	0	.563	364	312
Arizona	7	9	0	.438	300	397
NY Giants	6	10	0	.375	242	297

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Green Bay	13	3	0	.813	456	210
Minnesota*	9	7	0	.563	298	315
Chicago	7	9	0	.438	283	305
Tampa Bay	6	10	0	.375	221	293
Detroit	5	11	0	.313	302	368

WESTERN	W	L	T	PCT.	PTS.	OPP.
Carolina	12	4	0	.750	367	218
San Francisco*12	4	0	.750	398	257	
St. Louis	6	10	0	.375	303	409
Atlanta	3	13	0	.188	209	461
New Orleans	3	13	0	.188	229	339

1997 REVIEW (8-8)

DATE	W/L	SCORE	OPPONENTS	ATT	BY	QUARTERS	1	2	3	4	OT	TOT
08/31	L	41-3	New York Jets	53,893	SEA		44	126	92	103	0	365
09/07	L	35-14	Denver	55,859	OPP		101	111	93	51	6	362
09/14	W	31-3	at Indianapolis	49,194								
09/21	W	26-22	San Diego	51,110	SCORING	TD	RU	PA	Rt	PAT	FG	SPTS
09/28	L	20-17	at Kansas City	77,877	Peterson	0	0	0	0	37/37	22/28	0/103
10/05	W	16-13	Tennessee	49,897	Galloway	12	0	12	0			0/72
10/12			BYE		Broussard	6	5	1	0			0/36
10/19	W	17-9	at St. Louis	64,819	McKnight	6	0	6	0			0/36
10/26	W	45-34	Oakland	66,264	Warren	4	4	0	0			0/24
11/02	L	30-27	at Denver	74,212	SEA	43	13	26	4	37/37	22/28	1/365
11/09	W	37-31	at San Diego	64,616	OPP	38	10	19	9	35/35	31/34	1/363
11/16	L	20-17	at New Orleans (OT)	50,493								
11/23	L	19-14	Kansas City	66,264	RUSHING	ATT	YDS	AVG	LG	TD		
11/30	L	24-17	Atlanta	52,584	Warren	200	847	4.2	36t	4		
12/07	L	31-24	at Baltimore	54,395	Broussard	70	418	6.0	77t	5		
12/14	W	22-21	at Oakland	40,124	Smith	91	392	4.3	35	2		
12/21	W	38-9	San Francisco	66,253	SEA	404	1800	4.5	77t	13		
					OPP	455	1731	3.8	55t	10		

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	78/32.3	74/36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

RECEIVING	No	Yds	AVG	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

INTERCEPTIONS	No	Yds	AVG	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
Opp	21	372	17.7	75t	4

KOR	No	Yds	AVG	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

PASSING	ATT	CMP	Yds	CMP%	Yds/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
Opp	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

RECORD (FINISH): 8-8 (3rd AFC West)

HEAD COACH: Dennis Erickson (23-25, .479)

ASSISTANTS: Gregg Smith (Asst. HC/OL), Bob Bratkowski (Off. Coord./WRs), Greg Mc Mackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength. & Cond.), Howard Mudd (OL), Rich Olson (QB), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)

CAPTAINS: QB John Friesz (Off), LB Winston Moss (Def), S Jay Bellamy (Sp. Teams)

MVP: FS Darryl Williams

PRO BOWL: DE Michael Sinclair (2), FS Darryl Williams (1)

Pos.	OFFENSE	STARTS
WR	Joey Galloway	15
LT	*Walter Jones	12
LG	Pete Kendall	16
C	Kevin Mawae	16
RG	Derrick Graham	9
RT	Howard Ballard	10
R/LT	Grant Williams	8
TE	Carlester Crumpler	12
WR	Mike Pritchard	15
QB	John Friesz	1
	Warren Moon	14
	*Jon Kitna	1
RB	Chris Warren	13
FB	Mack Strong	9
	DEFENSE	
LE	Michael Sinclair	16
LT	Sam Adams	15
RT	Cortez Kennedy	8
	Dan Saleaumua	9
RE	Phillip Daniels	11
LLB	Winston Moss	14
MLB	Dean Wells	16
RLB	Chad Brown	15
LCB	Shawn Springs	10
RCB	Willie Williams	16
SS	Bennie Blades	9
	Jay Bellamy	7
FS	Darryl Williams	16
	SPECIAL TEAMS	
K	Todd Peterson	16
P	Rick Tuten	10
	Rohn Stark	4

* Rookie or first-year player

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
New England	10	6	0	.625	369	289
Miami*	9	7	0	.563	339	327
NY Jets	9	7	0	.563	348	287
Buffalo	6	10	0	.375	255	367
Indianapolis	3	13	0	.188	313	401

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Pittsburgh	11	5	0	.688	372	307
Jacksonville*	11	5	0	.688	394	318
Tennessee	8	8	0	.500	333	310
Cincinnati	7	9	0	.438	355	405
Baltimore	6	9	1	.406	326	345

WESTERN	W	L	T	PCT.	PTS.	OPP.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
NY Giants	10	5	1	.656	307	265
Washington	8	7	1	.531	327	289
Philadelphia	6	9	1	.406	317	372
Dallas	6	10	0	.375	304	314
Arizona	4	12	0	.250	283	379

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Green Bay	13	3	0	.813	422	282
Tampa Bay*	10	6	0	.625	299	263
Detroit*	9	7	0	.563	379	306
Minnesota*	9	7	0	.563	354	359
Chicago	4	12	0	.250	263	421

WESTERN	W	L	T	PCT.	PTS.	OPP.
San Francisco	13	3	0	.813	375	265
Carolina	7	9	0	.438	265	314
Atlanta	7	9	0	.438	320	361
New Orleans	6	10	0	.375	237	327
St. Louis	5	11	0	.313	299	359

1998 REVIEW (8-8)

DATE	W/L SCORE	OPPONENTS	ATT
09/06	W 38-0	at Philadelphia	66,418
09/13	W 33-14	Arizona	57,678
09/20	W 24-14	Washington	63,336
09/27	L 13-10	at Pittsburgh	58,413
10/04	L 17-6	at Kansas City	66,418
10/11	L 21-16	Denver	66,258
10/18		BYE	
10/25	W 27-20	at San Diego	58,512
11/01	L 31-18	Oakland	66,246
11/08	W 24-12	Kansas City	66,251
11/15	L 20-17	at Oakland	51,527
11/22	L 30-22	at Dallas	64,142
11/29	W 20-18	Tennessee	59,048
12/06	L 32-31	at NY Jets	72,200
12/13	W 38-17	San Diego	62,690
12/20	W 27-23	Indianapolis	58,703
12/27	L 28-21	at Denver	74,057

BY QUARTERS	1	2	3	4	OT	TOT
SEA	107	91	75	99	0	372
Opp	71	73	61	105	0	310

SCORING TD	RU	PA	RT	PAT	FG	S	Pts
Peterson	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2	0	0	72
Watters	9	9	0	0	0	0	56
Pritchard	3	0	3	0	0	0	20
Springs	3	0	0	3	0	0	18
SEA	45	11	21	13	41/41	19/24	0 372
OPP	35	13	18	4	31/31	23/30	0 310

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	81/36.5	78/36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

RUSHING	ATT	Yds	AVG	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

RECEIVING	No	Yds	AVG	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

PUNTING	No	Yds	AVG	NET	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

INTERCEPTIONS	No	Yds	AVG	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

PASSING	ATT	CMP	Yds	CMP%	Yds/Att	TD	TD%	INT	INT%	LG	SACKED	RATING
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

KICKOFF RETURNS	NO	YDS	AVG	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

RECORD (FINISH): 8-8 (3rd AFC West)

HEAD COACH: Dennis Erickson (31-33, 484)

ASSISTANTS: Pete Rodriguez (Ass. HC/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (Def. Line), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off Line), Eric Yarber (Off. Quality Control)

CAPTAINS: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy,

MVP: LB Chad Brown

PROBOWL: LB Chad Brown (2), DE Michael Sinclair (3), CB Shawn Springs (1), Cortez Kennedy (7)

POS.	OFFENSE	STARTS
WR	Joey Galloway	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	8
	Chris Gray	8
RG	Brian Habib	16
RT	Howard Ballard	16
TE	Christian Fauria	15
WR	Mike Pritchard	16
	Brian Blades	6
QB	Warren Moon	10
	Jon Kitna	5
	John Friesz	1
RB	Ricky Watters	16
FB	Mack Strong	6
	DEFENSE	
LE	Michael Sinclair	16
LT	Sam Adams	11
RT	Cortez Kennedy	15
RE	Phillip Daniels	15
OLB	Chad Brown	16
MLB	Dean Wells	7
	*DeShone Myles	7
OLB	Darrin Smith	10
	*Anthony Simmons	4
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Jay Bellamy	16
FS	Darryl Williams	16
	SPECIAL TEAMS	
K	Todd Peterson	16
P	Jeff Feagles	16
	* Rookie or first-year player	

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
NY Jets	12	4	0	.750	416	266
Miami*	10	6	0	.625	321	265
Buffalo*	10	6	0	.625	400	333
New England*	9	7	0	.563	337	329
Indianapolis	3	13	0	.188	310	444

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Jacksonville	11	5	0	.688	392	338
Tennessee	8	8	0	.500	330	320
Pittsburgh	7	9	0	.438	263	303
Baltimore	6	10	0	.375	269	335
Cincinnati	3	13	0	.188	268	452

WESTERN	W	L	T	PCT.	PTS.	OPP.
Denver	14	2	0	.875	501	309
Oakland	8	8	0	.500	325	378
Seattle	8	8	0	.500	372	310
Kansas City	7	9	0	.438	327	363
San Diego	5	11	0	.313	241	342

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Dallas	10	6	0	.625	381	275
Arizona*	9	7	0	.563	325	378
NY Giants	8	8	0	.500	287	309
Washington	6	10	0	.375	319	421
Philadelphia	3	13	0	.188	161	344

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Minnesota	15	1	0	.938	556	296
Green Bay*	11	5	0	.688	408	319
Tampa Bay	8	8	0	.500	314	295
Detroit	5	11	0	.313	306	378
Chicago	4	12	0	.250	276	368

WESTERN	W	L	T	PCT.	PTS.	OPP.
Atlanta	14	2	0	.875	442	289
San Francisco* ¹²	4	4	0	.750	479	328
New Orleans	6	10	0	.375	305	359
Carolina	4	12	0	.250	336	413
St. Louis	4	12	0	.250	285	378

1999 REVIEW (9-7; 0-1 PLAYOFFS)

DATE	W/L	SCORE	OPPONENTS	ATT	SCORING	TD	RU	PA	Rt	PAT	FG	SPTS
09/12	L	28-20	Detroit	66,238	Peterson					32/32	34/40	0 134
09/19	W	14-13	at Chicago	66,944	Mayes	10	0	10	0			0 60
09/26	W	29-10	at Pittsburgh	57,881	Watters	7	5	2	0			0 42
10/03	W	22-21	Oakland	66,400	Dawkins	7	0	7	0			0 42
10/10			BYE		Pritchard	2	0	2	0			0 12
10/17	L	13-10	at San Diego	59,432	SEA	34	5	25	4	32/32	34/40	0 338
10/24	W	26-16	Buffalo	66,301	OPP	30	9	19	2	26/27	20/38	1 298
11/01	W	27-7	at Green Bay	59,869								
11/07	W	37-20	Cincinnati	66,303	RUSHING	ATT	Yds	AVG	LG	TD		
11/14	W	20-17	Denver	66,314	Watters	325	1210	3.7	45	5		
11/21	W	31-19	at Kansas City	78,714	Green	26	120	4.6	21	0		
11/28	L	16-3	Tampa Bay	66,314	Kitna	35	56	1.6	10	0		
12/05	L	30-21	at Oakland	44,716	R. Brown	14	38	2.7	0	0		
12/12	L	19-16	San Diego	66,318	SEA	408	1408	3.5	45	5		
12/19	L	36-30	at Denver (OT)	65,987	OPP	484	1934	4.0	71	9		
12/26	W	23-14	Kansas City	66,332								
01/02	L	19-9	at New York Jets	78,154	RECEIVING	No	Yds	AVG	LG	TD		

POSTSEASON

01/09	L	20-17	Miami	66,170								
			(AFC Wild Card Game)									

TEAM STATISTICS

	SEA	OPP
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	84/35.2	81/34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

BY QUARTERS	1	2	3	4	OT	TOT
SEA	86	104	70	78	0	338
Opp	53	109	59	71	6	298

Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

PUNTING	No	Yds	AVG	NET/TB	I20LG	B
Feagles	84	3425	40.8	35.2	5	34 59 0
SEA	84	3425	40.8	35.2	5	34 59 0
OPP	81	3398	42.0	34.3	10	23 68 0

PUNT RETURNS	No	FC	Yds	AVG	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

INTERCEPTIONS	No	Yds	AVG	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	*30	336	11.2	42	2
OPP	16	210	13.1	43	0

KOR	No	Yds	AVG	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
SEA	19	0	0	0	0
OPP	23	0	0	0	0

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

RECORD (FINISH): 9-7 (1st AFC West)

HEAD COACH: Mike Holmgren (9-7, .563)

ASSISTANTS: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

CAPTAINS: Game-to-Game

MVP: LB Chad Brown

PRO BOWL: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

POS.	OFFENSE	STARTS
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8
DEFENSE		
LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16
SPECIAL TEAMS		
K	Todd Peterson	16
P	Jeff Feagles	16
* Rookie or first-year player		

AFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Indianapolis	13	3	0	.813	423	333
*Buffalo	11	5	0	.688	320	229
*Miami	9	7	0	.563	326	336
NY Jets	8	8	0	.500	308	309
New England	8	8	0	.500	299	284

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Jacksonville	14	2	0	.875	396	217
*Tennessee	13	3	0	.813	392	324
Baltimore	8	8	0	.500	324	277
Pittsburgh	6	10	0	.375	317	320
Cincinnati	4	12	0	.250	283	460
Cleveland	2	14	0	.125	217	437

WESTERN	W	L	T	PCT.	PTS.	OPP.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

NFC

EASTERN	W	L	T	PCT.	PTS.	OPP.
Washington	10	6	0	.625	443	377
*Dallas	8	8	0	.500	352	276
NY Giants	7	9	0	.438	299	358
Arizona	6	10	0	.375	245	382
Philadelphia	5	11	0	.313	272	357

CENTRAL	W	L	T	PCT.	PTS.	OPP.
Tampa Bay	11	5	0	.688	270	235
*Minnesota	10	6	0	.625	399	335
*Detroit	8	8	0	.500	322	323
Green Bay	8	8	0	.500	357	341
Chicago	6	10	0	.375	272	341

WESTERN	W	L	T	PCT.	PTS.	OPP.
St. Louis	13	3	0	.813	526	242
Carolina	8	8	0	.500	421	381
Atlanta	5	11	0	.313	285	380
San Francisco	4	12	0	.250	295	453
New Orleans	3	13	0	.188	260	434

2000 REVIEW (6-10)

DATE	W/L SCORE	OPPONENTS	ATT
09/03	L 23-0	at Miami	72,949
09/10	L 37-34	St. Louis	64,869
09/17	W 20-10	New Orleans	59,513
09/24	W 20-12	at San Diego	47,233
10/02	L 24-17	at Kansas City	82,893
10/08	L 26-3	at Carolina	72,192
10/15	L 37-24	Indianapolis	63,593
10/22	L 31-3	at Oakland	57,490
10/29	L 24-19	Kansas City	62,141
11/05	W 17-15	San Diego	59,884
11/12	W 28-21	at Jacksonville	68,063
11/19		BYE	
11/26	L 38-31	Denver	68,661
12/03	W 30-10	at Atlanta	44,680
12/10	L 31-24	at Denver	75,218
12/16	W 27-24	Oakland	68,681
12/23	L 42-23	Buffalo	61,025

TEAM STATISTICS		SEA	OPP
TOTAL FIRST DOWNS		281	331
Rushing		98	126
Passing		168	185
Penalty		15	20
3rd Down: Made/Att		83/205	89/201
3rd Down Pct.		40.5	44.3
4th Down: Made/Att		7/14	1/7
4th Down Pct.		50.0	14.3
POSSESSION AVG.		27:31	32:29
TOTAL NET YARDS		4680	6391
Avg. Per Game		292.5	399.4
Total Plays		956	1019
Avg. Per Play		4.9	6.3
NET YARDS RUSHING		1720	2454
Avg. Per Game		107.5	153.4
Total Rushes		403	503
NET YARDS PASSING		2960	3937
Avg. Per Game		185.0	246.1
Sacked/Yards Lost		46/238	27/152
Gross Yards		3198	4089
Att./Completions		507/308	489/309
Completion Pct.		60.7	63.2
Had Intercepted		21	17
PUNTS/AVERAGE		75/39.5	62/41.5
Net Punting Avg.		75/36.9	62/33.3
PENALTIES/YARDS		89/728	96/694
FUMBLES/LOST		35/17	28/12
TOUCHDOWNS		37	46
Rushing		10	20
Passing		21	23
Defensive		5	3
Returns		1	0
FIELD GOALS		21/26	28/33
TOTAL POINTS		320	405

BY QUARTERS	1	2	3	4	OT	TOT
SEA	70	100	59	91	0	320
Opp	96	140	71	98	0	405

SCORING	TD	RU	PA	RT	PAT	FG	SPTS
Lindell					25/25	15/17	0 70
Watters	9	7	2	0			0 54
Jackson	6	0	6	0			0 36
Dawkins	5	0	5	0			0 30
Heppner TM	0	0	0	0	8/8	6/9	0 26
SEA	37	10	21	6	33/33	21/26	1 320
OPP	46	20	23	3	45/45	28/33	0 405

RUSHING	ATT	YDS	AVG	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

RECEIVING	NO	YDS	AVG	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

PUNTING	NO	YDS	AVG	NET	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

PUNT RETURNS	NO	FC	YDS	AVG	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0

INTERCEPTIONS	NO	YDS	AVG	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3
OPP	21	191	9.1	79t	2

KOR	NO	YDS	AVG	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner TM	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	PD	FFR
Simmons	147	119	28	4.0	2	2 0
Koonce	97	73	24	1.5	5	0 1
C. Brown	94	71	23	6.0	3	2 3
Bellamy	87	69	18	2.0	8	2 0
Springs	85	72	13	0.0	14	1 0
W. Williams	60	51	9	1.0	11	1 1
Joseph	58	45	13	0.0	4	0 0
Kennedy	50	32	18	1.0	9	0 0
King	48	42	6	6.0	3	0 0

RECORD (FINISH): 6-10 (4th AFC West)

HEAD COACH: Mike Holmgren (15-17, .469)

ASSISTANTS: Gil Haskell (Offensive Coordinator), Steve Sidwell (Defensive Coordinator), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Linebackers), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (Tight Ends), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Defensive Backs), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.)

CAPTAINS: Game-to-Game

LARGENT AWARD: RB Ricky Watters

PRO BOWL: None

POS.	OFFENSE	STARTS
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	Darrell Jackson*	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Rian Lindell*	12
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
*Miami	11	5	0	.588	323	226
*Indianapolis	10	6	0	.625	429	326
NY Jets	9	7	0	.563	321	321
Buffalo	8	8	0	.500	315	350
New England	5	11	0	.312	276	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
*Tennessee	13	3	0	.812	346	191
*Baltimore	12	4	0	.750	333	165
Pittsburgh	9	7	0	.563	321	255
Jacksonville	7	9	0	.438	367	327
Cincinnati	4	12	0	.250	185	359
Cleveland	3	13	0	.188	161	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
*Oakland	12	4	0	.750	479	299
*Denver	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
*NY Giants	12	4	0	.750	328	246
*Philadelphia	11	5	0	.688	351	245
Washington	8	8	0	.500	281	269
Dallas	5	11	0	.312	294	361
Arizona	3	13	0	.188	210	443

CENTRAL	W	L	T	Pct.	Pts.	Opp.
*Minnesota	11	5	0	.688	397	371
*Tampa Bay	10	6	0	.625	388	269
Green Bay	9	7	0	.562	353	323
Detroit	9	7	0	.562	307	307
Chicago	5	11	0	.312	216	355

WESTERN	W	L	T	Pct.	Pts.	Opp.
*New Orleans	10	6	0	.625	354	305
*St. Louis	10	6	0	.625	540	471
Carolina	7	9	0	.438	310	310
San Francisco	6	10	0	.375	388	422
Atlanta	4	12	0	.250	252	413

2001 REVIEW (9-7)

DATE	W/L	SCORE	OPPONENTS	ATT	SCORING	TD	RU	PA	Rt	PAT	FG	SPTS
09/09	W	9-6	at Cleveland	72,318	Alexander	16	14	2	0			96
09/23	L	27-3	Philadelphia	62,826	Lindell					33/33	20/32	0 93
09/30	L	38-14	at Oakland	54,629	Jackson	8	0	8	0			0 48
10/07	W	24-15	Jacksonville	54,524	Mili	2	0	2	0			0 12
10/14	W	34-21	Denver	61,837	8 w/ one	8	1	3	4			0 48
10/21			BYE		SEA	34	15	15	4	33/33	20/32	1301
10/28	L	24-20	Miami	59,108	OPP	34	9	20	5	31/31	29/36	0324
11/04	L	27-14	at Washington	82,352								
11/11	W	34-27	Oakland	67,231	RUSHING	ATT	Yds	AVG	LG	TD		
11/18	W	23-20	at Buffalo	60,836	Alexander	309	1318	4.3	88t	14		
11/25	L	19-7	at Kansas City	77,357	Watters	72	318	4.4	40	1		
12/02	W	13-10	San Diego (OT)	55,466	Hasselbeck	40	141	3.5	17	0		
12/09	L	20-7	at Denver	74,524	Strong	17	55	3.2	12	0		
12/16	W	29-3	Dallas	63,366	Graham	12	43	3.6	19	0		
12/23	L	27-24	at NY Giants	78,119	SEA	469	1936	4.1	88t	15		
12/30	W	25-22	at San Diego	51,412	OPP	427	1721	4.0	57	9		
01/06	W	21-18	Kansas City	58,460								

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	86/36.4	76/36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

BY QUARTERS	1	2	3	4	OT	TOT
SEA	64	107	75	52	3	301
Opp	53	123	74	74	0	324

RECEIVING	No	Yds	AVG	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	18	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

PUNTING	No	Yds	AVG	NET/TB	I20LG	B
Feagles	85	3730	43.9	36.4	7 26	68 1
SEA	86	3730	43.4	36.4	7 26	68 1
OPP	76	3212	42.3	36.1	6 25	64 1

PUNT RET	No	FC	Yds	AVG	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

INT	No	Yds	AVG	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	INT	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

RECORD (FINISH): 9-7 (2nd AFC West)

HEAD COACH: Mike Holmgren (24-24, .500)

ASSISTANTS: Gil Haskell (Offensive Coordinator), Steve Sidwell (Defensive Coordinator), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Linebackers), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (Tight Ends), Clayton Lopez (Def. Quality Control/Def. Backs), Tom Lovat (Asst. Head Coach/Offensive Line), Mark Michaels (Asst. Special Teams), Stump Mitchell (Running Backs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (Quarterbacks)

CAPTAINS: Chad Brown, Matt Hasselbeck, Levon Kirkland, Marcus Robertson, Robbie Tobeck, Ricky Watters

LARGENT AWARD: FB Mack Strong

PRO BOWL: Walter Jones, John Randle

POS.	OFFENSE	STARTS
WR	Koren Robinson*	13
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Todd Weiner	13
TE	Christian Fauria	11
	Itula Mili	5
WR	Darrell Jackson	16
	Bobby Engram	4
QB	Matt Hasselbeck	12
	Trent Dilfer	4
RB	Shaun Alexander	12
	Ricky Watters	4
FB	Mack Strong	13
	DEFENSE	
LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	7
	Ken Lucas	8
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12
	SPECIAL TEAMS	
K	Rian Lindell	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

	W	L	T	PCT.	PTS.	OPP.
*New England	11	5	0	.688	371	272
*Miami	11	5	0	.688	344	290
*NY Jets	10	6	0	.625	308	295
Indianapolis	6	10	0	.375	413	486
Buffalo	3	13	0	.188	265	420

	W	L	T	PCT.	PTS.	OPP.
*Pittsburgh	13	3	0	.812	352	212
*Baltimore	10	6	0	.600	303	265
Cleveland	7	9	0	.438	285	319
Tennessee	7	9	0	.438	336	388
Cincinnati	6	10	0	.375	294	286
Jacksonville	6	10	0	.375	226	309

	W	L	T	PCT.	PTS.	OPP.
*Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.312	332	321

NFC

	W	L	T	PCT.	PTS.	OPP.
*Philadelphia	11	5	0	.688	343	208
Washington	8	8	0	.500	256	303
Arizona	7	9	0	.438	294	321
NY Giants	7	9	0	.438	295	343
Dallas	5	11	0	.312	246	338

	W	L	T	PCT.	PTS.	OPP.
*Chicago	13	3	0	.812	338	203
*Green Bay	12	4	0	.750	390	266
*Tampa Bay	9	7	0	.563	324	280
Minnesota	5	11	0	.312	290	390
Detroit	2	14	0	.125	270	424

	W	L	T	PCT.	PTS.	OPP.
*St. Louis	14	2	0	.875	503	273
*San Francisco	12	4	0	.750	409	282
New Orleans	7	9	0	.438	333	409
Atlanta	7	9	0	.438	291	377
Carolina	1	15	0	.062	253	410

2002 REVIEW (7-9)

DATE	W/L	SCORE	OPPONENTS	ATT	SCORING	TD	RU	PA	Rt	PAT	FG	SPts
09/08	L	31-17	at Oakland	53,260	Alexander	18	16	2	0			108
09/15	L	24-13	Arizona	63,104	Lindell					38/38	23/29	107
09/22	L	9-6	at NY Giants	78,551	Robinson	5	0	5	0			30
09/29	W	48-23	Minnesota	65,212	Jackson	4	0	4	0			24
10/6			BYE		Stevens	3	0	3	0			18
10/14	L	28-21	San Francisco	66,420	SEA	41	17	19	5	38/38	23/29	0355
10/20	L	37-20	at St. Louis	65,931	OPP	43	18	21	4	39/39	22/26	0369
10/27	W	17-14	at Dallas	63,854								
11/03	L	14-3	Washington	64,325	RUSHING	ATT	Yds	AVG	LG	TD		
11/10	W	27-6	at Arizona	29,252	Alexander	295	1175	4.0	58t			16
11/17	L	31-9	Denver	65,495	Hasselbeck	40	202	5.1	21			1
11/24	W	39-32	Kansas City	56,250	Morris	32	153	4.8	24			0
12/01	L	31-24	at San Francisco	67,594	Strong	23	94	4.1	9			0
12/08	L	27-20	Philadelphia	59,862	Evans	17	53	3.1	8			0
12/15	W	30-24	at Atlanta (OT)	69,551	Robinson	8	56	7.0	20			0
12/22	W	30-10	St. Louis	63,953	SEA	430	1740	4.0	58			17
12/29	W	31-28	at San Diego (OT)	52,159	OPP	500	2441	4.9	58t			18

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	61/37.0	65/33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

RECEIVING	No	Yds	AVG	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

PUNTING	No	Yds	AVG	NET/TB	I20/LG	B
Feagles	61	2542	41.7	37.0	4 22	58 0
SEA	61	2542	41.7	37.0	4 22	58 0
OPP	65	2538	39.0	33.0	7 20	59 0

PUNT RET	No	FC	Yds	AVG	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

INT	No	Yds	AVG	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0
Six with 1					
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

KICKOFF RETURNS	No	Yds	AVG	LG	TD
Morris	34	821	24.1	97t	1
Williams, J.	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

BY QUARTERS	1	2	3	4	OT	TOT
SEA	67	123	58	98	9	355
Opp	75	99	82	113	0	369

FIELD GOALS	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

PASSING	ATT	CMP	YDS	CMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

DEFENSIVE STATISTICS

PLAYER	T	S	A	SAC	INT	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

RECORD (FINISH): 7-9 (3rd NFC West)

HEAD COACH: Mike Holmgren (31-33, .484)

ASSISTANTS: Gil Haskell (Offensive Coordinator), Steve Sidwell (Defensive Coordinator), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Linebackers), Johnny Holland (Linebackers), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. Off. Line), Jim Lind (Tight Ends), Clayton Lopez (Def. Quality Control/Def. Backs), Tom Lovat (Asst. Head Coach/Offensive Line), Mark Michaels (Asst. Special Teams), Stump Mitchell (Running Backs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (Quarterbacks)

CAPTAINS: Chad Brown, Matt Hasselbeck, Levon Kirkland, Marcus Robertson, Robbie Tobeck, Ricky Watters

LARGENT AWARD: FB Mack Strong

PRO BOWL: Walter Jones

POS.	OFFENSE	STARTS
WR	Koren Robinson	16
LT	Walter Jones	14
LG	Chris Gray (4 @ RG)	12
	Steve Hutchinson	4
C	Robbie Tobeck	16
RG	Floyd Wedderburn	10
RT	Pork Chop Womack (2 @ LT)	8
	Chris Terry	5
TE	Itula Mili	12
WR	Darrell Jackson	13
	James Williams	2
	Bobby Engram	1
QB	Matt Hasselbeck	10
	Trent Dilfer	6
RB	Shaun Alexander	16
FB	Mack Strong	12
DEFENSE		
LE	Lamar King	12
LT	Chad Eaton	16
RT	John Randle	12
RE	Antonio Cochran	16
OLB	Chad Brown	8
	Tim Terry	8
MLB	Isaiah Kacyvenski	9
	Orlando Huff	7
OLB	Marcus Bell	9
	Anthony Simmons	7
LCB	Shawn Springs	15
	Willie Williams	1
RCB	Ken Lucas	16
SS	Reggie Tongue	16
FS	Marcus Robertson	15
	Curtis Fuller	1
SPECIAL TEAMS		
K	Rian Lindell	16
P	Jeff Feagles	16

AFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
*NY Jets	9	7	0	.562	359	336
New England	9	7	0	.562	381	346
Miami	9	7	0	.562	378	301
Buffalo	8	8	0	.500	379	397
NORTH						
*Pittsburgh	10	5	1	.656	390	345
*Cleveland	9	7	0	.562	344	320
Baltimore	7	9	0	.438	316	354
Cincinnati	2	14	0	.125	279	456
SOUTH						
*Tennessee	11	5	0	.688	367	324
*Indianapolis	10	6	0	.625	349	313
Jacksonville	6	10	0	.375	328	315
Houston	4	12	0	.250	213	356
WEST						
*Oakland	11	5	0	.688	450	304
Denver	9	7	0	.562	392	344
San Diego	8	8	0	.500	333	367
Kansas City	8	8	0	.500	467	399

NFC

	W	L	T	Pct.	Pts.	Opp.
EAST						
*Philadelphia	12	4	0	.750	415	241
*NY Giants	10	6	0	.625	320	279
Washington	7	9	0	.438	307	365
Dallas	5	11	0	.312	217	329
NORTH						
*Green Bay	12	4	0	.750	398	328
Minnesota	6	10	0	.375	390	442
Chicago	4	12	0	.250	281	379
Detroit	3	13	0	.188	306	451
SOUTH						
*Tampa Bay	12	4	0	.750	346	196
*Atlanta	9	6	1	.594	402	314
New Orleans	9	7	0	.562	432	388
Carolina	7	9	0	.438	258	302
WEST						
*San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.333	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

DATE	W/L SCORE	OPPONENTS	ATT	SCORING	TD	RU	PA	Rt	PAT	FG	SPTS
09/07	W 27-10	New Orleans	52,250	J. Brown	0	0	0	0	48/48	22/30	0 114
09/14	W 38-0	at Arizona	23,127	Alexander	16	14	2	0			0 96
09/21	W 24-23	St. Louis	65,841	Jackson	9	0	9	0			0 54
10/05	L 35-13	at Green Bay	70,365	Ingram	7	0	6	1			0 42
10/12	W 20-19	San Francisco	66,437	K. Robinson	5	0	4	1			0 30
10/19	W 24-17	Chicago	65,671	Mili	4	0	4	0			0 24
10/26	L 27-24	at Cincinnati	52,131	SEA	48	17	27	4	48/48	22/30	1404
11/02	W 23-16	Pittsburgh	66,507	OPP	36	9	24	3	34/35	25/31	0327
11/09	L 27-20	at Washington	80,728								
11/16	W 35-14	Detroit	65,865	RUSHING	ATT	YDS	AVG	LG	TD		
11/23	L 44-41	at Baltimore (OT)	69,477	Alexander	326	1435	4.4	55	14		
11/30	W 34-7	Cleveland	64,680	Morris	38	239	6.3	43	0		
12/07	L 34-7	at Minnesota	63,968	Strong	37	174	4.7	21t	1		
12/14	L 27-22	at St. Louis	66,152	Hasselbeck	36	125	3.5	18	2		
12/21	W 28-10	Arizona	64,899	H. Evans	7	24	3.4	8	0		
12/27	W 24-17	at San Francisco	67,840	K. Robinson	4	15	3.8	16	0		
		POSTSEASON		SEA	453	2009	4.4	55	17		
01/04	L 33-27	at Green Bay (NFC Wild Card Game)	71,457	OPP	456	1759	3.9	50	9		

TEAM STATISTICS	SEA	OPP
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	69/37.1	76/34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	1	1
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

BY QUARTERS	1	2	3	4	OT	TOT
SEA	89	166	67	82	0	404
Opp	51	104	73	96	3	327

RECEIVING	NO	YDS	AVG	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Ingram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

PUNTING	NO	YDS	AVG	NET/TB	I20LG	B
Rouen	67	2762	41.2	37.1	3	29 61 2
TEAM	69	2762	40.0	37.1	3	29 61 2
OPP	76	3028	39.8	34.1	6	19 64 1

PUNT RET	NO	FC	YDS	AVG	LG	TD
Ingram	31	22	320	10.3	83t	1
TEAM	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

INT	NO	YDS	AVG	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
Seven with 1					
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

KICKOFF RETURNS	NO	YDS	AVG	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

FIELD GOALS	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	10/11	6/11	1/3
TEAM	0/0	5/5	10/11	6/11	1/3
OPP	0/0	5/6	12/15	7/8	1/2

PASSING	ATT	COMP	YDS	COMP%	YDS/ATT	TD	TD%	INT	INT%	LG	SACKED	RATING
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Dilfer	8	4	31	50.0	3.88	1	12.5	1	12.55	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

DEFENSIVE STATISTICS

PLAYER	T	S	A	QB	INT	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0
Lucas	62	52	10	0.0	1	12	1	1
Godfrey	59	45	14	0.0	1	4	1	1t

RECORD (FINISH): 10-6 (2nd NFC West)

HEAD COACH: Mike Holmgren (41-39, .513)

ASSISTANTS: Gil Holmek (Offensive Coordinator), Ray Rhodes (Defensive Coordinator), Teryl Austin (Defensive Backs), Dwaine Board (Defensive Line), Nolan Cromwell (Wide Receivers), Bill Gillespie (Strength & Conditioning Assistant), Kent Johnston (Strength & Conditioning), Darren Krein (Strength & Conditioning Assistant), Bill Laveroni (Asst. Offensive Line), Jim Lind (Tight Ends), Clayton Lopez (Defensive Assistant/Secondary), Tom Lovat (Assistant Head Coach/Offensive Line), John Marshall (Linebackers), Mark Michaels (Asst. Special Teams), Stump Mitchell (Running Backs), Gary Reynolds (Offensive Asst./Quality Control), Pete Rodriguez (Special Teams Coordinator), Zerick Rollins (Defensive Line/Quality Control), Jim Zorn (Quarterbacks)

CAPTAINS: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

LARGENT AWARD: QB Trent Dilfer

PRO BOWL: RB Shaun Alexander, ST Alex Bannister, QB Matt Hasselbeck, G Steve Hutchinson, T Walter Jones

POS.	OFFENSE	STARTS
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
	Alex Bannister	2
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
	Matt Hill	2
TE	Itula Mili	12
	Jerramy Stevens	3
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
	Maurice Morris	1
FB	Mack Strong	9
K	Josh Brown	16
	DEFENSE	
LE	Antonio Cochran	7
	Brandon Mitchell	6
	Lamar King	3
LT	Cedric Woodard	12
	Norman Hand	4
RT	John Randle	9
	Rashad Moore	6
	Cedric Woodard	1
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
	D.D. Lewis	3
MLB	Randall Godfrey	14
	Orlando Huff	2
OLB	Chad Brown	14
	D.D. Lewis	2
LCB	Shawn Springs	8
	Marcus Trufant	5
	Ken Lucas	2
	Kris Richard	1
RCB	Marcus Trufant	11
	Ken Lucas	5
SS	Reggie Tongue	14
	Damien Robinson	2
FS	Ken Hamlin	14
	Damien Robinson	2
P	Tom Rouen	16

AFC

	W	L	T	PCT.	PTS.	OPP.
*New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
NY Jets	6	10	0	.375	283	299
NORTH	W	L	T	PCT.	PTS.	OPP.
*Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.312	254	322
SOUTH	W	L	T	PCT.	PTS.	OPP.
*Indianapolis	12	4	0	.750	447	336
*Tennessee	12	4	0	.750	435	324
Jacksonville	5	11	0	.312	276	331
Houston	5	11	0	.312	255	380
WEST	W	L	T	PCT.	PTS.	OPP.
*Kansas City	13	3	0	.812	484	332
*Denver	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

NFC

	W	L	T	PCT.	PTS.	OPP.
*Philadelphia	12	4	0	.750	374	287
*Dallas	10	6	0	.625	289	260
Washington	5	11	0	.312	287	372
NY Giants	4	12	0	.250	243	387
NORTH	W	L	T	PCT.	PTS.	OPP.
*Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.562	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.312	270	379
SOUTH	W	L	T	PCT.	PTS.	OPP.
*Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.312	299	422
WEST	W	L	T	PCT.	PTS.	OPP.
*St. Louis	12	4	0	.750	447	328
*Seattle	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

COACHES ALL-TIME ROSTER

<u>NAME</u>	<u>RESPONSIBILITY</u>	<u>YEARS</u>	<u>COLLEGE</u>
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-	Pittsburgh
Becker, John	Off. Coord./WRs	1989-91	Cal State-Northridge
Board, Dwaine	Defensive Line	2003-	North Carolina A&T
Boghosian, Sam	Off. Coord./OL	1976-77	UCLA
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Catlin, Tom	Asst. Head Coach/LBs/Def. Coord.	1983-91	Oklahoma
	Assistant Head Coach/Defense	1992	
	Assistant Head Coach	1993	
	Quality Control	1994-95	
Christensen, Jack	Defensive Backs	1978-82	Colorado State
Clark, Mike	Strength & Conditioning	2004-	Ottawa University
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee
Cromwell, Nolan	Wide Receivers	1999-	Kansas
Dyer, George	Defensive Line	1983-91	Cal-Santa Barbara
Erickson, Dennis	Head Coach	1995-98	Montana State
Flajole, Ken	Defensive Backs	1999, 2001-02	Pacific Lutheran
	Linebackers	2000	
Flores, Tom	Head Coach	1992-94	Pacific
Gilbertson, Keith	Defensive Assistant	1996	Cent. Washington
	Tight Ends	1997-98	
Gillespie, Bill	Assistant Strength & Cond.	2003-	Liberty
Harris, Chick	Running Backs	1983-91	Northern Arizona
Haskell, Gil	Offensive Coordinator	2000-	San Francisco State
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Holland, Johnny	Asst. Special Teams & Strength	2000	Texas A&M
	Linebackers	2001-02	
Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Holmgren, Mike	Head Coach	1999-	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Assistant	1995-96	New Mexico
	Defensive Assistant	1997	
	Linebackers	1998	
Johnson, Jim	Strength & Conditioning	1999-2003	Missouri
Johnston, Kent	Offensive Coordinator/QBs	1992-94	Stephen F. Austin
Kennan, Larry	Head Coach	1983-91	LaVerne
Knox, Chuck	Assistant Strength & Cond.	1997-98	Juniata
Krein, Darren		2001-	Miami
	Running Backs	1998	
Lappano, Tim	Defensive Line	1982	Idaho
Lauterbur, Frank	Asst. Offensive Line	2001-	Mt. Union
Laveroni, Bill	Strength & Conditioning	1995-98	California
LeDuc, Dana	Defensive Line	1976-77	Texas
Leggett, Earl	Linebackers	1999	Louisiana State
Lind, Jim	Tight Ends	2000-	Bemidji (Minn.) State
Lopez, Clayton	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-	
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
Marshall, John	Linebackers	2003-	Oregon
Matsumoto, Arnie	Staff Assistant	1989-95	Lewis and Clark
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Assistant Offensive Line	1998	Stanford
Michaels, Mark	Asst. Special Teams	2001-2003	Connecticut
	Special Teams	2004-	
Mitchell, Stump	Running Backs	1999-	Citadel
Moore, Steve	Wide Receivers	1983-85	Cal-Santa Barbara
	Offensive Coordinator/WRs	1986-88	

<u>NAME</u>	<u>RESPONSIBILITY</u>	<u>YEARS</u>	<u>COLLEGE</u>
Mora, Jim	Defensive Line	1978-81	Occidental
Moyer, Paul	Special Assignments	1990-91	Arizona State
	DBs/Asst. Special Teams	1992-94	
Mudd, Howard	Offensive Line	1978-82	Hillsdale
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Perry, Rod	Defensive Backs	1989-91	Colorado
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	TEs/Asst. Special Teams	1987-91	
	TEs/Special Teams	1992-94	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Offensive Asst./Quality Control	2003-	Texas A&M
Rhyme, Jerry	QB/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QB/WRs/TEs	1978-79	
	Offensive Coord./QB/WRs	1979-82	
Rhodes, Ray	Defensive Coordinator	2003-	Tulsa
Roach, Dick	Defensive Assistant	1999-2000	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Special Teams	1998	Western St. (Colorado)
	Special Teams Coordinator	1999-2003	
Rollins, Zerick	Defensive Assistant	2001	Texas A&M
	Defensive Line/Quality Control	2002-	
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut State
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Michigan)
Sidwell, Steve	Defensive Coordinator	2000-2002	Colorado
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Gregg	Assistant Head Coach/TEs	1995-96	Idaho
	Asst. Head Coach/Offensive Line	1997	
	Offensive Line	1998	
Springer, Rod	Assistant Strength & Cond.	1999-2002	Tarleton State
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Vitt, Joe	Special Assignments	1982-91	Towson State
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Assistant	1997	Cal Poly-Pomona
	Quarterbacks Coach	2001-	

ALL-TIME ROSTER

<u>PLAYER</u>	<u>POSITION</u>	<u>YEARS</u>	<u>GP</u>	<u>GS</u>	<u>COLLEGE</u>
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Sam	DT-DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, Shaun	RB	2000-	64	44	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Eddell	DE	1980-82	22	6	Prairie View
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Tom	C-G	1987	2	2	Louisville
Atkins, James	T-G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa

B

Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Edwin	G-T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Bannister, Alex	WR	2001-	48	3	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barisich, Carl	DE	1976	14	7	Princeton
Barr, Robert	T	1996	*0	0	Rutgers
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Solomon	LB	2003-	7	0	Arizona State
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE-DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Berry, Ray	LB	1993	8	2	Baylor
Bernard, Rocky	DT	2002-	28	2	Texas A&M
Bernard, Walter	CB	2002-	1	0	New Mexico
Berti, Tony	G-T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierra, Terreal	S	2002-	14	0	Georgia
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern
Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Borchardt, Jon	G-T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Boyd, Dennis	DE-DT-T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State
Bradley, Ed	LB	1976	14	14	Wake Forest
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G-C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Brock, Lou	CB	1988	1	0	Southern California
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	No. Carolina Central
Brown, Chad	LB	1997-	100	100	Colorado
Brown, Dave	S-CB	1976-86	159	159	Michigan
Brown, Joe	DT	2001-02	2	0	Ohio State
Brown, Josh	K	2003-	16	0	Nebraska
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE-DT	1982-93	175	167	Clemson
Bullard, Louis	T	1978-80	36	15	Jackson State
Burnham, Tim	T	1987-88	3	3	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee St.
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California

C

Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carr, Roger	WR	1982	9	2	Louisiana Tech

Carter, Kerry	RB	2003-	16	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
Chadwick, Jeff	WR	1989-91	39	0	Grand Valley State
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Greg	LB	1992	12	0	Arizona State
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clune, Don	WR	1976	9	1	Penn
Cochran, Antonio	DT	1999-	68	25	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coffield, Randy	LB	1976	13	0	Florida State
Coleman, Andre	WR	1997	2	0	Kansas State
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE-DT	1978-80	34	3	Massachusetts
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Crawford, Rufus	RB	1978	16	0	Virginia State
Croel, Mike	DE	1998	11	0	Nebraska
Cronan, Peter	LB	1977-79, 81	50	3	Boston College
Crumpler, Carlester	TE	1994-98	69	31	East Carolina
Cryder, Bob	T	1984-86	32	25	Alabama
Cunningham, Ed	C	1996	11	3	Washington
Cunningham, T.J.	S	1996	9	0	Colorado
Curtis, Mike	LB	1976	14	14	Duke

D

Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darby, Alvis	TE	1976	1	0	Florida
Darche, Jean-Philippe	LS	2000-	64	0	McGill (Canada)
Davis, Anthony	LB	1993	10	0	Utah
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-	1	0	Syracuse
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-00	32	29	California
Dean, Konrad	T	2002	*0	0	Akron
Dean, Vernon	S	1988	16	0	San Diego State
Dee, Connie	TE	1989	3	3	Tulsa
Demarie, John	G	1976	9	8	Louisiana State
DeVita, Rob	LB	1987	1	0	Illinois Benedictine
Dickenson, Dave	QB	2002	0	0	Montana
Dilfer, Trent	QB	2001-	17	10	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dixon, Zachary	RB	1983-84	26	2	Temple
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB-RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State

E

Easley, Kenny	S	1981-87	89	87	UCLA
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-	32	32	Washington State
Edmonds, Bobby Joe	RB	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Randy	DE-NT	1984-87	52	4	Alabama
Engram, Bobby	WR	2001-	47	17	Penn State
Eisenhooth, John	NT	1987	1	0	Lock Haven
Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Eloms, Joey	CB	1998-99	6	0	Indiana

Engles, Rick	P	1976-77	15	0	Tulsa
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-	46	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Fairbanks, Don	DE	1987	3	3	Colorado
Fanning, Mike	DE	1984	16	0	Notre Dame
Farrell, Sean	G	1992	6	0	Penn State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Ferguson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State
Finzer, Dave	P	1985	12	0	DePauw
Flores, Brian	LB	1981-82	13	0	Washington State
Foley, Glenn	QB	1999	2	1	Boston College
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
French, Rufus	TE	1999-00	*0	0	Mississippi
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Garcia, Frank	P	1981	1	0	Arizona
Geddes, Ken	LB	1976-78	36	25	Nebraska
Geddes, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Gilbert, Gale	QB	1985-86	25	2	California
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE-NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-	95	82	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
Green, Paul	TE	1992-94	35	23	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Gregory, Bill	DE-DT	1978-80	47	43	Wisconsin
Griffith, Russell	P	1987	2	0	Weber State

H

Habib, Brian	G	1998-99	32	32	Washington
Hackett, Dino	LB	1993	3	0	Appalachian State
Hagen, Mike	FB	1987	2	1	Montana
Hagler, Scott	K	1987	2	0	South Carolina
Hamlin, Ken	S	2003-	16	14	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-	20	0	Northern Iowa
Hanousek, Matt	T-G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State

Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE-DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon
Harrison, Martin	DE	1997	8	0	Washington
Hart, Roy	NT	1988-89	16	1	South Carolina
Hasselbeck, Matt	QB	2001-	45	38	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hayes, Eric	DT	1990-91	21	3	Florida State
Heck, Andy	T-G	1989-93	77	70	Notre Dame
Heller, Ron	TE	1990, 1992	32	16	Oregon State
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herrera, Efren	K	1978-81	60	0	UCLA
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Matt	T	2002-	27	2	Boise State
Hilliard, John	DE	2000-02	27	11	Mississippi State
Hines, Andre	T	1980	9	0	Stanford
Hire, Doug	C	1987	3	1	Linfield
Hitchcock, Bill	T-G	1991-94	51	39	Purdue
Hoaglin, Fred	C	1976	13	7	Pittsburgh
Hobbs, Daryl	WR	1997	10	0	Pacific
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB-S	1987-89	27	0	Nevada-Las Vegas
Howard, Ron	TE	1976-78	42	36	Seattle
Huard, Brock	QB	1999-01	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-	39	9	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hunter, Al	RB-FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Wayne	T	2003-	*0	0	Hawaii
Hutchinson, Steve	G	2001-	36	36	Michigan
Hyde, Glenn	C	1986	3	0	Pittsburgh

I

Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Darrell	DE	1983	16	0	Oklahoma
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Jackson, Darrell	WR	2000-	61	55	Florida
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Toran	LB	1998	#0	0	North Carolina A&T
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jodat, Jim	FB	1980-81	28	18	Carthage
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Greggory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G-T	1976-77	26	15	Utah
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, James	FB	1989-92	50	7	Florida
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-	106	106	Florida State
Jordan, Charles	WR	1999	4	1	Long Beach City
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

		K			
Kacyvenski, Isaiah	LB	2000-	55	9	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002-	*0	0	Southern Mississippi
Kelly, Maurice	S	2000-01	24	3	East Tennessee St.
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College
Kennedy, Cortez	DT	1990-00	167	153	Miami
Killens, Terry	LB	2002	3	0	Penn State
King, Lamar	DE	1999-2003	57	37	Saginaw Valley State
Kinlaw, Reggie	NT	1985-86	30	5	Oklahoma
Kirkland, Levon	LB	2001	16	16	Clemson
Kitna, Jon	QB	1997-00	29	33	Central Washington
Koonce, George	LB	2000	16	16	East Carolina
Kraayeveld, Dave	DE-DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C-G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

		L			
LaBounty, Matt	DE	1996-01	65	9	Oregon
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB-RB	1981-87	97	12	Brigham Young
Largent, Steve	WR	1976-89	200	197	Tulsa
Laughton, Jim	TE	1986	6	0	San Diego State
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Lewis, D.D.	LB	2002-	31	5	Texas
Lewis, Will	CB	1980-81	26	0	Millersville State
Leyboldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Loville, Derek	RB	1990-91	27	1	Oregon
Lucas, Ken	CB	2001-	46	31	Mississippi
Lurtsema, Bob	DE-DT	1976-77	27	25	Western Michigan
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

		M			
McAlister, Ken	S	1982-83	11	0	San Francisco
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB-S	1993-94	28	12	Colorado
McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McGrath, Mark	WR	1981	6	0	Montana State
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-	24	13	Wisconsin
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillan, Henry	DE	1995-96	4	0	Florida
McNeal, Travis	TE	1989-91	48	24	Tenn-Chattanooga
McShane, Charles	LB	1977-79	29	0	Cal Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State
Mangiero, Dino	NT	1984	15	0	Rutgers
Marinero, Ed	FB	1977	2	0	Cornell
Martin, Amos	LB	1977	2	0	Louisville
Martin, Kelvin	WR	1993-94	32	29	Boston College
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia

Matthews, Al	S	1976	14	14	Texas A&I
Mawac, Kevin	C-G	1994-97	62	59	Louisiana State
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Merriman, Sam	LB	1983-87	71	1	Idaho
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Mili, Itula	TE	1998-	87	37	BYU
Millard, Bryan	G-T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Milne, Brian	FB	1999	10	0	Penn State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-	19	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-	14	6	Tennessee
Morris, Maurice	RB	2002-	27	1	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-79	13	4	New Mexico
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Nash, Joe	DT-NT	1982-96	218	169	Boston College
Nelson, Ralph	RB	1976	7	3	No College
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Niehau, Steve	DE-DT	1976-78	36	20	Notre Dame
Norman, Dennis	T	2001-	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame

O

O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
Okeafor, Chike	DE	2003-	16	16	Purdue
Olds, Bill	FB	1976	1	1	Nebraska
Orms, Fred	LB	1987	2	0	Chapman College
Overhauser, Chad	G	2000	*0	0	UCLA
Owens, Rich	DE	2002	3	0	Lehigh

P

Packer, Walter	CB-KR	1977	10	0	Mississippi State
Palepoi, Anton	DE	2002-	20	1	UNLV
Pardridge, Curt	WR	1987	3	0	Northern Illinois
Parker, Riddick	DT	1997-00	51	19	North Carolina
Parros, Rick	FB-RB	1985, 1987	5	1	Utah State
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Perryman, Dean	C	1987	1	0	Washington
Peterson, Todd	K	1995-99	80	0	Georgia
Polowski, Larry	LB	1979	14	0	Boise State
Porter, Rufus	LB	1988-94	98	67	Southern
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest

R

Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randle, John	DT	2001-03	43	35	Texas A&I
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Reece, Geoff	C	1977	5	0	Washington State
Rennaker, Terry	LB	1980	15	0	Stanford
Richard, Kris	CB	2002-	22	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Kyle	P	1997	2	0	Arkansas State
Ridle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robinson, Damien	S	2003-	15	4	Iowa
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Koren	WR	2001-	47	44	North Carolina State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB-KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	No. Carolina Central
Ross, Dan	TE	1985	10	5	Northeastern
Ross, Oliver	RB	1976	14	10	Alabama A&M
Rouen, Tom	P	2003-	16	0	Colorado
Rusk, Reggie	CB	1997-98	2	0	Kentucky

S

Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G-T	1979-80	19	5	California
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Simmons, Anthony	LB	1998-	79	72	Clemson
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB-S	1978-85	108	70	Memphis State
Sims, David	FB-RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Snell, Donald	WR	1987	1	0	Virginia Tech
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Springs, Shawn	CB	1997-03	93	88	Ohio State
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-	28	4	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyronne	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-	148	77	Georgia
Strozger, Wilbur	TE	1987	12	3	Georgia
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Sweeney, Jim	C	1995	16	16	Pittsburgh

T

Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Terry, Chris	T	2002-	17	15	Georgia
Terry, Joe	LB	1987	2	0	Cal State-Hayward
Terry, Tim	LB	2000-02	38	8	Temple
Testerman, Don	FB	1976-78	44	26	Clemson
Thomas, Doug	WR	1991-93	39	4	Clemson
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-	52	48	Washington State
Tofflemire, Joe	C	1989-94	33	16	Arizona
Tongue, Reggie	S	2000-03	62	52	Oregon State
Torretta, Gino	QB	1996-97	1	0	Miami
Treggs, Brian	WR	1992	2	0	California
Trufant, Marcus	CB	2003-	16	16	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tuiasosopo, Manu	DT-DE-NT	1979-83	73	64	UCLA
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State

U

Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-	*0	0	Trinity

V

Vaughn, Jon	RB	1993-94	26	2	Michigan
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W

Wagner, Vince	K	1981	*0	0	Northwestern, Minn.
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, Seneca	QB	2003-	*0	0	Iowa State
Wallace, Taco	WR	2003-	1	0	Kansas State
Walsh, Jim	FB	1980	4	0	San Jose State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tulsa
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
White, Chris	S	1987	1	0	Tennessee
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-	11	0	Howard
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-	29	4	Marshall
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Lester	NT	1987	2	0	Miami
Williams, Robert	CB	1999	1	0	North Carolina
Williams, Ronnie	TE	1996	13	3	Oklahoma State

Williams, Willie	CB	1997-2003	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wimmer, Gary	LB	1983	3	0	Stanford
Womack, Floyd	T	2001-	26	14	Mississippi State
Woodard, Cedric	DT	2000-	45	12	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB-DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wunsch, Jerry	T	2002-	28	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford

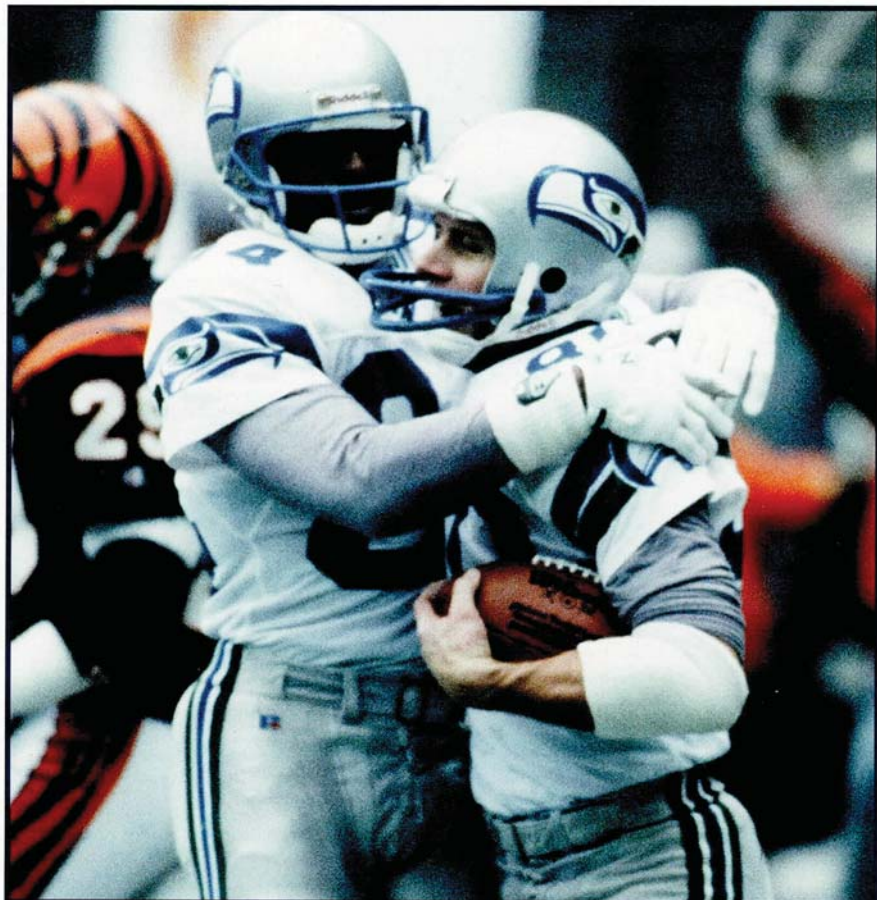
Y

Yarno, John	C	1977-82	74	62	Idaho
Young, Charle	TE	1983-85	45	43	Southern California
Young, Fredd	LB	1984-87	60	41	New Mexico State
Young, Renard	CB	1987	3	3	Nevada-Las Vegas

Z

Zorn, Jim	QB	1976-84	126	100	Cal Poly-Pomona
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* on active roster, but did not play in a game



Steve Largent's number 80 is the only retired Seahawks number. Here, he celebrates his 100th TD catch.

SEAHAWKS NEW UNIFORM SLICK

UNIFORM AND HELMET COLOR GUIDE ONLY

The colors shown on this page are not intended to match the PANTONE Color Standards. For reproduction, use either the NFL Process Colors or the actual PANTONE Colors listed below.



NOTE REGARDING COLOR

At this time, there is no accurate Pantone match for Seahawks Blue. For now, please reference the TOYO Ink listed below.

OR

Pantone Process Chip DS 213-3 C (80c / 50m / 15y / 30k as listed below)

Solid Color

For Seahawks Blue
use TOYO Inks CF0935

For Seahawks Navy
use PANTONE 5395C

For Seahawks Green
use PANTONE 369C

Process Color

For Seahawks Blue
80c / 50m / 15y / 30k

For Seahawks Navy
100c / 60m / 0y / 80k

For Seahawks Green
70c / 0m / 100y / 0k

Textile Color

For Seahawks Blue
use PANTONE 19-4026TC

For Seahawks Navy
use PANTONE 19-4023TC

For Seahawks Green
use PANTONE 15-6442TC

The colors shown on this page are not intended to match the PANTONE Color Standards. For the PANTONE Color Standards, refer to current editions of the PANTONE Color Publications.

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SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset. Division records from 1976-2001 may be found on page 281

NFC WEST (7-5)

ARIZONA CARDINALS (4-6)

9/12/76	—	L		24-30	58,441
11/13/83	—	L	@	28-33	33,280
9/17/89	—	L		24-34	60,444
12/19/93	—	*L		27-30	45,737
10/29/95	—	*L	@	14-20	39,600
9/13/98	—	W		33-14	57,678
9/15/02	—	L		13-24	63,104
11/10/02	—	W	@	27-6	29,252
9/14/03	—	W	@	38-0	23,127
12/21/03	—	W		28-10	64,899

Franchise moved from St. Louis in 1988.

Points: Arizona 201 (20.1)
Seattle 256 (25.6)

ST. LOUIS RAMS (4-7)

10/31/76	—	L	@	6-45	52,035
11/4/79	—	L		0-24	62,048
9/23/85	—	L		24-35	63,292
10/23/88	—	L	@	10-31	57,033
12/22/91	—	W		23-9	51,100
10/19/97	—	W	@	17-9	64,819
9/10/00	—	L	+	34-37	64,869
10/20/02	—	L	@	20-37	65,931
12/22/02	—	W		30-10	63,953
9/21/03	—	W		24-23	65,841
12/14/03	—	L	@	22-27	66,152

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995.

Points: St. Louis 287 (26.1)
Seattle 210 (19.1)

SAN FRANCISCO 49ERS (4-6)

9/26/76	—	L		21-37	59,108
10/7/79	—	W	@	35-24	44,592
11/25/85	—	L	@	6-19	57,482
9/25/88	—	L		7-38	63,382
12/8/91	—	L		22-24	56,711
12/21/97	—	W		38-9	66,253
10/14/02	—	L		21-28	66,420
12/01/02	—	L	@	24-31	67,594
10/12/03	—	W		20-19	66,437
12/27/03	—	W	@	24-17	67,840

Points: San Francisco 246 (24.6)
Seattle 218 (21.8)

* Overtime + at Husky Stadium

NFC EAST (1-4)

DALLAS COWBOYS (3-5)

10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366
10/27/02	—	W	@	17-14	63,854

Points: Dallas 202 (25.2)
Seattle 129 (16.1)

NEW YORK GIANTS (3-7)

11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L	@	24-27	78,119
9/22/02	—	L	@	6-9	78,551

Points: New York 213 (21.3)
Seattle 144 (14.4)

PHILADELPHIA EAGLES (3-6)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862

Points: Philadelphia 193 (21.4)
Seattle 165 (18.3)

WASHINGTON REDSKINS (4-8)

9/19/76	—	L	@	7-31	53,174
9/28/80	—	W	@	14-0	53,263
9/25/83	—	L		17-27	60,718
9/28/86	—	L	@	14-19	54,157
12/23/89	—	L		0-29	60,294
11/8/92	—	L		3-16	53,616
9/4/94	—	W	@	28-7	52,930
11/19/95	—	W	@	27-20	51,298
9/20/98	—	W		24-14	63,336
11/04/01	—	L	@	14-27	82,352
11/3/02	—	L		3-14	64,325
11/9/03	—	L	@	20-27	80,728

Points: Washington 231 (19.3)
Seattle 171 (14.3)

NFC NORTH (3-2)

CHICAGO BEARS (6-2)

12/5/76	—	L	7-34	60,510
11/5/78	—	W @	31-29	50,697
12/12/82	—	W	20-14	52,826
9/23/84	—	W	38-9	61,520
12/20/87	—	W @	34-21	62,518
9/9/90	—	L @	0-17	64,400
9/19/99	—	W @	14-13	66,944
10/19/03	—	W	24-17	65,671

Points: Seattle 168 (21.0)
Chicago 154 (19.3)

DETROIT LIONS (5-4)

10/24/76	—	L	14-41	61,280
9/24/78	—	W	28-16	56,781
12/2/84	—	W	38-17	62,441
10/18/87	—	W @	37-14	8,310
12/30/90	—	W	30-10	50,681
10/17/93	—	L @	10-30	60,801
10/17/96	—	L @	16-17	51,194
9/12/99	—	L	20-28	66,238
11/16/03	—	W	35-14	65,865

Points: Seattle 228 (25.3)
Detroit 187 (20.8)

GREEN BAY PACKERS (4-5)

10/10/76	—	L @	20-27	54,983
10/15/78	—	L @	28-45	52,712
11/1/81	—	L @	24-34	49,467
10/21/84	—	W @	30-24	52,286
11/15/87	—	W	24-13	60,963
12/9/90	—	W @	20-14	52,015
9/29/96	—	L	10-31	59,973
11/1/99	—	W @	27-7	59,869
10/5/03	—	L @	13-35	70,365

1981 & 1999 games played at Green Bay. 1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 230 (25.6)
Seattle 196 (21.8)

MINNESOTA VIKINGS (5-3)

11/14/76	—	L @	21-27	45,087
10/8/78	—	W	29-28	62,031
9/30/84	—	W @	20-12	57,171
11/1/87	—	W	28-17	61,134
11/18/90	—	L	21-24	59,735
11/10/96	—	W	42-23	50,794
9/29/02	—	W	48-23	65,212
12/7/03	—	L @	7-34	63,968

Played in Metropolitan Stadium from 1961-81.
Moved into the Metrodome in 1982.

Points: Seattle 216 (27.0)
Minnesota 188 (23.5)

* Overtime + at Husky Stadium

NFC SOUTH (1-0)

ATLANTA FALCONS (6-2)

11/7/76	—	W	30-13	57,985
10/29/79	—	W @	31-28	52,566
10/13/85	—	W	30-26	60,430
10/2/88	—	W @	31-20	28,619
12/15/91	—	L @	13-26	53,834
11/30/97	—	L	17-24	52,584
12/03/00	—	W @	30-10	44,680
12/15/02	—	*W @	30-24	69,551

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Seattle 212 (26.5)
Atlanta 171 (21.4)

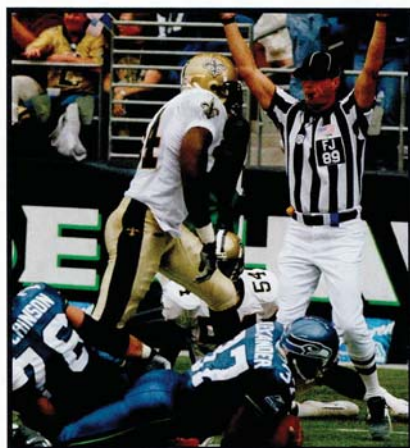
CAROLINA PANTHERS (0-1)

10/08/00	—	L @	3-26	72,192
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NEW ORLEANS SAINTS (4-4)

11/21/76	—	L	27-51	61,865
11/18/79	—	W	38-24	60,055
11/10/85	—	W @	27-3	47,365
10/16/88	—	L	19-20	63,569
9/1/91	—	L @	24-27	68,492
11/16/97	—	*L @	17-20	50,493
9/17/00	—	W +	20-10	59,513
9/7/03	—	W	27-10	52,250

Points: Seattle 199 (24.9)
New Orleans 165 (20.6)



Seattle opens versus New Orleans for the second consecutive year.

TAMPA BAY BUCCANEERS (4-1)

10/17/76	—	W @	13-10	43,812
10/16/77	—	W	30-23	54,783
11/20/94	—	W	22-21	37,466
9/22/96	—	W @	17-13	30,212
11/28/99	—	L	3-16	66,314

Points: Seattle 85 (17.0)
Tampa Bay 83 (16.6)

AFC WEST (2-2)

DENVER BRONCOS (17-33)

10/2/77	—	L	13-24	53,108
10/7/78	—	L	@ 7-28	74,989
10/29/78	—	*L	17-20	62,948
9/23/79	—	L	@ 34-37	74,879
12/8/79	—	W	28-23	60,038
11/23/80	—	L	@ 20-36	73,274
12/21/80	—	L	17-25	51,853
9/13/81	—	W	13-10	58,513
12/13/81	—	L	@ 13-23	74,527
11/21/82	—	W	@ 17-10	73,916
1/2/83	—	W	13-11	43,145
11/6/83	—	W	27-19	61,189
11/20/83	—	L	@ 27-38	74,710
9/25/84	—	W	@ 27-24	74,922
12/15/84	—	L	14-31	64,411
10/20/85	—	*L	@ 10-13	74,899
12/20/85	—	L	24-27	56,283
10/26/86	—	L	@ 13-20	76,089
12/20/86	—	W	41-16	63,697
9/13/87	—	L	@ 17-40	75,999
12/13/87	—	W	28-21	61,759
9/4/88	—	W	@ 21-14	75,986
12/11/88	—	W	42-14	62,839
10/22/89	—	*L	21-24	62,353
11/26/89	—	L	@ 14-41	75,117
9/23/90	—	*L	@ 31-34	75,290
12/23/90	—	W	17-12	55,845
9/15/91	—	L	@ 10-16	74,152
11/24/91	—	W	13-10	60,430
11/30/92	—	*W	16-13	51,612
12/20/92	—	L	@ 6-10	72,570
10/31/93	—	L	@ 17-28	73,644
11/28/93	—	L	9-17	57,812
10/9/94	—	L	+ 9-16	63,872
11/13/94	—	L	@ 10-17	71,290
10/1/95	—	W	27-10	49,914
12/10/95	—	W	@ 31-27	71,488
9/8/96	—	L	20-30	43,671
12/1/96	—	L	@ 7-34	74,982
9/7/97	—	L	14-35	55,859
11/2/97	—	L	@ 27-30	74,212
10/11/98	—	L	16-21	66,258
12/27/98	—	L	@ 21-28	74,057
11/14/99	—	W	20-17	66,314
12/19/99	—	*L	@ 30-36	65,987
11/26/00	—	L	+ 31-38	68,661
12/10/00	—	L	@ 24-31	75,218
10/14/01	—	W	+ 34-21	61,837
12/09/01	—	L	@ 7-20	74,524
11/17/02	—	L	9-31	65,495

Points: Denver 1171 (23.4)
Seattle 974 (19.5)

KANSAS CITY CHIEFS (18-30)

12/11/77	—	W	@ 34-31	22,562
11/19/78	—	W	@ 13-10	32,252
12/17/78	—	W	23-19	58,490
9/30/79	—	L	6-24	61,169
12/2/79	—	L	@ 21-37	42,160
9/14/80	—	W	@ 17-16	42,403
11/9/80	—	L	30-31	58,976
9/27/81	—	L	14-20	59,255
11/22/81	—	L	@ 13-40	49,002
9/4/83	—	L	@ 13-17	42,531
11/27/83	—	*W	51-48	56,795
11/4/84	—	W	45-0	61,396
12/9/84	—	L	@ 7-34	34,855
9/29/85	—	L	@ 7-28	50,485
12/1/85	—	W	26-6	52,655
9/14/86	—	W	23-17	61,068
11/9/86	—	L	@ 7-27	53,268
9/20/87	—	W	43-14	61,667
12/27/87	—	L	@ 20-41	20,370
9/11/88	—	W	31-10	61,512
11/20/88	—	L	@ 24-27	33,152
10/8/89	—	L	16-20	60,715
11/5/89	—	L	@ 10-20	54,489
10/21/90	—	W	19-7	60,358
11/11/90	—	W	@ 17-16	71,285
9/22/91	—	L	@ 13-20	71,789
12/1/91	—	L	6-19	57,248
9/13/92	—	L	@ 7-26	75,125
11/22/92	—	L	14-24	49,867
12/5/93	—	L	16-31	58,551
1/2/94	—	L	@ 24-34	72,136
10/23/94	—	L	@ 23-38	78,847
11/27/94	—	W	10-9	54,120
9/3/95	—	L	10-34	47,564
12/24/95	—	L	@ 3-26	75,784
9/15/96	—	L	17-35	39,970
10/17/96	—	L	@ 16-34	76,057
9/28/97	—	*L	@ 17-20	77,877
11/23/97	—	L	14-19	66,264
10/4/98	—	L	@ 6-17	66,418
11/8/98	—	W	24-12	66,251
11/21/99	—	W	@ 31-19	78,714
12/26/99	—	W	23-14	66,332
10/02/00	—	L	@ 17-24	82,893
10/29/00	—	L	+ 19-24	62,141
11/25/01	—	L	@ 7-19	77,357
1/06/02	—	W	+ 21-18	58,460
11/24/02	—	W	39-22	56,250

Points: Kansas City 1098 (22.9)
Seattle 905 (18.9)

* Overtime + at Husky Stadium

OAKLAND RAIDERS (22-27)

11/6/77	—	L	@	7-44	50,929
10/22/78	—	W		27-7	62,529
11/26/78	—	W	@	17-16	52,978
9/16/79	—	W		27-10	61,602
12/16/79	—	W	@	29-24	53,177
10/26/80	—	L	@	14-33	50,185
11/17/80	—	L		17-19	60,480
9/20/81	—	L	@	10-20	45,725
11/29/81	—	L		31-32	57,147
12/5/82	—	L	@	23-28	42,170
10/16/83	—	W		38-36	60,697
10/30/83	—	W	@	34-21	49,708
10/7/84	—	L	@	14-28	77,904
11/12/84	—	W		17-14	64,011
11/3/85	—	W		33-3	64,060
12/15/85	—	L	@	3-13	77,425
10/12/86	—	L	@	10-14	70,635
12/8/86	—	W		37-0	62,923
10/25/87	—	W	@	35-13	52,735
11/30/87	—	L		14-37	62,802
11/28/88	—	W		35-27	62,641
12/18/88	—	W	@	43-37	61,127
10/1/89	—	W	@	24-20	44,319
12/17/89	—	W		23-17	61,076
9/16/90	—	L		13-17	61,889
10/14/90	—	L	@	17-24	50,624
10/13/91	—	*L		20-23	61,974
11/17/91	—	L	@	7-31	49,317
10/18/92	—	L		0-19	56,904
11/15/92	—	L	@	3-20	46,862
9/12/93	—	L		13-17	58,836
12/12/93	—	L	@	23-27	38,161
9/11/94	—	W	@	38-9	47,319
12/11/94	—	L		16-17	53,301
10/8/95	—	L	@	14-34	50,213
12/17/95	—	W		44-10	58,428
11/24/96	—	L		21-27	47,506
12/22/96	—	W	@	28-21	33,455
10/26/97	—	W		45-34	66,264
12/14/97	—	W	@	22-21	40,124
11/1/98	—	L		18-31	66,246
11/15/98	—	L	@	17-20	51,527
10/3/99	—	W		22-21	66,400
12/5/99	—	L	@	21-30	44,716
10/22/00	—	L	@	3-31	57,490
12/16/00	—	W	+	27-24	68,681
9/30/01	—	L	@	14-38	54,629
11/11/01	—	W	+	34-27	67,231
9/8/02	—	L	@	17-31	53,260

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.

Points: Oakland 1117 (22.8)
Seattle 1059 (21.6)

SAN DIEGO CHARGERS (25-22)

11/27/77	—	L		28-30	55,338
9/3/78	—	L		20-24	55,778
12/10/78	—	L	@	10-37	49,975
9/2/79	—	L		16-33	62,287
10/14/79	—	L	@	10-20	50,077
9/7/80	—	L		13-34	62,042
12/13/80	—	L	@	14-21	49,980
10/4/81	—	L	@	10-24	51,463
11/16/81	—	W		44-23	58,628
9/18/83	—	W		34-31	61,714
10/9/83	—	L	@	21-28	49,132
9/9/84	—	W		31-17	61,314
10/29/84	—	W	@	24-0	53,974
9/15/85	—	W	@	49-35	54,420
10/6/85	—	W		26-21	61,300
10/6/86	—	W		33-7	63,207
12/14/86	—	W	@	34-24	47,096
11/22/87	—	W		34-3	62,444
9/18/88	—	L	@	6-17	44,449
10/30/88	—	W		17-14	59,641
10/15/89	—	W	@	17-16	50,079
10/29/89	—	W		10-7	59,961
11/4/90	—	L		14-31	59,646
11/25/90	—	*W	@	13-10	50,097
10/27/91	—	W		20-9	58,025
11/10/91	—	L	@	14-17	43,597
10/4/92	—	L	@	6-17	36,783
12/27/92	—	L		14-31	49,324
9/5/93	—	L	@	12-18	58,039
10/3/93	—	W		31-14	54,778
9/18/94	—	L	+	10-24	65,536
10/30/94	—	L	@	15-35	59,001
9/10/95	—	L	@	10-14	54,420
10/22/95	—	L		25-35	45,821
9/1/96	—	L	@	7-29	58,780
10/27/96	—	W		32-13	38,143
9/21/97	—	W		26-22	51,110
11/9/97	—	W	@	37-31	64,616
10/25/98	—	W	@	27-20	58,512
12/13/98	—	W		38-17	62,690
10/17/99	—	L	@	10-13	59,432
12/12/99	—	L		16-19	66,318
9/24/00	—	W	@	20-12	47,233
11/05/00	—	W	+	17-15	59,884
12/2/01	—	*W	+	13-10	55,466
12/30/01	—	W	@	25-22	51,412
12/29/02	—	*W	@	31-28	52,159

Points: Seattle 984 (20.9)
San Diego 972 (20.7)

* Overtime + at Husky Stadium

AFC EAST (0-0)

BUFFALO BILLS (6-3)

10/30/77	—	W	56-17	61,180
10/14/84	—	W	31-28	59,034
11/6/88	—	L	3-13	61,074
12/4/89	—	W	17-16	57,682
10/15/95	—	L @	21-27	74,362
12/1/96	—	W	26-18	41,373
10/24/99	—	W	26-16	66,301
12/23/00	—	L +	23-42	61,025
11/18/01	—	W @	23-20	60,836

Points: Seattle 226 (25.1)

Buffalo 197 (21.9)

MIAMI DOLPHINS (2-6)

10/23/77	—	L @	13-31	29,855
9/9/79	—	L @	10-19	56,233
10/4/87	—	W	24-20	19,448
12/16/90	—	L @	17-24	57,851
9/27/92	—	L	17-19	59,374
10/6/96	—	W @	22-15	59,539
9/3/00	—	L @	0-23	72,949
10/28/01	—	L +	20-24	59,108

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.

Points: Miami 175 (21.9)

Seattle 123 (15.4)

NEW ENGLAND PATRIOTS (7-6)

10/9/77	—	L @	0-31	45,929
9/21/80	—	L	31-37	61,035
12/19/82	—	L	0-16	53,457
12/18/83	—	W	24-6	59,688
9/16/84	—	L @	23-38	43,140
11/17/85	—	L	13-20	60,345
9/21/86	—	W @	38-31	58,977
12/4/88	—	L @	7-13	59,068
9/24/89	—	W @	24-3	48,025
10/7/90	—	W @	33-20	39,735
9/20/92	—	W @	10-6	42,327
9/19/93	—	W @	17-14	50,392
10/24/93	—	W	10-9	56,526

Points: New England 244 (18.8),

Seattle 230 (17.7)

NEW YORK JETS (8-7)

11/13/77	—	W @	17-0	43,973
9/17/78	—	W @	24-17	46,911
11/26/79	—	W	30-7	59,977
10/19/80	—	W @	27-17	52,496
10/25/81	—	W @	19-3	49,678
12/6/81	—	W	27-23	53,105
9/11/83	—	W @	17-10	50,066
10/27/85	—	L @	14-17	69,320
11/28/86	—	L	7-38	62,497
11/9/87	—	L @	14-30	60,452
9/8/91	—	W	20-13	56,770
11/26/95	—	L	10-16	41,160
8/31/97	—	L	3-41	53,893
12/6/98	—	L @	31-32	72,200
1/2/00	—	L @	9-19	78,154

Moved from Shea Stadium into Giants Stadium in 1984.

Points: New York 283 (18.7)

Seattle 269 (17.9)

AFC NORTH (2-2)

BALTIMORE RAVENS (0-2)

12/27/97	—	L @	24-31	54,395
11/23/03	—	*L @	41-44	69,477

Points: Baltimore 75 (37.5)

Seattle 65 (32.5)

CINCINNATI BENGALS (8-8)

9/25/77	—	L @	20-42	45,579
9/6/81	—	L @	21-27	41,177
12/26/82	—	L @	10-24	55,330
11/18/84	—	W @	26-6	50,280
9/8/85	—	W @	28-24	51,625
11/16/86	—	L @	7-34	54,410
10/11/87	—	L	10-17	31,739
12/10/89	—	W @	24-17	54,744
10/1/90	—	W	31-16	60,135
10/6/91	—	W @	13-7	60,010
9/6/92	—	L	3-21	57,350
9/26/93	—	W @	19-10	46,880
11/06/94	—	*L	17-20	46,630
9/17/95	—	W	24-21	39,492
11/7/99	—	W	37-20	66,303
10/26/03	—	L @	24-27	52,131

Points: Cincinnati 333 (20.8)

Seattle 314 (19.6)

* Overtime + at Husky Stadium

SCHEDULING NOTE

The Seahawks play the World Champion New England Patriots on October 17, for the first time since October 24, 1993. The Seahawks played New England twice in 1993 (9/19). The drought between games is the longest current between the Seahawks and any of the other 31 teams. The Seahawks have a five-game winning streak versus the Patriots dating back to September 24, 1989.

CLEVELAND BROWNS (11-4)

12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	W	@	9-6	72,318
11/30/03	—	W		34-7	64,680

Franchise suspended in 1996.

Points: Seattle 333 (22.2)
Cleveland 238 (15.9)

PITTSBURGH STEELERS (8-6)

12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881
10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507

* Overtime

+ at Husky Stadium

Points: Seattle 279 (19.9)
Pittsburgh 197 (14.1)

AFC SOUTH (0-0)

HOUSTON TEXANS (0-0)

Seattle will play Houston for the first time in 2005 in Seattle.

* Overtime + at Husky Stadium

RECORD VS. DIVISION (1976-2001)

AFC East (26-27)

- Buffalo (6-3)
- Indianapolis (3-5)
- Miami (2-6)
- New England (7-6)
- New York Jets (8-7)

AFC Central (29-17)

- Baltimore (0-1)
- Cleveland (10-4)
- Cincinnati (8-7)
- Jacksonville (3-1)
- Tennessee (8-4)

AFC West (80-110)

- Denver (17-32)
- Kansas City (17-30)
- Oakland (22-26)
- San Diego (24-22)

NFC East (13-27)

- Arizona (1-5)
- Dallas (2-5)
- New York Giants (3-6)
- Philadelphia (3-5)
- Washington (4-6)

NFC Central (21-13)

- Chicago (5-2)
- Detroit (4-4)
- Green Bay (4-4)
- Minnesota (4-2)
- Tampa Bay (4-1)

NFC West (12-16)

- Atlanta (5-2)
- Carolina (0-1)
- New Orleans (3-4)
- St. Louis (2-5)
- San Francisco (2-4)

INDIANAPOLIS COLTS (3-5)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593

Franchise transferred from Baltimore in 1984.

Points: Seattle 175 (21.9)
Indianapolis 160 (20.0)

JACKSONVILLE JAGUARS (3-1)

11/12/95	—	W	@	47-30	71,290
12/15/96	—	L	@	13-20	66,134
11/12/00	—	W	@	28-21	68,063
10/07/01	—	W	+	24-15	54,524

Points: Seattle 112 (28.0)
Jacksonville 86 (21.5)

TENNESSEE TITANS (8-4)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048

Franchise transferred from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Seattle 237 (19.8)
Tennessee 220 (18.3)

YEARLY RESULTS

YEAR	W	L	T	PCT.	PTS.	OPP.	FINISH	HOME	ROAD	DIV.	AFC	NFC	POST.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	0-4-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1-0
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	6-2-0	8-4-0	4-0-0	1-1-0
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1-0
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1-0
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1-0
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4	0-1-0
TOTAL	205	231	0	.470	8,885	9,353		122-97-0	83-134-0	88-118-0	147-164-0	58-59-0	3-6-0

*Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was in the AFC West and played every AFC team and Tampa Bay. Seattle switched back to the NFC West in 2002.

+Conference finish. Schedule shortened to 9 games because of players' strike.

^Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.



Seattle's last playoff win came versus the Los Angeles Raiders December 22, 1984.

VERSUS THE NFL

	REGULAR SEASON				POST-SEASON	PRE-SEASON
	TOTAL	HOME	ROAD	OT		
* Arizona	4-6	2-4	2-2	0-2	0-0	9-5
Arizona	4-4	2-3	2-1	0-2	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	6-2	2-1	4-1	1-0	0-0	2-0
^ Baltimore	0-2	0-0	0-2	0-1	0-0	0-0
Buffalo	6-3	5-2	1-1	0-0	0-0	2-0
Carolina	0-1	0-0	0-1	0-0	0-0	0-0
Chicago	6-2	3-1	3-1	0-0	0-0	1-1
Cincinnati	8-8	3-3	5-5	0-1	0-1	1-0
Cleveland	11-4	7-3	4-1	0-0	0-0	0-0
Dallas	3-5	1-2	2-3	0-0	0-0	3-0
Denver	17-33	13-13	4-20	1-5	1-0	0-6
Detroit	5-4	4-2	1-2	0-0	0-0	5-2
+ Green Bay	4-5	1-1	3-4	0-0	0-1	1-0
# Indianapolis	3-5	2-4	1-1	0-0	0-0	7-9
Indianapolis	3-3	2-2	1-1	0-0	0-0	6-9
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	3-1	1-0	2-1	0-0	0-0	0-0
Kansas City	18-30	13-11	5-19	1-1	0-0	2-0
Miami	2-6	1-2	1-4	0-0	1-2	0-1
Minnesota	5-3	4-1	1-2	0-0	0-0	4-4
New England	7-6	2-3	5-3	0-0	0-0	1-1
New Orleans	4-4	3-2	1-2	0-1	0-0	2-0
N.Y. Giants	3-7	2-2	1-5	0-0	0-0	0-0
N.Y. Jets	8-7	3-3	5-4	0-0	0-0	0-0
@Oakland	22-27	13-10	9-17	0-1	1-1	3-2
Oakland	11-14	7-4	4-10	0-0	0-0	3-2
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	3-6	2-4	1-2	0-1	0-0	0-0
Pittsburgh	8-6	6-1	2-5	0-0	0-0	0-0
% St. Louis	4-7	3-3	1-4	0-0	0-0	2-6
St. Louis	3-3	2-1	1-2	0-0	0-0	0-0
Los Angeles	1-4	1-2	0-2	0-0	0-0	2-6
San Diego	25-22	15-9	10-13	3-0	0-0	3-2
San Francisco	4-6	2-4	2-2	0-0	0-0	13-15
Tampa Bay	4-1	2-1	2-0	0-0	0-0	3-0
= Tennessee	8-4	6-1	2-3	1-0	0-1	1-0
Tennessee	2-0	2-0	0-0	0-0	0-0	0-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	4-8	1-4	3-4	0-0	0-0	0-0
TOTALS	205-231	122-97	83-134	7-13	3-6	66-54

* Includes 2 games while franchise was located in St. Louis (0-2)

^ Relocated from Cleveland in 1996. All records remain in Cleveland.

+ Includes 5 games at Milwaukee's County Stadium (3-2)

Includes 2 games while franchise was located in Baltimore (0-2)

@ Includes 25 games (11-14) while franchise was located in Los Angeles

% Includes 5 games while franchise was located in Los Angeles (1-4)

= Includes 10 games while franchise was located in Houston (6-4)

OVERTIME GAMES

OVERTIME RESULTS (7-13)

10/29/78	L	17-20	Denver Broncos	62,948
11/27/83	W	51-48	Kansas City Chiefs	56,795
10/20/85	L	10-13	at Denver Broncos	74,899
10/22/89	L	21-24	Denver Broncos	62,353
09/23/90	L	31-34	at Denver Broncos	75,290
11/25/90	W	13-10	at San Diego Chargers	50,097
12/02/90	W	13-10	Houston Oilers	57,592
10/13/91	L	20-23	Los Angeles Raiders	61,974
11/30/92	W	16-13	Denver Broncos	51,612
12/13/92	L	17-20	Philadelphia Eagles	47,492
12/19/93	L	27-30	Phoenix Cardinals	45,737
11/06/94	L	17-20	Cincinnati Bengals	46,630
10/29/95	L	14-20	at Arizona Cardinals	39,600
09/28/97	L	17-20	at Kansas City Chiefs	77,877
11/16/97	L	17-20	at New Orleans Saints	50,493
12/19/99	L	30-36	at Denver Broncos	65,987
12/02/01	W	13-10	San Diego Chargers	55,466
12/15/02	W	30-24	at Atlanta Falcons	69,551
12/29/02	W	31-28	at San Diego Chargers	52,159
11/23/03	L	44-41	at Baltimore Ravens	69,477

Denver 20, at Seattle 17 — Sunday, October 29, 1978

The Broncos Jim Turner kicked a second-chance 18-yard field goal 12:59 into overtime for the win. Turner missed an 18-yarder the play before but the Seahawks were penalized for 12 men on the field. Denver's Steve Foley intercepted a pass at the Seattle 36 to set up the drive. The Broncos had three possessions in the overtime and Seattle two.

at Seattle 51, Kansas City 48 — Sunday, November 27, 1983

Norm Johnson's third 42-yard field goal of the day, with 1:46 gone, gave the Seahawks the win in the highest-scoring game in Seattle history and the third-highest in NFL history. Seattle had the only possession in overtime, driving 24 yards in four plays. Zachary Dixon's 47-yard kickoff return to the Chiefs 48 started the drive, which featured four Curt Warner runs to the Kansas City 24 before Johnson kicked his field goal on third down. Warner set team records with 32 rushes, 207 rushing yards, and scored three touchdowns. Johnson had tied the game with two seconds left in regulation with a 42-yarder.

at Denver 13, Seattle 10 — Sunday, October 20, 1985

Rich Karlis booted a 24-yard field goal 9:19 into overtime for the win. Each team had three possessions, with the first two ending in punts. Seattle's third drive ended in Daniel Hunter's interception and 20-yard return to the Seahawks 15. Karlis booted his field goal four plays later.

at Houston 23, Seattle 20 — Sunday, January 3, 1988 (Wild Card Playoffs)

Tony Zendejas' 42-yard field goal 8:05 into overtime gave the Oilers the win over the Seahawks. Zendejas' kick capped a 61-yard drive on the Oilers first overtime possession. Warren Moon completed 3-of-4 passes on the drive's first five plays, for 37 yards, before Mike Rozier ran six times for 27 yards setting up Zendejas. Seattle forced overtime with an 80-yard drive that ended with Steve Largent's touchdown reception from Dave Krieg with 26 seconds left. The drive, which was set up a miss by Zendejas from 29 yards, featured a fourth-and-10 and third-and-10 conversions from Krieg, was only 4-of-10 on the drive, but accounted for all 80 yards. Seattle won the overtime coin toss, but was forced to punt after three plays.

Denver 24, at Seattle 21 — Sunday, October 22, 1989

David Treadwell kicked a 27-yard field goal 7:46 into overtime for the win. Seattle won the toss and drove to the Broncos 22 where Norm Johnson's 40-yard field goal was wide left. After a Broncos punt, Denver's Dennis Smith intercepted Dave Krieg's pass and returned it 28 yards to the Seattle 10, where Treadwell kicked a field goal on the next play.

at Denver 34, Seattle 31 — Sunday, September 23, 1990

David Treadwell's 25-yard field goal 9:14 into overtime capped Denver's first overtime possession. Seattle won the toss and drove to the Denver 26 where Norm Johnson's 44-yard field goal was wide right. The Broncos then moved from their own 26 to the Seattle 8 setting up the kick.

Seattle 13, at San Diego 10 — Sunday, November 25, 1990

Norm Johnson's 40-yard field goal came 3:01 into overtime and was set up by Rufus Porter's recovery of a Nesby Glasgow forced fumble at the Chargers 23.

at Seattle 13, Houston 10 — Sunday, December 2, 1990

De ja vu. Norm Johnson's 42-yard field goal 4:25 into overtime was set up by David Wyman's recovery of a Tony Woods forced fumble at the Houston 27.

L.A. Raiders 23, at Seattle 20 — Sunday, October 13, 1991

Jeff Jaeger's 37-yard field goal 6:37 into overtime was the winner. After both teams punted on their first possession, Los Angeles' Ronnie Lott intercepted Jeff Kemp at the Seattle 19 and Jaeger kicked the game-winner on the next play.

at Seattle 16, Denver 13 — Sunday, November 30, 1992

John Kasay redeemed himself with a 32-yard field goal 11:10 into overtime as Seattle snapped an eight-game losing streak. Kasay had missed a 33-yarder on Seattle's second overtime possession. Denver had three possessions and Seattle four. The Seahawks special teams and defense set up the game-winning drive by downing a punt at the Denver 4 and holding the Broncos to no yards on three plays. Seattle drove 24 yards in four plays for the winner.

Philadelphia 20, at Seattle 17 — Sunday, December 13, 1992

Roger Ruzek's 44-yard field goal as the gun sounded ended the longest game in Seattle history (75:00). The Eagles gained 101 yards and controlled the ball for 10:02 on three overtime possessions, while holding the Seahawks to 20 yards on two.

Phoenix 30, at Seattle 27 — Sunday, December 19, 1993

Greg Davis kicked a club record and personal-best, 55-yard field goal on the last play of regulation and added a 41-yarder on the Cardinals only overtime possession for the win. Davis' 55-yard kick capped a 27-yard, seven-play drive after Seattle took a 27-24 lead on Rick Mirer's one-yard run with 1:22 left. Steve Bueherlein hit 5-of-6 passes on Phoenix's 57-yard, 13-play game-winning drive. It was the only possession in overtime by either team.

Cincinnati 20, at Seattle 17 — Sunday, November 6, 1994

Doug Pelfrey kicked his Cincinnati-record sixth field goal of the game, a 26-yarder, 8:14 into overtime to give the winless Bengals (0-8) their first victory of the season. Pelfrey's kick came one play after quarterback Jeff Blake connected on a 76-yard pass to Darnay Scott to the Seattle 7. Each team had two possessions in the overtime. The game marked the Seahawks first game in the Kingdome, which had been undergoing ceiling tile repairs in mid-July.

at Arizona 20, Seattle 14 — Sunday, October 29, 1995

Lorenzo Lynch returned a deflected pass 72 yards for a touchdown with 3:33 left in overtime. His return ended a game that had a combined 11 turnovers, seven by Seattle, including a team record eight fumbles. Each team had chances to win late, but Seattle lost a fumble into the Cardinals end zone and had a field goal blocked, while Arizona also had a field goal blocked. After the block, the Seahawks moved to the Cardinals 33 where a second-and-six pass was deflected into Lynch's hands.

at Kansas City 20, Seattle 17 — Sunday, September 28, 1997

Pete Stoyanovich's 41-yard field goal with 1:56 left in overtime gave the Chiefs the win. Safety James Woods picked off a Seahawks pass and returned it to midfield setting up the Chiefs game-winning drive. Marcus Allen, who scored two touchdowns, ran four times for eight yards on the drive, including a two-yard run on a third-and-one play. Each team had two possessions in overtime.

at New Orleans 20, Seattle 17 — Sunday, November 16, 1997

Doug Brien's 48-yard field goal one play after Winfred Tubbs' interception gave the Saints the win 17 seconds into overtime. Tubbs picked off his pass on Seattle's first play and returned it to the Seahawks 20 setting up Brien. Both teams had chances to win late in regulation after Seattle had tied the game with 1:40 left. New Orleans drove to the Seahawks 29 with 51 seconds left, but lost a fumble. Seattle then moved to the Saints 27, but missed a 45-yard field goal with 19 seconds left.

at Denver 36, Seattle 30 — Sunday, December 19, 1999

After falling behind 30-20, with 1:47 remaining, the Seahawks scored on a Jon Kitna to Derrick Mayes pass play with :54 left. Trailing by three points, the Seahawks' Kerry Joseph recovered an onside kick and Todd Peterson booted a 45-yard field goal to send the game into overtime. The Seahawks defense forced a punt on the first possession of overtime, but after a sack, a fumble was returned by Broncos' linebacker Glenn Cadrez 37 yards for the winning score.

Seattle 13, San Diego 10 — Sunday, December 2, 2001

Rian Lindell's 24-yard field goal on the first overtime series clinched the win for Seattle. Lindell made up for a 43-yard field goal attempt toward the end of regulation that sailed wide right. Shaun Alexander rushed for 29 of his 87 yards in the period setting up the game-winning field goal.

Seattle 30, Atlanta 24 — Sunday, December 15, 2002

The Falcons had possession first in the extra period and drove to the Seahawks 18-yard line, but Jay Feely's 36-yard attempt sailed wide right. The Seahawks took over and drove down the field before Shaun Alexander scampered 27 yards into the end zone for the win. The game marked the first overtime victory for the Seahawks via touchdown.



Shaun Alexander helped defeat the Falcons with a 27-yard touchdown run in overtime.

Seattle 31, San Diego 28 — Sunday, December 29, 2002

Seattle had possession first and drove down to the Chargers' 28-yard line, but an errant Matt Hasselbeck pass was intercepted. The Seahawks forced San Diego to a three-and-out following a John Randle sack deep in Chargers territory. Seattle regained possession and moved to the Chargers 6-yard line where Rian Lindell booted a game-winning 24-yard field goal.

at Baltimore 43, Seattle 41 — Sunday, November 23, 2003

The Ravens overcame a 17-point, fourth-quarter deficit to force the game into overtime sparked by a 16-yard blocked punt return for a touchdown. Following a fourth-down conversion via a tipped pass on fourth-and-28, the Ravens scored with 1:12 remaining and made it a three-point game. An errant officiating call allowed the clock to stop on second down with 1:03 to go in the game allowing Baltimore to save their final timeout to use on third down. Following a punt by Seattle, and later aided by a 44-yard pass interference call, the Ravens were in field goal territory to tie and eventually won the game in overtime on a Matt Stover 42-yard field goal.

at Green Bay 33, Seattle 27 — Sunday, January 4, 2004 (Wild Card Playoffs)

The back-and-forth battle (four ties/four lead changes) was eventually won by the Packers when Al Harris returned a Matt Hasselbeck pass 52 yards for a touchdown. Played in 20-degree temperatures, the Seahawks were down 13-6 at the half. Three Shaun Alexander second-half touchdowns, all 1 yarders, kept the Seahawks in it including the game-tying score with :51 left in the game. Heading into overtime, the Seahawks won the toss but both teams exchanged punts. On Seattle's next possession Harris stepped in front of Alex Bannister to end the game. Hasselbeck became the first Seahawks quarterback to throw for at least 300 yards in the postseason (305). Alexander set a club single-game record with three postseason touchdowns.

PLAYOFF GAMES

AFC WILD CARD PLAYOFFS

Seattle Seahawks 31, Denver Broncos 7
Saturday, December 24, 1983 — Kingdome

Dave Krieg threw three touchdown passes to lead the Seahawks to a win in the first playoff game in their history. Krieg, who completed 12-of-13 passes, increased a 10-7 Seahawks halftime lead with touchdown passes on Seattle's first two second half possessions. Seattle scored on the game's opening drive on a Krieg touchdown pass. After a Denver touchdown, Seattle took the lead for good with a field goal. Krieg then opened the second half by throwing two touchdown passes. Seattle recorded three takeaways, all deep in Seahawks territory. Of Denver's 360 total yards, 140 were gained on their last two drives. Steve DeBerg, who was activated two days before the game after missing nine games with a shoulder injury, was 14-of-19 for 131 yards, before being replaced midway through the fourth quarter by rookie John Elway. Both teams had 9-7 records in the regular season with Seattle gaining the home field advantage by virtue of their win on the season's last week and Denver's loss at Kansas City.

Denver		7	0	0	0	—	7
Seattle		7	3	7	14	—	31
SEA 1	4:42	0-7	Largent 17 pass Krieg (N. Johnson kick) [8-62, 4:33]				
DEN 1	11:22	7-7	Myles 13 pass DeBerg (Karlis kick) [9-76, 4:08]				
SEA 2	5:35	7-10	N. Johnson 37 FG [9-32, 4:33]				
SEA 3	7:02	7-17	Metzelaars 5 pass Krieg (N. Johnson kick) [5-73, 3:19]				
SEA 4	0:04	7-24	Johns 18 pass Krieg (N. Johnson kick) [9-61, 4:17]				
SEA 4	5:26	7-31	Hughes 2 run (N. Johnson kick) [9-64, 4:43]				
Att.	—	60,752					

STARTERS

OFFENSE	
TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson
DEFENSE	
LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Norman
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Denver	Att	Yds	LG	TD	Total First Downs
Winder	16	59	35	0	Rush/Pass/Penalty
Poole	7	25	7	0	Third Down Eff.
TOTAL	33	125	35	0	Fourth Down Eff.
Seattle	Att	Yds	LG	TD	Total Net Yards
Warner	23	99	15	0	Total Off. Plays
Hughes	3	16	9	1	Avg. Per Play
TOTAL	38	145	15	1	Net Yards Rushing

PASSING LEADERS

Denver	A	C	Yds	TD	I	Total Rushing Plays
DeBerg	19	14	131	1	1	Avg. Gain Per Rush
Elway	15	10	123	0	1	Net Yards Passing
TOTAL	34	24	254	1	2	Times Sacked/Yards Lost
Seattle	A	C	Yds	TD	I	Pass Att.-Comp.-Int.
Krieg	13	12	200	3	0	Avg. Gain Per Pass Play
TOTAL	13	12	200	3	0	Punts-No. and Avg.

PASS RECEIVING LEADERS

Denver	No	Yds	LG	TD	Fumbles-No. and Yards
Myles	7	73	18	1	Return Yardage
Watson	4	51	22	0	Fumbles-No. and Lost
Poole	4	17	8	0	Touchdowns
Simpson	3	52	31	0	Rush/Pass/Return
TOTAL	24	254	31	1	Extra Points Made-Att.
Seattle	No	Yds	LG	TD	Field Goals Made-Att.
Largent	4	76	34	1	Time of Possession
Warner	3	22	9	0	
Johns	2	59	41	1	
Young	2	38	28	0	
Metzelaars	1	5	5	1	
TOTAL	12	200	41	3	

TEAM STATISTICS

Denver	Seattle
21	17
5/14/2	8/9/0
9/17 52.9%	5/10 50.0%
1/2 50.0%	1/1 100.0%
360	324
69	53
5.2	6.1
125	145
33	38
3.8	3.8
235	179
2-19	2-21
34-24-2	13-12-0
6.5	11.9
4-47.8	3-41.7
0	0
5-35	3-34
128	146
1-1	1-0
1	4
0/1/0	1/3/0
1-1	4-4
0-0	1-1
30:57	29:03

DEFENSE

Denver — Tackles: Ryan 7. Sacks: Manor 1.0, Woodard 1.0. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: None.
Seattle — Tackles: Easley 11. Sacks: Clancy 1.0, Easley 1.0. Interceptions: G. Johnson 1, Justin 1. Forced Fumbles: Robinson 1. Fumble Recoveries: Moyer 1.

AFC DIVISIONAL PLAYOFFS

Seattle Seahawks 27, Miami Dolphins 20

Saturday, December 31, 1983 — Orange Bowl

Seattle scored 10 points in a 33-second span late in the fourth quarter to upset the highly favored and defending AFC Champion Dolphins at home. Trailing 20-17 with 3:43 left, Dave Krieg connected twice with Steve Largent for 16 and 40 yards to put the ball at the Dolphins 2 where Curt Warner scored. Sam Merriman recovered a Fulton Walker fumble on the ensuing kickoff to set up Norm Johnson's field goal. When Walker fumbled the kickoff again, Seattle recovered and ran out the clock. Miami scored first, but missed the point after allowing Seattle to take a 7-6 lead on Krieg's pass to Cullen Bryant. Zachary Dixon set the score up with a 59-yard kickoff return. Dan Marino's second touchdown pass of the first half gave the Dolphins a 13-7 halftime lead. Seattle regained the lead on Warner's 1-yard run which was set up by John Harris' fumble recovery. Johnson then added a field goal for a 17-13 lead after Kerry Justin's interception. Krieg was intercepted with 4:34 left setting up the Dolphins go-ahead touchdown before rebounding with his completions to Largent, who had been held without a reception. The Seattle defense forced five turnovers to set up 13 points. Dave Brown had 10 tackles and Keith Butler nine for Seattle. Harris had four tackles, an interception and a fumble recovery. Miami entered the game 12-4 and winners of the AFC East, while Seattle qualified as a wild card with a 9-7 mark.

Seattle	0	7	7	13	—	27
Miami	0	13	0	7	—	20
MIA 2	2:23	0-6	D. Johnson 19 pass Marino (kick blocked) [12-80, 5:44]			
SEA 2	5:41	7-6	C. Bryant 6 pass Krieg (N. Johnson kick) [6-38, 3:16]			
MIA 2	9:17	7-13	Duper 32 pass Marino (von Schamann kick) [7-74, 3:36]			
SEA 3	8:34	14-13	Warner 1 run (N. Johnson kick) [8-55, 3:53]			
SEA 4	4:18	17-13	N. Johnson 27 FG [9-40, 4:18]			
MIA 4	11:17	17-20	Bennett 2 run (von Schamann kick) [3-16, 0:51]			
SEA 4	13:12	24-20	Warner 2 run (N. Johnson kick) [5-66, 1:55]			
SEA 4	13:34	27-20	N. Johnson 37 FG [4-8, 0:24]			
Att.	—	71,032				

STARTERS

OFFENSE

TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RT	- Pratt
RG	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
L0LB	- Scholtz
L1LB	- Robinson
R1LB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	29	113	11	2
Bryant	5	22	6	0
TOTAL	42	151	12	2

Miami	Att	Yds	LG	TD
Nathan	8	19	9	0
Franklin	6	28	9	0
TOTAL	30	128	10	1

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	28	15	192	1	1
Zorn	1	0	0	0	0
TOTAL	29	15	192	1	1

Miami	A	C	Yds	TD	I
Marino	25	15	193	2	2
Clayton	1	0	0	0	0
TOTAL	26	15	193	2	2

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Warner	5	38	10	0
Johns	4	60	28	0
Largent	2	56	40	0
Doornink	2	26	16	0
C. Bryant	2	12	6	1
TOTAL	15	192	40	1

Miami	No	Yds	LG	TD
Duper	9	117	32	1
D. Johnson	2	29	19	1
Moore	2	26	13	0
TOTAL	15	193	32	2

TEAM STATISTICS

	Seattle	Miami
Total First Downs	21	21
Rush/Pass/Penalty	12/9/0	9/11/1
Third Down Eff.	8/17 47.1%	6/10 60.0%
Fourth Down Eff.	1/1 100.0%	0/0 0.0%
Total Net Yards	334	321
Total Off. Plays	72	56
Avg. Per Play	4.6	5.7
Net Yards Rushing	151	128
Total Rushing Plays	42	30
Avg. Gain Per Rush	3.6	4.3
Net Yards Passing	192	193
Times Sacked/Yards Lost	1/9	0/0
Pass Att.-Comp.-Int.	29-15-1	26-15-2
Avg. Gain Per Pass Play	6.1	7.4
Punts-No. and Avg.	4-38.0	4-35.5
Had Blocked	0	0
Penalties-No. and Yards	2-15	5-30
Return Yardage	130	154
Fumbles-No. and Lost	0-0	3-3
Touchdowns	3	3
Rush/Pass/Return	2/1/0	1/2/0
Extra Points Made-Att.	3-3	3-3
Field Goals Made-Att.	2-3	0-0
Time of Possession	34:58	25:02

DEFENSE

Seattle — Tackles: Brown 10. Sacks: None. Interceptions: Harris 1, Justin 1. Forced Fumbles: Doornink 1, Gaines 1. Fumble Recoveries: Doornink 1, Harris 1, Merriman 1.

Miami — Tackles: Baumhower 13. Sacks: Baumhower 1.0. Interceptions: Small 1. Forced Fumbles: None. Fumble Recoveries: None.

AFC CHAMPIONSHIP GAME

Los Angeles Raiders 30, Seattle Seahawks 14

Sunday, January 8, 1984 — Memorial Coliseum

The Raiders stopped the Seahawks dream of a trip to the Super Bowl with a convincing 30-14 win in Seattle's first appearance in the AFC Championship Game. The Raiders, who compiled an AFC-best 12-4 record during the regular season, jumped to a 27-0 lead and were never threatened. Frank Hawkins rushed for a pair of touchdowns and Chris Bahr had two field goals in the first half, which saw Los Angeles score 17 points in the last 4:17 of the second quarter. Key was a 49-yard Malcolm Barnwell pass reception setting up a touchdown and a Mike Davis interception which led to a Bahr field goal. The Raiders held a 226-16 total-yard advantage at halftime, including holding Seattle to minus 9 yards passing. The Raiders had run 36 plays to Seattle's 23. Marcus Allen extended the Raiders lead to 27-7 with a third quarter touchdown reception. The Seahawks scored two late touchdowns sandwiched around another Bahr field goal for the final margin. Los Angeles controlled the ball for 37:06 and out-gained Seattle 401 yards to 167. Seattle suffered five interceptions and allowed four sacks. Allen accounted for 216 total yards from scrimmage, rushing for 154 and catching seven passes for 62. The Raiders were playing in their eleventh AFL/AFC title game and won for the fourth time to earn a berth in Super Bowl XVIII. Los Angeles went on to defeat the defending world champion Washington Redskins, 38-9, in the Super Bowl.

Seattle	0	0	7	7	—	14
Los Angeles	3	17	7	3	—	30
LA 1	6:13	0-3	Bahr 20 FG [6-23, 2:43]			
LA 2	10:43	0-10	Hawkins 1 run (Bahr kick) [9-61, 4:40]			
LA 2	13:54	0-17	Hawkins 5 run (Bahr kick) [4-60, 1:26]			
LA 2	14:57	0-20	Bahr 45 FG [5-33, 0:38]			
LA 3	8:11	0-27	Allen 3 pass Plunkett (Bahr kick) [2-46, 1:09]			
SEA 3	10:59	7-27	Doornink 11 pass Zorn (N. Johnson kick) [10-74, 4:01]			
LA 4	11:03	7-30	Bahr 35 FG [7-19, 3:49]			
SEA 4	13:44	14-30	Young 9 pass Zorn (N. Johnson kick) [9-71, 2:41]			
Att.	— 88,734					

STARTERS

OFFENSE

TE	- Metzelaars
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- August
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Warner
FB	- C. Bryant
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Justin
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD	Total First Downs
Warner	11	26	7	0	Rush/Pass/Penalty
Hughes	3	14	8	0	Third Down Eff.
TOTAL	18	65	10	0	Fourth Down Eff.

PASSING LEADERS

Seattle	A	C	Yds	TD	1
Krieg	9	3	12	0	3
Zorn	27	14	134	2	2
TOTAL	36	17	146	2	5

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Doornink	6	48	12	1
Johns	5	49	14	0
Largent	2	25	14	0
Warner	2	10	12	0
TOTAL	17	146	14	2

TEAM STATISTICS

Seattle	Los Angeles
16	21
4/10/2	10/11/0
2/12 16.7%	9/16 56.3%
1/2 50.0%	0/1 0.0%
167	401
58	72
2.9	5.6
65	205
18	46
2.9	5.6
102	196
4/44	2/18
37-17-5	24-17-2
2.6	7.5
5-32.0	2-34.0
2-20	7-53
144	100
1-0	3-2
2	3
0/2/0	2/1/0
2-2	3-3
0-0	3-3
22:54	37:06

DEFENSE

TOTAL	17	146	14	2	Seattle — Tackles: Nash 11, Butler 10. Sacks: Dufek 1.0, Gaines 1.0.
Los Angeles	No	Yds	LG	TD	Interceptions: G. Johnson 1, Scholtz 1. Forced Fumbles: Green 1, Scholtz 1. Fumble Recoveries: J. Bryant 2.
Allen	7	62	16	1	Los Angeles — Tackles: Squirek 7. Sacks: Townsend 2.0, Martin 1.0.
Barnwell	5	116	49	0	Pickel 1.0. Interceptions: M. Davis 2, Hayes 1, McElroy 1, Millen 1.
Christensen	3	14	6	0	Forced Fumbles: Millen 1. Fumble Recoveries: None.
Branch	2	22	11	0	
TOTAL	17	214	49	1	

AFC WILD CARD PLAYOFFS

Seattle Seahawks 13, Los Angeles Raiders 7
Sunday, December 22, 1984 — Kingdome

Dan Doornink rushed for a career-high 123 yards to help the Seahawks eliminate the defending Super Bowl champion Raiders. Seattle took a 7-0 lead into halftime on Dave Krieg's 26-yard second-quarter touchdown pass to Daryl Turner. Seattle rushed for 34 yards on the 93-yard drive, which was keyed by a 23-yard pass interference penalty on Los Angeles' Lester Hayes putting the ball at the Raiders 33. Doornink contributed 18 yards on a third-quarter drive to Norm Johnson's 35-yard field goal. That drive was set up by Keith Simpson's recovery of a Bruce Scholtz forced fumble at the Raiders 38. Johnson upped the lead to 13-0 with a 44-yard fourth-quarter field goal. The Raiders broke into the scoring column on Jim Plunkett's 46-yard touchdown pass to Marcus Allen with 5:05 left. Seattle ran the clock down to 45 seconds on their next drive behind the running of Doornink, who carried four times for 13 yards, including a five-yard run on a third-and-two. He also contributed a 14-yard reception. The Raiders last drive ended with Kenny Easley's interception with four seconds left. Doornink, a seven-year veteran, had started only three times in the regular season and rushed for 215 yards. He contributed 82 of his total in the second half. The Seattle defense limited Los Angeles to 240 total yards, recorded six sacks, and forced three turnovers. Jacob Green had 2.5 of the sacks. Keith Butler had nine tackles, including a sack. Bill Pickel had 15 tackles and Vann McElroy 11 for the Raiders. Seattle played the game without starting left tackle Ron Essink (flu) and started Sid Abramowitz, who had one career start, in his place. Seattle's reliance on the run caused the Raiders to switch to a 4-4 defense for most of the second half, removing Hayes for an extra linebacker.

Los Angeles	0	0	0	7	—	7
Seattle	0	7	3	3	—	13
SEA 2	10:41	0-7	Turner 26 pass Krieg (N. Johnson kick) [9-93, 5:05]			
SEA 3	13:31	0-10	N. Johnson 35 FG [7-21, 2:33]			
SEA 4	4:10	0-13	N. Johnson 44 FG [5-23, 2:27]			
LA 4	9:55	7-13	Allen 46 pass Plunkett (Bahr kick) [7-78, 1:17]			
Att.	—	62,049				

STARTERS

OFFENSE

TE	- Tice
LT	- Abramowitz
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- Cryder
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Doornink
FB	- Hughes
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
L0LB	- Scholtz
L1LB	- Robinson
R1LB	- Butler
ROLB	- Gaines
LCB	- Simpson
R0CB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Los Angeles	Att	Yds	LG	TD	Total First Downs
Allen	17	61	15	0	Rush/Pass/Penalty
Hawkins	6	34	11	0	Third Down Eff.
TOTAL	25	105	15	0	Fourth Down Eff.

PASSING LEADERS

Los Angeles	A	C	Yds	TD	I	Total Net Yards
Plunkett	27	14	184	1	2	240
TOTAL	27	14	184	1	2	240

PASS RECEIVING LEADERS

Los Angeles	No	Yds	LG	TD	Total Off. Plays
Allen	5	90	46	1	58
Hawkins	4	27	12	0	61
Barnwell	3	34	18	0	4.1
Christensen	1	21	21	0	202
King	1	12	12	0	4.1
TOTAL	14	184	46	1	105

Seattle	No	Yds	LG	TD	Net Yards Rushing
Turner	1	26	26	1	105
Tice	1	20	20	0	25
Doornink	1	14	14	0	51
Hughes	1	10	10	0	4.2
TOTAL	4	70	26	1	4.1

TEAM STATISTICS

Los Angeles	Seattle
14	17
5/8/1	12/4/1
4/13 30.8%	2/13 15.4%
0/0 0.0%	0/0 0.0%
240	248
58	61
4.1	4.1
105	202
25	51
4.2	4.1
135	46
6/49	2/24
27-14-2	10-4-0
4.1	3.8
8-41.9	8-37.8
8-68	7-55
33	111
2-1	0-0
1	1
0/1/0	0/1/0
1-1	1-1
0-0	2-2
25:41	34:19

DEFENSE

Los Angeles — Tackles: McElroy 11. Sacks: Alzado 2.0. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: None.
Seattle — Tackles: Butler 9, Green 9. Sacks: Green 2.5, Butler 1.0, Fanning 1.0, Mangiero 1.0, Bryant 0.5. Interceptions: Easley 1, Harris 1. Forced Fumbles: Butler 1, Scholtz 1. Fumble Recoveries: Simpson 1.

AFC DIVISIONAL PLAYOFFS

Miami Dolphins 31, Seattle Seahawks 10

Saturday, December 29, 1984 — Orange Bowl

Dan Marino threw three touchdown passes to lead the Dolphins to a divisional playoff win in the Orange Bowl. Miami, which had the AFC's best regular-season record, 14-2, would host the AFC Championship Game. Seattle, which finished the regular season a franchise best 12-4, was eliminated. The win also avenged a 27-20 Seahawks win in the divisional round of the 1983 AFC playoffs. Marino threw two of his scoring passes in the third quarter to break open what had been a 14-10 Miami halftime lead. Marino, who set an NFL record with 48 touchdown passes during the season, was 7-of-8 for 50 yards on the first scoring drive. On the second, he found Mark Clayton two plays after a short punt gave Miami the ball at the Seattle 33. Uwe von Schamann closed out the scoring with a fourth quarter field goal. Miami struck first on their second possession as Tony Nathan scored on a 14-yard run. After Seattle closed to 7-3, but Marino found Jimmy Cefalo for a 34-yard touchdown on the Dolphins' next possession, one play after a Seattle interception was nullified by an offsideline penalty. Seattle closed to 14-10 on Dave Krieg's 56-yard touchdown pass to Steve Largent with 3:23 left in the half. Miami gained 405 yards as Marino passed for 262. Seattle's John Harris, a Miami native, picked off two passes in the first half. His 32-yard return with the first set up a field goal. He returned the second 13 yards to the Miami 45, but the Dolphins held, forcing a punt.

Seattle	0	10	0	—	10
Miami	7	7	14	3	31
MIA 1	10:51	0-7	Nathan 14 run (von Schamann kick) [8-68, 4:01]		
SEA 2	1:24	3-7	N. Johnson 27 FG [7-29, 3:08]		
MIA 2	4:07	3-14	Cefalo 34 pass Marino (von Schamann kick) [4-60, 2:43]		
SEA 2	11:37	10-14	Largent 56 pass Krieg (N. Johnson kick) [4-70, 1:47]		
MIA 3	10:35	10-21	Hardy 3 pass Marino (von Schamann kick) [13-76, 5:40]		
MIA 3	12:35	10-28	Clayton 33 pass Marino (von Schamann kick) [2-33, 0:46]		
MIA 4	3:32	10-31	von Schamann 37 FG (8-69, 3:55)		
Att.	—	73,469			

STARTERS

OFFENSE

TE	- Tice
LT	- Essink
LG	- Bailey
C	- Bush
RG	- Pratt
RT	- Cryder
TE	- Young
WR	- Largent
QB	- Krieg
RB	- Doornink
FB	- Hughes
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Robinson
RILB	- Butler
ROLB	- Gaines
LCB	- Simpson
RCB	- Brown
SS	- Easley
FS	- Harris
P	- West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD	Total First Downs
Doornink	10	35	8	0	Rush/Pass/Penalty
Hughes	7	14	7	0	Third Down Eff.
TOTAL	18	51	8	0	Fourth Down Eff.

PASSING LEADERS

Seattle	A	C	Yds	TD	1	Total Net Yards
Krieg	35	20	234	1	0	Total Off. Plays
TOTAL	35	20	234	1	0	Avg. Per Play

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD	1	Net Yards Rushing
Largent	6	128	56	1	0	Net Yards Rushing
Doornink	6	23	9	0	0	Total Rushing Plays
Turner	3	38	21	0	0	Avg. Gain Per Rush
Skansi	2	31	24	0	0	Net Yards Passing
TOTAL	20	234	56	1	1	Times Sacked/Yards Lost

TEAM STATISTICS

	Seattle	Miami
Total First Downs	8	22
Rush/Pass/Penalty	2/6/0	8/12/2
Third Down Eff.	5/15 33.3%	4/13 30.8%
Fourth Down Eff.	0/1 0.0%	1/1 100.0%
Total Net Yards	267	405
Total Off. Plays	55	70
Avg. Per Play	4.9	5.8
Net Yards Rushing	51	143
Total Rushing Plays	18	36
Avg. Gain Per Rush	4.9	5.8
Net Yards Passing	216	262
Times Sacked/Yards Lost	2/18	0/0
Pass Att.-Comp.-Int.	35-20-0	34-21-2
Avg. Gain Per Pass Play	5.8	7.7
Punts-No. and Avg.	7-37.0	3-37.0
Had Blocked	0	0
Penalties-No. and Yards	4-20	1-5
Return Yardage	127	81
Fumbles-No. and Lost	1-1	0-0
Touchdowns	1	4
Rush/Pass/Return	0/1/0	1/3/0
Extra Points Made-Att.	1-1	4-4
Field Goals Made-Att.	1-2	1-3
Time of Possession	24:12	35:48

DEFENSE

Seattle — Tackles: Butler 8, Easley 8. Sacks: None. Interceptions: Harris 2. Forced Fumbles: None. Fumble Recoveries: None.
Miami — Tackles: M. Brown 10. Sacks: Brudzinski 1.0, Betters 1.0. Interceptions: None. Forced Fumbles: McNeil 1. Fumble Recoveries: Benson 1.

AFC WILD CARD PLAYOFFS

Houston Oilers 23, Seattle Seahawks 20 (overtime)

Sunday, January 3, 1988 — Astrodome

Tony Zendejas' 42-yard field goal 8:05 into overtime gave the Oilers the win over the Seahawks in Houston's first playoff game since 1980. The win put the Oilers in the divisional playoffs at the Denver Broncos. Zendejas' kick capped a 61-yard drive on the Oilers first overtime possession. Warren Moon completed 3-of-4 passes on the drive's first five plays, for 37 yards, before Mike Rozier ran six times for 27 yards setting up Zendejas. Seattle forced overtime with an 80-yard drive that ended with Steve Largent's touchdown reception from Dave Krieg with 26 seconds left. The drive, which was set up a miss by Zendejas from 29 yards, featured a fourth-and-10 and third-and-10 conversions from Krieg, who was only 4-of-10 on the drive, but accounted for all 80 yards. Seattle won the overtime coin toss, but was forced to punt after three plays. Playing without Curt Warner (ankle), the NFL's third-leading rusher, Seattle was out-gained 437-250, including 178-29 on the ground. Houston held the ball for 47:44 compared to Seattle's 20:21. Despite this, the Seahawks grabbed a 7-0 lead just 3:16 into the game. Melvin Jenkins picked off a pass on Houston's third play setting up a Krieg touchdown pass. Zendejas had a pair of field goals around a Rozier touchdown. After two Johnson field goals tied the score, Moon threw a touchdown pass to Willie Drewrey, the first of his career, for a 20-13 lead.

Seattle	7	3	3	7	0	—	20
Houston	3	10	7	0	3	—	23
SEA 1	3:16	7-0	Largent 20 pass Krieg (N. Johnson kick) [3-54, 1:38]				
HOU 1	10:16	7-3	Zendejas 47 FG [11-51, 7:00]				
HOU 2	1:43	7-10	Rozier 1 run (Zendejas kick) [9-48, 4:20]				
HOU 2	8:11	7-13	Zendejas 49 FG [7-27, 4:33]				
SEA 2	11:50	10-13	N. Johnson 33 FG [4-4, 0:48]				
SEA 3	6:37	13-13	N. Johnson 41 FG [6-16, 2:16]				
HOU 3	12:26	13-20	Drewrey 29 pass Moon (Zendejas kick) [9-84, 5:49]				
SEA 4	14:34	20-20	Largent 12 pass Krieg (N. Johnson kick) [10-80, 1:21]				
HOU 5	8:05	20-23	Zendejas 42 FG (12-61, 6:53)				
Att.	—	49,622					

STARTERS

OFFENSE	
WR	- Butler
LT	- Mattes
LG	- Bailey
C	- Feasel
RG	- Millard
RT	- Wilson
TE	- Tice
WR	- Largent
QB	- Krieg
RB	- Williams
FB	- Burse
K	- N. Johnson

DEFENSE

LE	- Green
NT	- Nash
RE	- J. Bryant
LOLB	- Scholtz
LILB	- Young
RILB	- Bosworth
ROLB	- Gaines
LCB	- Jenkins
RCB	- Hunter
SS	- Easley
FS	- Robinson
P	- West

INDIVIDUAL STATISTICS

TEAM STATISTICS

RUSHING

Seattle	Att	Yds	LG	TD	Total First Downs
Williams	7	27	10	0	Rush/Pass/Penalty
Morris	4	2	4	0	Third Down Eff.
TOTAL	11	29	10	0	Fourth Down Eff.

PASSING

Seattle	A	C	Yds	TD	I	Total Net Yards
Krieg	38	16	237	2	0	Total Off. Plays
Williams	1	0	0	0	0	Avg. Per Play
TOTAL	39	16	237	2	0	Net Yards Rushing

PASS RECEIVING

Seattle	No	Yds	LG	TD	Total Net Yards
Largent	7	132	33	2	Total Off. Plays
Butler	3	73	32	0	Avg. Per Play
Williams	2	5	3	0	Net Yards Rushing
Skansi	2	13	7	0	Total Rushing Plays
TOTAL	16	237	33	2	Avg. Gain Per Rush

Seattle	Houston
11	27
1/10/0	9/18/0
2/12 16.7%	10/18 55.6%
1/1 100.0%	0/0 0.0%
250	437
52	84
4.8	5.2
29	178
11	50
2.6	3.6
221	259
2/16	2/14
39-16-0	32-21-1
5.3	7.6
7-44.3	3-35.0
3-20	4-25
226	92
1-1	2-1
2	2
0/2/0	1/1/0
2-2	2-2
2-2	3-5
20:21	47:44

DEFENSE

Seattle — Tackles: Bosworth 17, Robinson 15, Easley 12, Jenkins 12, Young 12. Sacks: Bryant 1.0, Gaines 1.0. Interceptions: Jenkins 1. Forced Fumbles: Young 1. Fumble Recoveries: Young 1.
Houston — Tackles: Bostic 5, Childress 5, Meads 5. Sacks: Childress 1.0, Lyles 0.5, Meads 0.5. Interceptions: None. Forced Fumbles: None. Fumble Recoveries: Bostic 1.

AFC DIVISIONAL PLAYOFFS
Cincinnati Bengals 21, Seattle Seahawks 13
Saturday, December 31, 1988 — Riverfront Stadium

In a matchup of division winners, the Bengals used the running of rookie Ickey Woods to defeat the Seahawks in Riverfront Stadium. With the win, Cincinnati earned the right to host the AFC Championship Game. Woods rushed for 126 of the Bengals 254 yards helping set up two short Stanley Wilson touchdown runs. Woods scored on a third short run to give the Bengals a 21-0 halftime lead. Cincinnati rushed for 165 yards in the half, 70 by Woods and 60 by James Brooks, and controlled the ball for 20:35. The Seahawks scored first in the fourth quarter after Joe Nash recovered a Jacob Green forced fumble on the Bengals 31. Dave Krieg passed seven yards to John L. Williams for the score. After a punt, Seattle drove 69 yards capped by Krieg's one-yard run, but missed the extra point, to trail by eight. Seattle outgained the Bengals 245-116 in the second half. Williams caught 11 passes for 137 yards for the Seahawks, both team postseason records. The 11 receptions were also the third most in a postseason game in NFL history. The Seahawks were hampered by an ankle injury suffered by Curt Warner in the season finale at the Los Angeles Raiders, which held him to 11 yards on eight carries. The Bengals earned the right to host the game after posting an AFC-best 12-4 record. Seattle was 9-7 and won their first AFC West title. Cincinnati went on to defeat the Buffalo Bills and represented the AFC in Super Bowl XXIII.

Seattle	0	0	0	13	—	13
Cincinnati	7	14	0	0	—	21
CIN 1	5:59	0-7	Wilson 3 run (Breech kick) [11-85, 5:41]			
CIN 2	3:25	0-14	Wilson 3 run (Breech kick) [7-75, 5:32]			
CIN 2	7:20	0-21	Woods 1 run (Breech kick) [5-56, 3:00]			
SEA 4	3:20	7-21	Williams 7 pass Krieg (N. Johnson kick) [5-31, 1:44]			
SEA 4	8:55	13-21	Krieg 1 run (kick wide right) [9-69, 3:33]			
Att.	— 58,560					

STARTERS

OFFENSE

WR	-	Blades
LT	-	Mattes
LG	-	Bailey
C	-	Bush
RG	-	Millard
RT	-	Wilson
TE	-	Tice
WR	-	Largent
QB	-	Krieg
RB	-	Warner
FB	-	Williams
K	-	N. Johnson

DEFENSE

LE	-	Green
NT	-	Nash
RE	-	J. Bryant
LOLB	-	Scholtz
LILB	-	Comeaux
RILB	-	Wyman
ROLB	-	Woods
LCB	-	Taylor
RCB	-	Jenkins
SS	-	Moyer
FS	-	Robinson
P	-	West

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Warner	8	11	8	0
Williams	7	10	3	0
TOTAL	16	22	8	1
Cincinnati	Att	Yds	LG	TD
Woods	23	126	30	1
Brooks	13	72	26	0
Wilson	7	45	20	2
TOTAL	47	254	30	3

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Krieg	50	24	297	1	2
TOTAL	50	24	297	1	2
Cincinnati	A	C	Yds	TD	I
Esiason	19	7	108	0	0
TOTAL	19	7	108	0	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
Williams	11	137	37	1
Blades	5	78	24	0
Butler	2	40	32	0
Largent	2	17	12	0
TOTAL	24	297	37	1
Cincinnati	No	Yds	LG	TD
Holman	3	44	24	0
Collinsworth	1	30	30	0
Brown	1	23	23	0
Brooks	1	9	9	0
Riggs	1	2	2	0
TOTAL	7	108	30	0

TEAM STATISTICS

Seattle	Cincinnati	
Total First Downs	19	22
Rush/Pass/Penalty	1/16/2	17/5/0
Third Down Eff.	2/12 16.7%	6/13 46.2%
Fourth Down Eff.	2/4 50.0%	0/1 0.0%
Total Net Yards	294	345
Total Off. Plays	69	68
Avg. Per Play	4.3	5.1
Net Yards Rushing	22	254
Total Rushing Plays	16	47
Avg. Gain Per Rush	1.4	5.4
Net Yards Passing	297	108
Times Sacked/Yards Lost	3/25	2/17
Pass Att.-Comp.-Int.	50-24-2	19-7-0
Avg. Gain Per Pass Play	5.3	4.3
Punts-No. and Avg.	6-44.1	6-46.0
Had Blocked	0	0
Penalties-No. and Yards	5-45	2-29
Return Yardage	96	73
Fumbles-No. and Lost	1-1	3-2
Touchdowns	2	3
Rush/Pass/Return	1/1/0	3/0/0
Extra Points Made-Att.	2-3	4-4
Field Goals Made-Att.	0-0	0-0
Time of Possession	24:41	35:19

DEFENSE

Seattle — Tackles: Robinson 11. Sacks: Clarke 1.0, Green 1.0. Interceptions: None. Forced Fumbles: Clarke 1, Green 1. Fumble Recoveries: Jenkins 1, Nash 1.
 Cincinnati — Tackles: Krumrie 7. Sacks: Buck 1.0, Skow 1.0, Williams 1.0. Interceptions: Thomas 1, Wilcoits 1. Forced Fumbles: Krumrie 1. Fumble Recoveries: Skow 1.

AFC WILD CARD PLAYOFFS

Miami Dolphins 20, Seattle Seahawks 17

Sunday, January 9, 2000 — Kingdome

Charlie Rogers' 85-yard kickoff return touchdown proved not to be enough as the Seattle Seahawks lost to the Miami Dolphins at the Kingdome, 20-17, in their first playoff appearance since 1988. Seattle held a 17-13 lead in the fourth quarter, but Dan Marino led an 85-yard touchdown drive with 4:48 remaining which proved to be the game-winner. The Seahawks jumped to a 7-0 lead when Jon Kitna connected with Sean Dawkins on a 9-yard scoring pass. The Dolphins' Olindo Mare put the Dolphins on the board in the first quarter with a 32-yard field goal. Seattle countered with a 50-yard Todd Peterson field goal with 50 seconds remaining in the half for a 10-3 Seahawks halftime lead. Miami came right out of the gates to open the second half trying to work their way back into the game. Marino connected with Orande Gadsden on a 1-yard touchdown pass, which tied the game at 10-10. However, on the ensuing kickoff, Rogers bobbled the kick, but was able to retain possession and returned it 85 yards for an electrifying touchdown giving Seattle a 17-10 lead. Following an exchange of punts, Miami crept to within 17-13 on a 50-yard Mare field goal in the third quarter. Trying to catch Seattle by surprise, the Dolphins attempted an onside kick and recovered, but Seattle's defense held and forced the Dolphins to punt. The Dolphins scored the go-ahead touchdown on a J.J. Johnson 2-yard touchdown run with 4:48 remaining. The Seahawks would have two opportunities to catch up, but were forced to punt on the first and an interception with 23 seconds left in the game sealed the victory for the Dolphins.

Miami	3	0	10	7	—	20
Seattle	7	3	7	0	—	17
SEA 1	6:18	0-7	Dawkins 9 pass Kitna (Peterson kick) [8-47, 3:35]			
MIA 1	2:05	3-7	Mare 32 FG [7-37, 4:13]			
SEA 2	0:45	3-10	Peterson 50 FG [8-49, 3:45]			
MIA 3	8:55	10-10	Gadsden 1 pass Marino (Mare kick) [10-60, 6:05]			
SEA 3	8:37	10-17	Rogers 85 kickoff return (Peterson kick)			
MIA 3	2:22	13-17	Mare 50 FG [6:32, 3:12]			
MIA 4	4:48	20-17	Johnson 2 run (Mare kick) [11-85, 4:21]			
Att.	— 66,170					

STARTERS

OFFENSE	
WR	- Dawkins
LT	- Jones
LG	- Kendall
C	- Gray
RG	- Habib
RT	- Williams
TE	- Fauria
WR	- Mayes
QB	- Kitna
RB	- Watters
FB	- Brown
K	- Peterson
DEFENSE	
LE	- Sinclair
DT	- Adams
RE	- Daniels
OLB	- Brown
ILB	- Simmons
ILB	- Willis
CB	- Canty
LCB	- Springs
RCB	- W. Williams
SS	- D. Williams
FS	- Bellamy
P	- Feagles

INDIVIDUAL STATISTICS

RUSHING LEADERS

Miami	Att	Yds	LG	TD	Total First Downs
Johnson	27	86	18	1	Rush/Pass/Penalty
Denson	7	19	17	0	Third Down Eff.
2 Others	3	3	4	0	Fourth Down Eff.
TOTAL	37	108	18	1	Total Net Yards
Seattle	Att	Yds	LG	TD	Total Off. Plays
Watters	19	40	8	0	Avg. Per Play
Kitna	1	1	1	0	Net Yards Rushing
TOTAL	20	41	8	0	Total Rushing Plays

PASSING LEADERS

Miami	A	C	Yds	TD	I	Net Yards Passing
Marino	30	17	196	1	0	Times Sacked/Yards Lost
TOTAL	30	17	196	1	0	Pass Att.-Comp.-Int.
Seattle	A	C	Yds	TD	I	Avg. Gain Per Pass Play
Kitna	30	14	162	1	2	Punts-No. and Avg.
TOTAL	30	14	162	1	2	Had Blocked

PASS RECEIVING LEADERS

Miami	No	Yds	LG	TD	Return Yardage
McDuffie	5	82	27	0	Fumbles-No. and Lost
Martin	5	70	23	0	Touchdowns
Gadsden	2	25	24	1	Rush/Pass/Return
Johnson	2	3	6	0	Extra Points Made-Att.
4 Others	3	16	7	0	Field Goals Made-Att.
TOTAL	17	196	27	1	Time of Possession
Seattle	No	Yds	LG	TD	
Dawkins	3	35	17	1	Miami — Tackles: Thomas 9. Sacks: Armstrong 3.0, Owens, Thomas,
Pritchard	3	34	17	0	Williams 1.0. Interceptions: Buckley, Marion 1. Forced Fumbles:
Fauria	3	31	14	0	None. Fumble Recoveries: None.
Watters	2	22	14	0	Seattle — Tackles: Brown 10. Sacks: Adams 1.0. Interceptions:
3 Others	3	40	22	0	None. Forced Fumbles: None. Fumble Recoveries: None.
TOTAL	14	162	22	1	

TEAM STATISTICS

Miami	Seattle
18	12
7/10/1	0/10/2
6/16 37.5%	5/15 33.3%
0/0 0.0%	1/1 100.0%
299	171
68	56
4.4	3.1
108	41
37	20
2.9	2.1
191	130
1/5	6/32
30-17-0	30-14-2
6.2	3.6
8-41.3	7-47.9
0	0
6-67	2-10
100	24
0-0	0-0
2	2
1/1/0	0/1/1
2-2	2-2
2-2	1-1
34:38	25:12

DEFENSE

Miami — Tackles: Thomas 9. **Sacks:** Armstrong 3.0, Owens, Thomas, Williams 1.0. **Interceptions:** Buckley, Marion 1. **Forced Fumbles:** None. **Fumble Recoveries:** None.

Seattle — Tackles: Brown 10. **Sacks:** Adams 1.0. **Interceptions:** None. **Forced Fumbles:** None. **Fumble Recoveries:** None.

NFC WILD CARD PLAYOFFS

Green Bay Packers 33, Seattle Seahawks 27 (overtime)

Sunday, January 4, 2004 — Lambeau Field

The "Frozen Tundra" provided the stage for another epic playoff battle as the Seahawks and Packers went toe-to-toe for the right to play another week. After battling four and half quarters, the Packers' Al Harris sent the Seahawks home and the Packers to Philadelphia for the NFC divisional playoff when he intercepted a Matt Hasselbeck pass in overtime and returned it 52 yards for the score. Things started slowly as both teams warmed to the 20 degree temperatures and the Seahawks heated up first with a 30-yard field goal from Josh Brown. The Packers got even in the second quarter following a Ryan Longwell field goal. The Seahawks responded with another Brown field goal before Brett Favre led the Packers down the field ending with a 23-yard touchdown strike to tight end Bubba Franks. Another Longwell field goal gave the Packers a 13-6 lead at the half. Hasselbeck and the Seahawks began the second half with a Shaun Alexander tying touchdown. After forcing the Packers to punt, Hasselbeck again picked apart the Packers secondary and led the Hawks down to the Green Bay 1-yard line where Alexander punched it in for his second score of the game. The Pack retaliated with an Ahman Green touchdown and another tie game. Another Green touchdown put the Packers up 27-20 with 2:44 to play. Hasselbeck's seven-play, 63-yard drive set up a Seahawks record third touchdown run by Alexander to tie the game with :51 remaining. Favre raced the Packers down to the Seattle 29 with five seconds on the clock but it wasn't close enough as Longwell came up short from 47 yards out. The Seahawks won the overtime coin toss and a confident Hasselbeck assured a score. The two teams traded three and outs. Five plays into the Seahawks second drive, Hasselbeck looked left and tried to sneak it in to Alex Bannister but Harris stepped in front.

Seattle	3	3	14	7	0	—	27
Green Bay	0	13	0	14	6	—	33
SEA 1	7:01	3-0	J. Brown 30 FG [10-57, 4:53]				
GB 2	9:13	3-3	Longwell 31 FG [5-37, 2:01]				
SEA 2	6:50	6-3	J. Brown 35 FG [8-51, 2:23]				
GB 2	4:37	6-10	Franks 23 pass Favre (Longwell kick) [5-80, 2:13]				
GB 2	0:46	6-13	Longwell 27 FG [6-30, 1:32]				
SEA 3	9:28	13-13	Alexander 1 run (Brown kick) [10-74, 5:32]				
SEA 3	1:57	20-13	Alexander 1 run (Brown kick) [11-77, 4:57]				
GB 4	10:01	20-20	Green 1 run (Longwell kick) [12-60, 6:56]				
GB 4	2:44	27-20	Green 1 run (Longwell kick) [12-51, 6:46]				
SEA 4	0:51	27-27	Alexander 1 run (J.Brown kick) [7-67, 1:53]				
GB OT	10:35	27-33	Harris 52 INT				
Att.	— 71,457						

STARTERS	
OFFENSE	
WR	- K. Robinson
LT	- Jones
LG	- Hutchinson
C	- Tobeck
RG	- Womack
RT	- Terry
WR	- Engram
WR	- Jackson
QB	- Hasselbeck
RB	- Alexander
WR	- Bannister
K	- Brown
DEFENSE	
LE	- Mitchell
DT	- Woodard
DT	- Moore
RE	- Okefor
OLB	- Simmons
MLB	- Godfrey
OLB	- C. Brown
LCB	- Springs
RCB	- Trufant
SS	- Tongue
FS	- D. Robinson
P	- Rouen

PLAYOFFS

INDIVIDUAL STATISTICS

RUSHING LEADERS

Seattle	Att	Yds	LG	TD
Alexander	20	45	17	3
Morris	1	4	4	0
TOTAL	21	49	17	3
Green Bay	Att	Yds	LG	TD
Green	23	66	9	2
Davenport	7	21	8	0
2 Others	2	-9	-1	0
TOTAL	32	78	9	2

PASSING LEADERS

Seattle	A	C	Yds	TD	I
Hasselbeck	45	25	305	0	1
TOTAL	45	25	305	0	1
Green Bay	A	C	Yds	TD	I
Favre	38	26	319	1	0
TOTAL	38	26	319	1	0

PASS RECEIVING LEADERS

Seattle	No	Yds	LG	TD
K. Robinson	7	88	33	0
Mili	6	62	15	0
Jackson	5	58	25	0
Engram	4	83	34	0
3 Others	2	14	8	0
TOTAL	25	305	34	0
Green Bay	No	Yds	LG	TD
Driver	6	66	23	0
Walker	5	111	44	0
Green	5	44	13	0
Henderson	3	38	29	0
5 Others	7	60	23	1
TOTAL	26	319	44	1

TEAM STATISTICS

	Seattle	Green Bay
Total First Downs	22	22
Rush/Pass/Penalty	4/16/2	8/14/0
Third Down Eff.	6/16 37.5%	4/13 30.8%
Fourth Down Eff.	1/1 100%	2/2 100%
Total Net Yards	340	397
Total Off. Plays	68	70
Avg. Per Play	5.0	5.7
Net Yards Rushing	49	78
Total Rushing Plays	21	32
Avg. Gain Per Rush	2.3	2.4
Net Yards Passing	291	319
Times Sacked/Yards Lost	2/14	0/0
Pass Att.-Comp.-Int.	45-25-1	38-26-0
Avg. Gain Per Pass Play	6.2	8.4
Punts-No. and Avg.	6-37.5	5-38.4
Had Blocked	0	0
Penalties-No. and Yards	2-15	5-30
Return Yardage	114	194
Fumbles-No. and Lost	1-0	0-0
Touchdowns	3	4
Rush/Pass/Return	3/0/0	2/1/1
Extra Points Made-Att.	2-2	2-3
Field Goals Made-Att.	2-2	2-3
Time of Possession	29:26	34:59

DEFENSE

Seattle — Tackles: Lewis 10. Sacks: None. Interceptions: None.
Forced Fumbles: None. **Fumble Recoveries:** None.
Green Bay — Tackles: Sharper 11. Sacks: Kampman 1.0, Hunt 1.0.
Interceptions: Harris 1. **Forced Fumbles:** Hunt 1. **Fumble Recoveries:** None.

NFL's DIVISIONAL ALIGNMENT

AMERICAN FOOTBALL CONFERENCE

EAST



NORTH



SOUTH



WEST



NATIONAL FOOTBALL CONFERENCE

EAST



NORTH



SOUTH



WEST



PRESEASON RESULTS

1976

Preseason (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977

Preseason (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (ot)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978

Preseason (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979

Preseason (3-1)

Thurs.	8/2	W	12-9 (ot)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980

Preseason (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981

Preseason (1-3)

Wed.	8/5	L	27-24 (ot)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982

Preseason (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983

Preseason (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984

Preseason (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985

Preseason (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986

Preseason (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (ot)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987

Preseason (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988

Preseason (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (ot)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989

Preseason (3-1)

Fri.	8/11	W	16-10 (ot)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990

Preseason (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991

Preseason (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992

Preseason (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993

Preseason (2-2)

Sat.	8/7	L	16-13 (ot)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994

Preseason (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	*Tampa Bay Buccaneers	43,633
Sat.	8/20	W	30-19	*Minnesota Vikings	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

*Played at Husky Stadium

1995

Preseason (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996

Preseason (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

1997

Preseason (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998

Preseason (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999

Preseason (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thur.s	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000

Preseason (2-2)

Sat.	8/5	W	28-16	*Indianapolis Colts	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	*San Francisco 49ers	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001

Preseason (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (ot)	*Arizona Cardinals	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	*New Orleans Saints	68,665

2002

Preseason (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003

Preseason (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

* Husky Stadium

TRAINING CAMP

The Seattle Seahawks returned to the site of their first 10 training camps in 1997, when the team opened camp at Eastern Washington University in Cheney.

From the team's inception in 1976 through 1985, the Seahawks traveled across the Cascade Mountain Range to hold their summer training camp at EWU.

Training camp moved to the current site of the team's headquarters in Kirkland, when the facility opened in 1986 through 1996. While training at the Kirkland complex the team occupied the dorms and eating hall at Northwest College, adjacent to the team's complex.

The remote campus in Cheney, again hosts the Seahawks in 2004 with the team reporting on August 1.



FRANCHISE HISTORY

- 1972** — **6/15** Seattle Professional Football, a group of business and community leaders, announces their intention to attempt to secure a National Football League franchise for the City of Seattle. Herman Sarkowsky serves as spokesman for the group. **11/2** Construction begins on The Kingdome.
- 1974** — **6/4** The National Football League announces that Seattle will have a franchise for the 1976 season. **12/5** The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.
- 1975** — **3/6** John Thompson, Executive Director of the NFL Management Council, named General Manager. **6/17** Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks." **7/25** Season ticket applications mailed. **7/28** Season ticket applications accepted — 24,168 received the first day. **8/23** Season ticket sales closed after target of 59,000 reached. **12/18** Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.
- 1976** — **1/3** Jack Patera, defensive line coach of the Minnesota Vikings, named head coach. **1/20** Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico. **3/30** Veteran Allocation held in New York City. Seahawks select 39 NFL veterans. **4/8-9** Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. **7/9** Seahawks open training camp at Eastern Washington University in Cheney. **8/1** Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' two-yard line when the gun sounds. **8/29** Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a three-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest. **9/12** Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone. **10/17** Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory. **11/7** Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.
- 1977** — **1/17** Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans. **5/3** Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, on the first round. **10/30** After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes. **11/13** Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team. **12/18** Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.
- 1978** — **5/3** Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, on the second round. **10/8** Efen Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings. **11/26** Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efen Herrera's 46-yard field goal with just three seconds remaining. **12/17** Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.
- 1979** — **1/29** Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the

Los Angeles Memorial Coliseum. **5/3** Manu Tuiaosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice. **10/29** After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice. **12/16** The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.

1980 — 4/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M on the first round. **9/28** Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium. **10/5** Sam McCullum catches two touchdown passes and Efen Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981 — 4/28 Seahawks select UCLA safety Kenny Easley on the first round of the NFL draft. **11/8** Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome. **11/16** The Seahawks score on their last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

1982 — 3/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations. **4/27** Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft. **9/21** Players go on strike for 57 days. **10/13** Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson. **11/21** Seahawks capture 17-10 victory over the host Denver Broncos in Mike McCormack's first game as head coach following the players' strike. Steve Largent catches a 34-yard touchdown pass from Jim Zorn with 49 seconds left for the victory. **11/28** Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.

1983 — 1/2 Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack. **1/3** Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982. **1/26** Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships. **3/15** Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General Manager. **4/26** Seattle selects Penn State running back Curt Warner in the NFL draft. Warner is the third player taken on the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick. **9/11** Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries. **10/16** Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders. **10/30** Seahawks make it two straight over Raiders with 34-21 win. **12/18** Seahawks clinch first playoff berth with 24-6 win over New England. **12/24** Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome. **12/31** Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional playoff win over Miami, 27-20, before 71,032 fans at the Orange Bowl.

1984 — 1/8 Los Angeles Raiders defeat the Seahawks, 30-14, in the AFC Championship Game at the Los Angeles Memorial Coliseum before 88,734 fans. **5/1** Seahawks select cornerback Terry Taylor of Southern Illinois as their first-round choice in the annual NFL draft. **9/3** Seahawks win regular season opener for the first time in franchise history, 33-0 over the Cleveland Browns. The enthusiasm is dampened by a knee injury to Curt Warner which will keep him out for the rest of the season. **10/29** Seahawks post their second shutout of the season with a 24-0 victory over the San Diego Chargers on Monday Night Football. Kenny Easley intercepts a club record three passes and Steve Largent catches three touchdown passes. **11/4** Seahawks set an NFL record by returning four interceptions for touchdowns, including two by Dave Brown, in a 45-0 win over the Kansas City Chiefs. Kenny Easley and Keith Simpson had the other two interception returns for touchdowns. **11/25** Dave Krieg throws for 406 yards and three touchdowns, including an 80-

yarder to Daryl Turner on the first play of the game, to lead the Seahawks past Denver, 27-24. Steve Largent catches 12 passes for 191 yards and one score. **12/2** Seahawks clinch playoff berth with a 38-17 win over Detroit as Dave Krieg throws a team record five touchdown passes. **12/15** Seahawks officially retire jersey #12 in honor of their fans, the 12th Man. Seattle becomes the first professional sports franchise to retire a jersey in honor of their fans. **12/22** Seattle eliminates the defending Super Bowl Champion Los Angeles Raiders, 13-7, from the playoffs in the AFC Wild Card Game at the Kingdome. Seahawks rush for 205 yards and force three turnovers, along with registering six sacks, in the victory. **12/29** Miami defeats the Seahawks, 31-10, in an AFC Divisional Playoff Game at the Orange Bowl.

1985 — **6/18** Seahawks and Northwest College agree to a long-term lease for a new practice and office complex for the club in Kirkland. The facility will be built on 12 acres adjacent to Northwest College. A 36,000-square foot building will house the club's administrative offices, locker room and training facilities. **7/20** Seahawks open their tenth and final training camp at Eastern Washington University in Cheney. **9/8** Curt Warner returns to the Seattle lineup after missing all but the 1984 opener as the Seahawks defeat Cincinnati, 28-24, at Riverfront Stadium. Warner gains 66 yards on 17 carries and scores the game-winning touchdown on an 11-yard run with 7:07 remaining. **9/15** Daryl Turner sets a club record with four touchdowns catches and Dave Krieg equals another with five touchdown passes in Seattle's 49-35 victory over the San Diego Chargers at Jack Murphy Stadium. **10/13** Dave Krieg passes for 405 yards and four touchdowns, including a 12-yarder to Paul Skansi for the winning touchdown with 35 seconds remaining, as Seahawks defeat Atlanta, 30-26. Krieg directs the Seahawks 86 yards in 16 plays on the winning drive. **10/21** Ceremonial ground-breaking is held for team's new headquarters. **11/3** Terry Taylor returns an interception 75 yards for a touchdown and blocks a field goal attempt that is recovered by Byron Walker and returned 56 yards for a touchdown in Seattle's 33-3 win over the Los Angeles Raiders at the Kingdome.

1986 — **4/29** Seahawks select Florida fullback John L. Williams as their first-round draft choice. Williams is the 15th player picked overall. **6/18** Seahawks move into new headquarters on a 12-acre site adjacent to Northwest College in Kirkland. **7/16** Seahawks open their 11th training camp and first in Kirkland. **9/7** Seahawks kickoff their 1986 regular season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome. **10/6** Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated. **10/19** Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants. **11/27** Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns. **12/8** Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards. **12/20** Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987 — **4/28** Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL draft. Woods is the 18th player picked. **6/12** Seahawks win lottery for first choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth. **9/13** After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled. **10/25** Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983. **12/13** Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome. **12/20** Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five take-aways. **12/27** Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.

1988 — **1/3** Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game. **4/24** Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-

round pick had been exercised in the June 1987 supplemental draft. **8/30** Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family. **9/4** Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984. **9/18** Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards. **10/2** Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns. **11/13** Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left. **11/28** Dave Krieg equals his own team record with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game. **12/11** Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing. **12/18** John L. Williams accounts for 239 yards of offense, including 180 receiving, and Dave Krieg throws for 410 yards and four scores, as the Seahawks defeat the Los Angeles Raiders, 43-37, in Los Angeles to clinch the first AFC Western Division title in franchise history. **12/31** Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989 — 2/22 Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach. **4/23** Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft. **9/10** Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown. **10/29** Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards. **11/26** Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver. **12/4** Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo. **12/10** Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career. **12/17** John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17. **12/23** Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

1990 — 4/22 Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden. **8/4** Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan. **10/1** Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week. **11/11** Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time. **11/25** Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime. **12/2** In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games. **12/9** The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee. **12/23** Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass. **12/30** Derrick Fenner

scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions 30-10 in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991 — 4/21 Seahawks select San Diego State quarterback Dan McGwire with the 16th pick on the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected on the first round by Seattle. **4/25** Head Coach Chuck Knox agrees to a two-year contract extension. **8/3** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. **9/1** Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns. **9/8** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career. **9/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession. **10/6** The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22. **10/20** Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores. **10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record. **11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49. **12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone. **12/27** The Seahawks and head coach Chuck Knox agree to mutually end Knox's nine-year tenure as Head Coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992 — 1/6 Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980's. **1/8** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAFC Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90). **1/9** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams. **1/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach. **1/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelton are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams. **1/22** Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and current NFL assistant coach. **1/23** Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college. **1/24** Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns. **8/22** Dave Brown becomes the third inductee into the Seahawks Ring of Honor around the 200 Level of the Kingdome. **9/6** Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win. **9/20** Flores gains first win as Seahawks head coach, 10-6 at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game. **11/8** Chris Warren's 103 yards aren't enough as the

Washington Redskins post a 16-3 Kingdome win. **11/22** Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a 24-14 win. **11/30** In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards. **12/2** KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer. **12/6** The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions. **12/13** Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00). **12/27** Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

1993 — 1/19 David Behring, son of majority owner Ken Behring, is named team President. Tom Flores is named General Manager/Head Coach, while Player Personnel Director Mike Allman is placed in charge of both professional and college personnel. **1/28** Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL veteran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82. **2/5** Phil Neri, a Seahawks scout since 1985, is named College Scouting Director. **3/12** Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system. **4/1** Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent. **4/14** Linebacker Kevin Murphy signs with Seattle. **4/20** Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent. **4/22** Buffalo guard Mitch Ferrotte signs with the Seahawks as an unrestricted free agent. **4/25** University of Notre Dame quarterback Rick Mirer is selected by the Seahawks on the first round of the NFL draft. Mirer is the second player chosen overall. **9/19** Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses. **9/26** Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati. **10/3** Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990. **10/24** Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome. **11/14** Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety. **12/26** Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome. **12/26** Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994 — 1/2 The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games. **2/24** Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent. **2/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent. **4/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked on the first round. **7/19** Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium. **8/13** Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium. **9/4** Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and

two touchdowns. The win is the 100th in the career of Head Coach Tom Flores. **9/11** Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes. **9/18** San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium. **9/25** Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes. **11/6** Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win. **11/20** Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak. **11/27** Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor. **12/11** Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters. **12/18** Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win. **12/24** Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC. **12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995 — **1/12** Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (Assistant Head Coach/Tight Ends), Greg McMackin (Defensive Coordinator), Dave Arnold (Special Teams), Dana LeDuc (Strength and Conditioning), Rich Olson (Quarterbacks), and Willy Robinson (Defensive Backs). In addition he retains Bob Bratkowski (Offensive Coordinator/Wide Receivers), Tommy Brasher (Defensive Line), Tom Catlin (Quality Control), Dave Brown (Defensive Coach), Arnie Matsumoto (Staff Assistant), Howard Mudd (Offensive Line), and Clarence Shelmon (Running Backs) from the previous staff. **1/28** Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright. **2/9** Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals, prior to serving one year in the Pro Personnel Department of the Carolina Panthers. **4/22** Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks on the first round of the draft. **7/29** Steve Largent is formally inducted into the Pro Football Hall of Fame. **8/12** Seahawks officially retire Largent's #80 jersey. **9/3** Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor. **9/17** Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards. **11/5** Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games. **11/12** Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving. **11/19** Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games. **12/3** Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles. **12/10** Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren

with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally. **12/17** Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990. **12/24** AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996 — **2/2** Team owner Ken Behring announces that he is moving the franchise. **4/20** Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall on the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third round pick from the Detroit Lions in the second. **9/1** Seahawks start 21st season with 29-7 loss at San Diego. **9/22** Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses. **10/6** John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami. **11/3** Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990. **11/10** Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23. **11/17** Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg. **12/8** Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game. **12/22** Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997 — **2/14** Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams. **2/18** Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL draft. **3/5** Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters. **3/6** Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian. **3/7** Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254). **3/28** Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices. **4/19** After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices. **4/25** Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17. **6/17** Washington state voters approve Proposition 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County. **6/23** Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks. **6/30** Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring. **7/15** Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence. **8/19** Football Northwest is approved as the Seahawks owners by the member clubs of the NFL. **8/31** Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb. **9/14** Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road. **10/5** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just 6 carries. **10/26** Warren Moon

throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997. **11/9** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy. **11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome. **12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970. **12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with 8, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998 — **1/16** Seahawks announce ticket restructure, increasing the number of \$10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000. **2/1** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win. **1/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts. **1/17** Linebackers Coach Mike Murphy also joins the Colts staff. **1/30** Coaches Clarence Shelmon (running backs) joins Dallas and Ned James (defensive assistant) joins the New Orleans Saints. **2/2** Offensive assistant Jim Zorn leaves for the Detroit Lions. **2/4** Seattle names Jim Johnson linebackers coach. **2/6** Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez. **2/10** Named Milt Jackson receivers coach. **2/24** Seattle signs three-time Pro Bowl center, Kevin Glover. **2/26** Seahawks name Tim Lappano running backs coach and Eric Yarber to the position of offensive quality control. **3/4** Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a free agency contract. **3/6** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos. **4/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft. **9/6** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year. **12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999 — **1/8** Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation. **1/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retention of Pete Rodriguez (Special Teams). **1/19** Mike Sheppard named Quarterbacks coach. **1/26** Mike Reinfeldt named Senior Vice President. **1/28** Stump Mitchell named Running Backs coach. **1/29** Rod Springer named assistant Strength & Conditioning coach. **2/5** Jerry Colquitt (Offensive Quality Control) and Clayton Lopeiz (Defensive Quality Control) named to coaching staff. **2/14** Sign unrestricted free agent WR Sean Dawkins. **4/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft. **5/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons. **6/7** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibility of coordinating the defense. **8/30** Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer. **11/28** The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000 — **1/2** The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones. **1/9** Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome. **1/12** Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching. **1/20** Holmgren names Gil Haskell offensive coordinator. **1/21** Holmgren names Johnny Holland assistant spe-

cial teams/assistant strength and conditioning coach. **1/28** Holmgren names Ted Thompson vice president/football operations. **2/12** WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001. **3/26** Seattle's Kingdome is imploded, to make space for the new football/soccer stadium and exhibition hall, which will be located on the same site. **4/15** Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL draft. **4/28** Seattle names John Schneider director of player personnel. **5/10** Scot McCloughan appointed as director of college scouting. **5/15** Bucky Brooks and Mike Murphy named area scouts. **6/1** Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts. **7/5** Seahawks hire Brian Davis for radio play-by-play. **9/3** Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years. **9/10** Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout. **10/15** Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis. **11/12** QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville. **12/23** Charlie Rogers returns four kickoffs for 171 yards, which included an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001 — **1/2** Mike Holmgren names Mark Michaels assistant special teams coach. **2/16** Former Seahawks QB Jim Zorn is named quarterbacks coach. **2/28** A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later. **3/2** Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck. **3/3** Seattle signs free agent DT John Randle. **3/8** DT Cortez Kennedy is released. **3/9** Seattle signs free agent DT Chad Eaton. **3/16** Seattle names Lance Lopes to serve as General Counsel. **4/9** Seattle signs free agent LB Levon Kirkland. **4/12** Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney. **4/21** Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft. **5/22** Seahawks switch conferences from the AFC West to the NFC West, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977. **6/28** Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants. **8/3** Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck. **9/16** Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11. **11/11** Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002 — **1/2** Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl. **1/6** The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0. **2/22** Released defensive end Michael Sinclair following 11 years of service. **3/1** The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green. **3/5** Re-signed Trent Dilfer to be the starting quarterback for the 2002 season. **3/27** The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. For the first time in the NFL, a club allowed fans to choose part of the team's uniform ensemble (the helmet). In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.) **4/2** Bill Laveroni named assistant offensive line coach. **4/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft. **4/20** Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round. **5/4** Fieldturf installation completed in Seahawks Stadium. **5/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated. **6/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice. **7/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses. **8/3** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage. **8/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10. **9/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss. **9/29** Shaun

Alexander scores an NFL record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football. **10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season. **11/24** Seattle and Kansas City combine for 64 first downs, an NFL record. **12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West. **12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003 — **1/29** Seahawks hire Dwaine Board as defensive line coach. **2/5** Seattle names Ray Rhodes defensive coordinator. **2/7** Seattle names Teryl Austin defensive backs coach. **2/10** Seattle hires Bob Ferguson as general manager. **2/12** Seattle hires John Marshall as linebackers coach. **3/4** Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran. **4/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL draft. **4/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand. **6/16** Hired Charles Fisher as an area scout. **6/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations. **9/7** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season opening win at home since 1986. **9/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, he had a hand in four of Seattle's six takeaways including the Cardinals first three drives. **10/5** Josh Brown set club record with 58-yard field goal at Green Bay. **10/12** The Seahawks unveiled a flag in the south endzone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to present the inaugural flag. Steve Largent and Mike McCormick were among others to present during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football. **10/19** Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark. **11/23** Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and clubbing five touchdowns enroute to being voted by fans the NFL/FedEx Air Player of the Week. **11/30** For the first time in franchise history, the club had a 300-yard passer (Hasselbeck-328), 100-yard rusher (Alexander-127) and two, 100-yard receivers (Robinson-122, Jackson-102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week. **12/21** With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history. **12/27** Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

2004 — **1/4** Participated in first postseason since 1999, but lost in overtime to the Packers 33-27 in a back-and-forth affair played in 20 degree temperatures. Al Harris returned a Hasselbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties. **2/24** Seahawks designate T Walter Jones as franchise player for third consecutive year. **2/26** Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks. **3/4** Seahawks signed unrestricted free agent Grant Wistrom to a multi-year contract. **3/9** WR Darrell Jackson re-signed a multi-year contract with the Seahawks. **3/24-3/31** In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar. **3/24** The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio. **5/19** Jay Nienkark named Director of Player Administration and will oversee the team's salary cap. **6/2** Seahawks Stadium is renamed Qwest Field. **6/8** Martha Fuller named CFO.

SEAHAWKS.COM

Online fans all over the world have the opportunity to stay up-to-date with Seahawks news by logging on to [www: Seahawks.com](http://www.Seahawks.com), the official web site for the Seattle Seahawks.

Fans have the opportunity to have live, real-time chats with players and coaches, online games, online message-board where fans can sound-off and sing praises to Seahawks and special drawings and prize giveaways.

The site is updated daily with practice updates and photos along with comments from Mike Holmgren.

The site also include exclusive game-day coverage with inside photos and scoring updates. There's a distribution e-mail list that notifies our on-line users of news, upcoming events, and changes to the site and numerous downloadable screen-savers of photos from game day action each month.

The format of the front page makes Seahawks.com easy to view for all computer screen sizes and this season, fans will have the opportunity to regularly view footage from press conferences and Hawk Talks.


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NEWS AND FEATURES

- Team Scrimmage Highlights "Seahawks Live" August 7th in Portland
- Seahawks in NFL Europe Week 9 Report
- The Jr. Sea Gals Program Is Now Accepting Registrations For All Girls Ages 7-14

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CAREER TOP TEN

GAMES PLAYED

PLAYER, SEASONS	No.
1 Joe Nash, 1982-96	218
2 Steve Largent, 1976-89	200
3 Jacob Green, 1980-91	178
4 Jeff Bryant, 1982-93	175
5 Eugene Robinson, 1985-95	170
6 Cortez Kennedy, 1990-00	167
7 Dave Brown, 1976-86	159
8 Brian Blades, 1988-98	156
9 Mack Strong, 1993-	148
10 Keith Butler, 1978-87	146

GAMES STARTED

PLAYER, SEASONS	No.
1 Steve Largent, 1976-89	197
2 Jacob Green, 1980-91	176
3 Joe Nash, 1982-96	169
4 Jeff Bryant, 1982-93	167
5 Dave Brown, 1976-86	159
6 Cortez Kennedy, 1990-00	153
7 Eugene Robinson, 1985-95	152
8 Keith Butler, 1978-87	132
9 Brian Blades, 1988-98	122
10 Edwin Bailey, 1981-91	120

POINTS SCORED

PLAYER, SEASONS	No.
1 Norm Johnson, 1982-90	810
2 Steve Largent, 1976-89	608
3 Todd Peterson, 1995-99	555
4 Curt Warner, 1983-89	372
5 John Kasay, 1991-94	341
6 Efen Herrera, 1978-81	331
7 Shaun Alexander, 2000-	312
8 Chris Warren, 1990-97	292
9 Rian Lindell, 2000-02	270
10 Joey Galloway, 1995-99	252

TOTAL TOUCHDOWNS

PLAYER, SEASONS	No.
1 Steve Largent, 1976-89	101
2 Curt Warner, 1983-89	62
3 Shaun Alexander, 2000-	52
4 Chris Warren, 1990-97	48
5 Joey Galloway, 1995-99	42
6 Sherman Smith, 1976-82	38
7 Daryl Turner, 1984-87	36
8 Brian Blades, 1988-98	34
9 John L. Williams, 1986-93	33
10 Darrell Jackson, 2000-	27

FIELD GOALS

PLAYER, SEASONS	No.
1 Norm Johnson, 1982-90	159
2 Todd Peterson, 1995-99	126
3 John Kasay, 1991-94	82
4 Efen Herrera, 1978-81	64
5 Rian Lindell, 2000-02	58
6 Josh Brown, 2003-	22
7 John Leypoldt, 1976-77	17
8 Kris Heppner, 2000	6
9 Wilson Alvarez, 1981	3
10 Scott Hagler, 1987	2

FIELD GOAL ATTEMPTS

PLAYER, SEASONS	No.
1 Norm Johnson, 1982-90	228
2 Todd Peterson, 1995-99	154
3 John Kasay, 1991-94	105
4 Efen Herrera, 1978-81	92
5 Rian Lindell, 2000-02	78
6 John Leypoldt, 1976-77	30
7 Josh Brown, 2003-	30
8 Kris Heppner, 2000	9
9 Wilson Alvarez, 1981	7
10 Don Bitterlich, 1976	4

POINT AFTER TOUCHDOWNS

PLAYER, SEASONS	No.
1 Norm Johnson, 1982-90	333
2 Todd Peterson, 1995-99	177
3 Efen Herrera, 1978-81	139
4 Rian Lindell, 2000-02	96
5 John Kasay, 1991-94	95
6 John Leypoldt, 1976-78	59
7 Josh Brown, 2003-	48
8 Wilson Alvarez, 1981	14
9 Kris Heppner, 2000	8
10 Don Bitterlich, 1976	7

PAT ATTEMPTS

PLAYER, SEASONS	No.
1 Norm Johnson, 1982-90	338
2 Todd Peterson, 1995-99	177
3 Efen Herrera, 1978-81	148
4 John Kasay, 1991-94	97
5 Rian Lindell, 2000-02	96
6 John Leypoldt, 1976-78	59
7 Josh Brown, 2003-	48
8 Wilson Alvarez, 1981	15
9 Kris Heppner, 2000	8
10 Don Bitterlich, 1976	7

RUSHING ATTEMPTS

PLAYER, SEASONS	No.
1 Curt Warner, 1983-89	1,649
2 Chris Warren, 1990-97	1,559
3 John L. Williams, 1986-93	1,148
4 Ricky Watters, 1998-2001	994
Shaun Alexander, 2000-	994
6 Sherman Smith, 1976-82	810
7 Dan Doornink, 1979-85	463
8 Derrick Fenner, 1989-91	317
9 Jim Zorn, 1976-84	307
10 David Hughes, 1981-85	294
Dave Krieg, 1980-91	294

RUSHING YARDS

PLAYER, SEASONS	No.
1 Chris Warren, 1990-97	6,706
2 Curt Warner, 1983-89	6,705
3 John L. Williams, 1986-93	4,579
4 Shaun Alexander, 2000-	4,241
5 Ricky Watters, 1998-2001	4,009
6 Sherman Smith, 1976-82	3,429
7 Dan Doornink, 1979-85	1,530
8 Jim Zorn, 1976-84	1,494
9 Lamar Smith, 1994-97	1,286
10 David Sims, 1977-79	1,174

RUSHING TOUCHDOWNS

PLAYER, SEASONS	No.
1 Curt Warner, 1983-89	55
2 Shaun Alexander, 2000-	46
3 Chris Warren, 1990-97	44
4 Sherman Smith, 1976-82	28
5 Ricky Watters, 1998-2001	22
6 Derrick Fenner, 1989-91	19
David Sims, 1977-79	19
8 Jim Zorn, 1976-84	17
John L. Williams, 1986-93	17
10 Dan Doornink, 1979-85	14

PASSING ATTEMPTS

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	3,576
2 Jim Zorn, 1976-84	2,992
3 Rick Mirer, 1993-96	1,523
4 Matt Hasselbeck, 2001-	1,253
5 Jon Kitna, 1997-00	1,130
6 Warren Moon, 1997-98	786
7 Kelly Stouffer, 1988-92	437
8 John Friesz, 1995-98	416
9 Trent Dilfer, 2001-	298
10 Stan Gelbaugh, 1992-96	273

PASSING COMPLETIONS

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	2,096
2 Jim Zorn, 1976-84	1,593
3 Rick Mirer, 1993-96	814
4 Matt Hasselbeck, 2001-	756
5 Jon Kitna, 1997-00	658
6 Warren Moon, 1997-98	458
7 John Friesz, 1995-98	228
8 Kelly Stouffer, 1988-92	225
9 Trent Dilfer, 2001-	171
10 Stan Gelbaugh, 1992-95	131

PASSING YARDS

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	26,132
2 Jim Zorn, 1976-84	20,122
3 Rick Mirer, 1993-96	9,094
4 Matt Hasselbeck, 2001-	8,939
5 Jon Kitna, 1997-00	7,552
6 Warren Moon, 1997-98	5,310
7 John Friesz, 1995-98	2,971
8 Kelly Stouffer, 1988-92	2,333
9 Trent Dilfer, 2001-	2,227
10 Jeff Kemp, 1987-91	1,735

TOUCHDOWN PASSES

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	195
2 Jim Zorn, 1976-84	107
3 Jon Kitna, 1997-00	49
4 Matt Hasselbeck, 2001-	48
5 Rick Mirer, 1993-96	41
6 Warren Moon, 1997-98	36
7 John Friesz, 1995-98	16
8 Trent Dilfer, 2001-	12
9 Jeff Kemp, 1987-91	9
10 Kelly Stouffer, 1988-92	7
Stan Gelbaugh, 1992-96	7

PASSES HAD INTERCEPTED

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Rick Mirer, 1993-96	56
4 Jon Kitna, 1997-00	45
5 Matt Hasselbeck, 2001-	33
6 Warren Moon, 1997-98	24
7 Kelly Stouffer, 1988-92	19
8 Jeff Kemp, 1987-91	18
9 Steve Myer, 1976-79	14
10 Stan Gelbaugh, 1992-96	12
John Friesz, 1995-98	12

TIMES SACKED

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	341
2 Jim Zorn, 1976-84	200
3 Rick Mirer, 1993-96	138
4 Matt Hasselbeck, 2001-	106
5 Jon Kitna, 1997-00	79
6 Warren Moon, 1997-98	52
7 Kelly Stouffer, 1988-92	50
8 Stan Gelbaugh, 1992-96	36
9 Dan McGwire, 1991-94	20
10 John Friesz, 1995-98	18

**QUARTERBACK RATING
(MINIMUM 100 ATTEMPTS)**

PLAYER, SEASONS	NO.
1 Matt Hasselbeck, 2001-	83.9
2 Dave Krieg, 1980-91	82.3
3 Warren Moon, 1997-98	81.3
4 Brock Huard, 1999-2001, 2004-	80.1
5 Trent Dilfer, 2001-	79.1
6 John Friesz, 1995-98	78.3
7 Jon Kitna, 1997-00	76.3
8 Jim Zorn, 1976-84	67.8
9 Rick Mirer, 1993-96	65.2
10 Gale Gilbert, 1985-86	64.7

PASS RECEPTIONS

PLAYER, SEASONS	NO.
1 Steve Largent, 1976-89	819
2 Brian Blades, 1988-98	581
3 John L. Williams, 1986-93	471
4 Joey Galloway, 1995-99	283
5 Darrell Jackson, 2000-	253
6 Sam McCullum, 1976-81	232
7 Sherman Smith, 1976-82	211
8 Dan Doornink, 1979-85	197
9 Chris Warren, 1990-97	194
10 Curt Warner, 1983-89	193

RECEIVING YARDS

PLAYER, SEASONS	NO.
1 Steve Largent, 1976-89	13,089
2 Brian Blades, 1988-98	7,620
3 Joey Galloway, 1995-99	4,457
4 John L. Williams, 1986-93	4,151
5 Darrell Jackson, 2000-	3,808
6 Sam McCullum, 1976-81	3,409
7 Koren Robinson, 2001-	2,672
8 Sherman Smith, 1976-82	2,342
9 Mike Pritchard, 1996-99	2,288
10 Tommy Kane, 1988-92	2,034

RECEIVING TOUCHDOWNS

PLAYER, SEASONS	NO.
1 Steve Largent, 1976-89	100
2 Daryl Turner, 1984-87	36
Joey Galloway, 1995-99	36
4 Brian Blades, 1988-98	34
5 Darrell Jackson, 2000-	27
6 Sam McCullum, 1976-81	21
7 John L. Williams, 1986-93	16
8 Ray Butler, 1985-88	13
9 Sean Dawkins, 1999-00	12
10 Dan Doornink, 1979-85	11
Derrick Mayes, 1999-00	11

INTERCEPTIONS

PLAYER, SEASONS	NO.
1 Dave Brown, 1976-86	50
2 Eugene Robinson, 1985-95	42
3 John Harris, 1978-85	41
4 Kenny Easley, 1981-87	32
5 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	20

7 Keith Simpson, 1978-85	19
8 Willie Williams, 1997-2003	17
9 Terry Taylor, 1984-88, 1994	16
10 Robert Blackmon, 1990-96	15
Jay Bellamy, 1994-00	15

INTERCEPTION RETURN YARDS

PLAYER, SEASONS	NO.
1 Dave Brown, 1976-86	643
2 Eugene Robinson, 1985-95	586
3 Kenny Easley, 1981-87	528
4 John Harris, 1978-85	425
5 Darryl Williams, 1996-99	402
6 Keith Simpson, 1978-85	338
7 Robert Blackmon, 1990-96	246
8 Dwayne Harper, 1988-93	242
9 Shawn Springs, 1997-03	235
10 Terry Taylor, 1984-88, 1994	202

INTERCEPTION RETURN FOR TD

PLAYER, SEASONS	NO.
1 Dave Brown, 1976-86	5
2 Keith Simpson, 1978-85	3
Kenny Easley, 1981-87	3
Willie Williams, 1997-2003	3
5 John Harris, 1978-85	2
Jacob Green, 1980-91	2
Terry Taylor, 1984-88, 1994	2
Darryl Williams, 1996-99	2
Shawn Springs, 1997-03	2
Darrin Smith, 1998-99	2
Reggie Tongue, 2000-03	2

PUNTS

PLAYER, SEASONS	NO.
1 Rick Tuten, 1991-97	554
2 Jeff Feagles, 1998-2002	385
3 Jeff West, 1981-85	299
4 Herman Weaver, 1977-80	257
5 Ruben Rodriguez, 1987-89	192
6 Rick Engles, 1976-77	84
7 Rick Donnelly, 1990-91	80
8 Vince Gamache, 1986	79
9 David Finzer, 1985	68
10 Tom Rouen, 2003-	67

PUNTING YARDS

PLAYER, SEASONS	NO.
1 Rick Tuten, 1991-97	24,266
2 Jeff Feagles, 1998-2002	16,227
3 Jeff West, 1981-85	11,511
4 Herman Weaver, 1977-80	10,182
5 Ruben Rodriguez, 1987-89	7,733
6 Rick Donnelly, 1990-91	3,227
7 Rick Engles, 1976-77	3,204
8 Vince Gamache, 1986	3,048
9 David Finzer, 1985	2,766
10 Tom Rouen, 2003-	2,762

INSIDE THE 20

PLAYER, SEASONS	No.
1 Rick Tuten, 1991-97	147
2 Jeff Feagles, 1998-2002	133
3 Jeff West, 1981-85	73
4 Herman Weaver, 1977-80	49
5 Ruben Rodriguez, 1987-89	48
6 Tom Rouen, 2003-	29
7 Rick Donnelly, 1990-91	19
8 Rick Engles, 1976-77	13
9 David Finzer, 1985	12
10 Vince Gamache, 1986	10

TOUCHBACKS

PLAYER, SEASONS	No.
1 Rick Tuten, 1991-97	45
2 Jeff Feagles, 1998-2002	30
3 Jeff West, 1981-85	28
4 Herman Weaver, 1977-80	19
5 Ruben Rodriguez, 1987-89	17
6 Rick Donnelly, 1990-91	9
7 Vince Gamache, 1986	7
8 David Finzer, 1985	6
9 Rick Engles, 1976-77	4
10 Tom Rouen, 2003-	3

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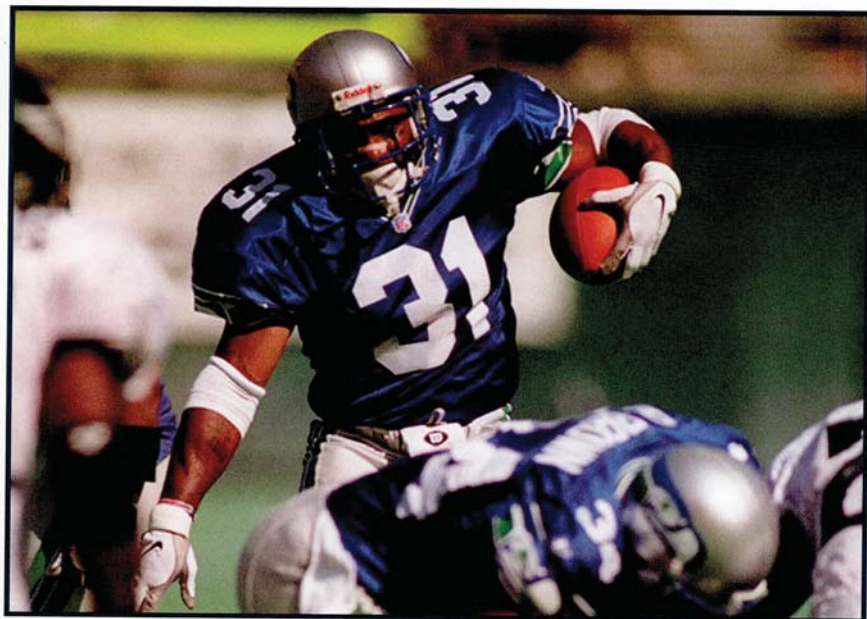
PLAYER, SEASONS	No.
1 Herman Weaver, 1977-80	5
2 Rick Engles, 1976-77	3
3 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-2002	2
Tom Rouen, 2003-	2
7 Ruben Rodriguez, 1987-89	1

PUNT RETURNS

PLAYER, SEASONS	No.
1 Chris Warren, 1990-97	94
2 Bobby Joe Edmonds, 1986-88	89
3 Joey Galloway, 1995-99	79
4 Paul Johns, 1981-84	74
5 Charlie Rogers, 1999-2001	73
6 Kelvin Martin, 1993-94	65
7 Bobby Engram, 2001-	58
8 Will Lewis, 1980-81	57
9 Paul Skansi, 1984-91	53
10 Ronnie Harris, 1994-98	44

FAIR CATCHES

PLAYER, SEASONS	No.
1 Chris Warren, 1990-97	60
2 Bobby Engram, 2001-	45
3 Charlie Rogers, 1999-2001	40
4 Kelvin Martin, 1993-94	35
5 Bobby Joe Edmonds, 1986-88	26
6 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
8 Ronnie Harris, 1994-98	22
9 Will Lewis, 1980-81	10
James Jefferson, 1989-93	10



Steve Broussard (1995-98)

PUNT RETURN YARDS

PLAYER, SEASONS	No.
1 Bobby Joe Edmonds, 1986-88	1,010
2 Charlie Rogers, 1999-2001	925
3 Paul Johns, 1981-84	843
4 Joey Galloway, 1995-99	823
5 Chris Warren, 1990-97	819
6 Bobby Engram, 2001-	640
7 Kelvin Martin, 1993	550
8 Paul Skansi, 1984-91	500
9 Will Lewis, 1980-81	449
10 Ronnie Harris, 1994-98	360

PUNT RETURN TD'S

PLAYER, SEASONS	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Engram, 2001-	2
4 Will Lewis, 1980-81	1
Bobby Joe Edmonds, 1986-88	1
Chris Warren, 1990-97	1
Charlie Rogers, 1999-2001	1

KICKOFF RETURNS

PLAYER, SEASONS	No.
1 Steve Broussard, 1995-98	165
2 Charlie Rogers, 1999-2001	134
3 Bobby Joe Edmonds, 1986-88	101
4 Chris Warren, 1990-97	86
5 Randall Morris, 1984-88	82
6 Maurice Morris, 2002-	81
7 Al Hunter, 1977-80	78
8 Zachary Dixon, 1983-84	74
9 Ahman Green, 1998-99	63
10 Michael Bates, 1993-94	56

KICKOFF RETURN YARDS

PLAYER, SEASONS	No.
1 Steve Broussard, 1995-98	3,900
2 Charlie Rogers, 1999-2001	3,214
3 Bobby Joe Edmonds, 1986-88	2,228
4 Maurice Morris, 2002-	1,828
5 Chris Warren, 1990-97	1,794
6 Al Hunter, 1977-80	1,717
7 Randall Morris, 1984-88	1,621
8 Zachary Dixon, 1983-84	1,594
9 Ahman Green, 1998-99	1,438
10 Michael Bates, 1993-94	1,111

KICKOFF RETURN TD'S

PLAYER, SEASONS	No.
1 Zachary Dixon, 1983-84	1
James Jefferson, 1989-93	1
Jon Vaughn, 1993-94	1
Steve Broussard, 1995-98	1
Charlie Rogers, 1999-2001	1
Maurice Morris, 2002-	1

FUMBLES

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	108
2 Jim Zorn, 1976-84	49
3 Curt Warner, 1983-89	38
Jon Kitna, 1997-00	38
5 Chris Warren, 1990-97	26
6 Rick Mirer, 1993-96	24
7 Sherman Smith, 1976-82	22
8 Kelly Stouffer, 1988-92	20
9 John L. Williams, 1986-93	18
10 Steve Largent, 1976-89	17

OWN FUMBLE RECOVERIES

PLAYER, SEASONS	No.
1 Dave Krieg, 1980-91	27
2 Jon Kitna, 1997-00	20
3 Curt Warner, 1983-89	13
4 Jim Zorn, 1976-84	12
5 Chris Warren, 1990-97	10
6 John L. Williams, 1986-93	9
7 Shaun Alexander, 2000-	8
8 Edwin Bailey, 1981-91	7
Sherman Smith, 1976-82	7
Rick Mirer, 1993-96	7

FORCED FUMBLES

PLAYER, SEASONS	No.
1 Jacob Green, 1980-91	28
2 Michael Sinclair, 1991-2001	24
3 Rufus Porter, 1988-94	14
4 Joe Nash, 1982-96	13
Bruce Scholtz, 1982-88	13
6 Jeff Bryant, 1982-93	12
7 Keith Butler, 1978-87	11
Keith Simpson, 1978-85	11
9 5 players tied with	10

FUMBLE RECOVERIES

PLAYER, SEASONS	No.
1 Jacob Green, 1980-91	17
2 Eugene Robinson, 1985-95	14
3 Chad Brown, 1997-	12
4 Dave Brown, 1976-86	11
Jeff Bryant, 1982-93	11
John Harris, 1978-85	11
7 Kenny Easley, 1981-87	9
Greg Gaines, 1981, 1983-88	9
Shelton Robinson, 1982-85	9
Terry Wooden, 1990-96	9
Michael Sinclair, 1991-2001	9

FUMBLE RETURN YARDS

PLAYER, SEASONS	No.
1 Michael Sinclair, 1991-2001	94
2 Corey Harris, 1995-96	85
Shawn Springs, 1997-03	85
4 Antonio Edwards, 1993-97	83
5 Chad Brown, 1997-	81
6 Jacob Green, 1980-91	79
7 Carlton Gray, 1993-96	62
John Harris, 1978-85	62
9 Fredd Young, 1984-87	58
10 Nesby Glasgow, 1988-92	56

FUMBLE RETURN TD'S

PLAYER, SEASONS	No.
1 Chad Brown, 1997-	3
2 Jacob Green, 1980-91	2
Shelton Robinson, 1982-85	2
Michael Sinclair, 1991-2001	2
5 16 tied with	1

TACKLES

PLAYER, SEASONS	No.
1 Eugene Robinson, 1985-95	984
2 Keith Butler, 1978-87	813
3 Joe Nash, 1982-96	779
4 Jacob Green, 1980-91	718
5 Chad Brown, 1997-	707
6 Jeff Bryant, 1982-93	689
7 Dave Brown, 1976-86	684
8 Cortez Kennedy, 1990-00	668
9 John Harris, 1978-85	649
10 Michael Jackson, 1979-86	574

QUARTERBACK SACKS

PLAYER, SEASONS	No.
1 Jacob Green, 1980-91	116.0
2 Michael Sinclair, 1991-2001	73.5
3 Jeff Bryant, 1982-93	63.0
4 Cortez Kennedy, 1990-00	58.0
5 Joe Nash, 1982-96	47.5
6 Chad Brown, 1997-	47.0
7 Rufus Porter, 1988-94	37.5
8 Sam Adams, 1994-99	22.0
9 Phillip Daniels, 1996-99	21.5
10 Manu Tuiaosopo, 1979-83	21.0

YARDS LOST ON SACKS

PLAYER, SEASONS	No.
1 Jacob Green, 1980-91	753.0
2 Jeff Bryant, 1982-93	469.0
3 Michael Sinclair, 1991-2001	418.5
4 Cortez Kennedy, 1990-00	390.5
5 Joe Nash, 1982-96	312.0
Rufus Porter, 1988-94	312.0
7 Chad Brown, 1997-	270.5
8 Bill Gregory, 1978-80	177.0
9 Sam Adams, 1994-99	157.0
10 Manu Tuiaosopo, 1979-83	156.0

BLOCKED PUNTS

PLAYER, SEASONS	No.
1 Kerry Justin, 1978-83, 1986-87	3
2 Don Dufek, 1976-77, 1979	2
Sam Merriman, 1983-87	2
Fredd Young, 1984-87	2
Patrick Hunter, 1986-94	2
6 Sam McCullum, 1976-81	1
Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Peter Cronan, 1977-79, 1981	1
Greg Gaines, 1981, 1983-88	1
Byron Walker, 1982-86	1
Terry Taylor, 1984-88, 1994	1
Tony Burse, 1987	1
Michael Bates, 1993-94	1
Alex Bannister, 2001-	1
D.D. Lewis, 2002-	1

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

PLAYER, SEASONS	No.
1 Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Jessie Green, 1979-80	1
Eric Lane, 1981-87	1
Sam Merriman, 1983-87	1
Paul Moyer, 1983-89	1
Terry Taylor, 1984-88, 1994	1
Eugene Robinson, 1985-95	1
Alex Bannister, 2001-	1

BLOCKED PAT'S

PLAYER, SEASONS	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Flones, 1981-82	1
Terry Wooden, 1990-96	1

BLOCKED FIELD GOALS

PLAYER, SEASONS	No.
1 Joe Nash, 1982-96	8
2 Jeff Bryant, 1982-93	3
3 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
6 16 players tied with	1

BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

PLAYER, SEASONS	No.
1 Robert Blackmon, 1990-96	1
Vernon Dean, 1988	1
Byron Walker, 1982-86	1
Shawn Springs, 1997-03	1

RETURN TOUCHDOWNS (TDs SCORED VIA INTERCEPTION, PUNT, KICKOFF, FUMBLE, BLOCKED PUNT, OR BLOCKED FG)

PLAYER, SEASONS	No.
1 Dave Brown, 1976-86	5
2 Jacob Green, 1980-91	4
Joey Galloway, 1995-99	4
Shawn Springs, 1997-03	4
Willie Williams, 1997-2003	4
6 Kenny Easley, 1981-87	3
Keith Simpson, 1978-86	3
Terry Taylor, 1984-88, 1994	3
Chad Brown, 1997-	3
10 13 players tied with	2

YEARLY LEADERS

TOUCHDOWNS

	G	TOT.	RUSH	REC.	RET.	PAT	PTS.	
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10#	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96

KICK SCORING

	G	PATs	FGs	PTS.
1976	John Leypoldt	11	19-22	43
1977	John Leypoldt	14	33-37	60
1978	Efren Herrera	16	40-44	79
1979	Efren Herrera	16	43-46	100
1980	Efren Herrera	16	33-33	93
1981	Efren Herrera	12	23-25	59
1982	Norm Johnson	9	13-14	43
1983	Norm Johnson	16	49-50	103
1984	Norm Johnson	16	50-51	110
1985	Norm Johnson	16	40-41	82
1986	Norm Johnson	16	42-42	108
1987	Norm Johnson	13	40-40	85
1988	Norm Johnson	16	39-39	105
1989	Norm Johnson	16	27-27	72
1990	Norm Johnson	16	33-34	102
1991	John Kasay	16	27-28	102
1992	John Kasay	16	14-14	56
1993	John Kasay	16	29-29	98
1994	John Kasay	16	25-26	85
1995	Todd Peterson	16	40-40	109
1996	Todd Peterson	16	27-27	111
1997	Todd Peterson	16	37-37	103
1998	Todd Peterson	16	41-41	98
1999	Todd Peterson	16	32-32	134
2000	Rian Lindell	12	25-25	70
2001	Rian Lindell	16	33-33	93
2002	Rian Lindell	16	38-38	107
2003	Josh Brown	16	48-48	114

* Led NFL; + Led AFC; # Tied AFC; ^ Led NFC

RUSHING

		G	ATT.	Yds.	AVG.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14

PASSING

	G/S	ATT.	COMP.	Yds.	PCT.	TD	INT.	RATE
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27 49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19 54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20 72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18 77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20 72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9 82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11 62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11 95.0
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24 83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20 76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11 91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15 87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8* 94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20 74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20 73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12 82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11 52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17 67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7* 70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+ 63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4 86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16 83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8 76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16 77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19 75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8 70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10 87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15 88.8

* Led NFL; + Led AFC; ^ Led NFC

RECEIVING

		G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57t	8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10#
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9

RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74	10
1978	Steve Largent	16	1168	71+	16.5	57	8
1979	Steve Largent	15	1237+	66	18.7	55	9
1980	Steve Largent	16	1064	66	16.1	67	6
1981	Steve Largent	16	1224	75	16.3	57	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46	11
1984	Steve Largent	16	1164	74	15.7	65	12
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38	9
1987	Steve Largent	13	912	58	15.7	55	8
1988	Brian Blades	16	682	40	17.1	55	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65	7
1997	Joey Galloway	15	1049	72	14.6	53	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10#
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9

* Led NFL; + Led AFC; # Tied AFC

INTERCEPTIONS

	G	No.	Yds.	AVG.	LG	TD
1976 Dave Brown	14	4	70	17.5	34	0
Rolly Woolsey	14	4	19	4.7	13	0
1977 Autry Beamon	14	6	36	6.0	16	0
1978 Cornell Webster	15	5	9	1.8	14	0
1979 Dave Brown	16	5	46	9.2	32t	1
1980 Dave Brown	16	6	32	5.3	24	0
John Harris	16	6	28	4.7	15	0
1981 John Harris	16	10+	155	15.5	42t	2+
1982 Kenny Easley	8	4	48	12.0	44	0
John Harris	9	4	33	8.3	18	0
1983 Kenny Easley	16	7	96	13.2	38	0
1984 Kenny Easley	16	10+	126	12.6	58t	2*
1985 John Harris	16	7	20	2.9	17	0
1986 Dave Brown	16	5	58	11.6	24	1
1987 Kenny Easley	12	4	47	11.8	22	0
1988 Paul Moyer	16	6	79	13.2	34	0
1989 Eugene Robinson	16	5	24	4.8	20	0
1990 Eugene Robinson	16	3	89	29.7	39	0
Dwayne Harper	16	3	69	23.0	47	0
1991 Eugene Robinson	16	5	56	11.2	27	0
1992 Eugene Robinson	16	7	126	18.0	49	0
1993 Eugene Robinson	16	9*	80	8.9	28	0
1994 Patrick Hunter	5	3	85	28.3	51	0
Terry Wooden	16	3	78	26.0	69t	1
Orlando Watters	16	3	39	13.0	18	1
Eugene Robinson	13	3	18	6.0	18	0
1995 Robert Blackmon	13	5	46	9.2	21	0
1996 Darryl Williams	16	5	148	29.6	79	1
1997 Darryl Williams	16	8+	172	21.5	44	1
1998 Shawn Springs	16	7	142	20.3	56t	2#
1999 Shawn Springs	16	5	77	15.4	42	0
Willie Williams	16	5	43	8.6	40t	1
2000 Jay Bellamy	16	4	132	33.0	84t	1
Willie Williams	16	4	74	18.5	69t	1
2001 Willie Williams	16	4	24	6.0	24	0
2002 Reggie Tongue	16	5	118	23.6	46t	1
2003 Reggie Tongue	14	4	11	2.8	10	0

* Led NFL; + Led AFC; # Tied AFC



Randall Morris (1984-88)

PUNTING

		G	No.	Yds.	AVG.	NET	LG	TB	I20	BLK.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2

PUNT RETURNS

		G	No.	FC	Yds.	AVG.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

KICKOFF RETURNS

	G	No.	Yds.	Avg.	LG	TD	
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0

* Led NFL; + Led AFC

SACKS

	G	No.		G	No.		
1976	Steve Niehaus	14	9.5	1991	Rufus Porter	15	10.0
1977	Alden Roche	12	3.5	1992	Cortez Kennedy	16	14.0
1978	Bill Gregory	16	9.0	1993	Michael Sinclair	9	8.0
1979	Manu Tuiasosopo	16	8.0	1994	Michael Sinclair	12	4.5
1980	Jacob Green	14	6.5	1995	Antonio Edwards	13	6.5
1981	Jacob Green	16	12.0		Cortez Kennedy	16	6.5
1982	Jeff Bryant	9	3.0	1996	Michael McCrary	16	13.5+
	Jacob Green	9	3.0	1997	Michael Sinclair	16	12.0
1983	Jacob Green	16	16.0	1998	Michael Sinclair	16	16.5*
1984	Jeff Bryant	16	14.5	1999	Phillip Daniels	16	9.0
1985	Jacob Green	16	13.5	2000	Chad Brown	16	6.0
1986	Jacob Green	16	12.0		Lamar King	14	6.0
1987	Jacob Green	12	9.5	2001	John Randle	15	11.0
1988	Jacob Green	16	9.0	2002	John Randle	12	7.0
1989	Rufus Porter	16	10.5	2003	Chike Okeafor	16	8.0
1990	Jacob Green	16	12.5				

* Led NFL; + Led AFC

SACK ATTACK

The 2003 Seahawks finished the season ranked seventh in the NFL with 40 sacks, the most since collecting 53 in 1998. Fourteen different players had at least one sack. Only one other team had as many players with a sack. No Seahawks player totaled more than 8.0, Chike Okeafor.

DEFENSIVE STATISTICS

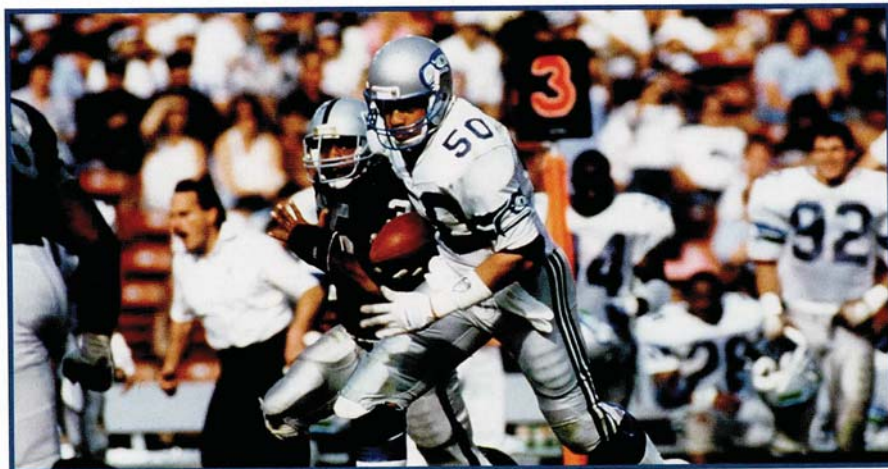
TACKLES

Includes solo and assists

		G	No.			G	No.
1976	Dave Brown	14	111	1990	Nesby Glasgow	16	83
1977	Terry Beeson	14	134	1991	Terry Wooden	16	100
1978	Terry Beeson	16	153	1992	Eugene Robinson	16	94
1979	Terry Beeson	16	114	1993	Eugene Robinson	16	111
1980	Michael Jackson	15	136	1994	Rod Stephens	16	128
1981	Michael Jackson	16	140	1995	Terry Wooden	16	135
1982	Michael Jackson	8	64	1996	Dean Wells	16	107
1983	Bruce Scholtz	16	104	1997	Chad Brown	15	104
1984	Shelton Robinson	16	93	1998	Chad Brown	16	150
1985	Fredd Young	16	118	1999	Chad Brown	15	117
1986	Fredd Young	15	121	2000	Anthony Simmons	16	147
1987	Fredd Young	13	101	2001	Anthony Simmons	16	123
1988	Eugene Robinson	16	114	2002	Reggie Tongue	16	93
1989	Eugene Robinson	16	102	2003	Anthony Simmons	13	100

SPECIAL TEAMS TACKLES

		G	No.			G	No.
1976	Don Dufek	14	15	1990	James Jones	16	15
1977	Peter Cronan	14	11	1991	David Daniels	16	12
	Charles McShane	14	11		Rod Stephens	16	12
1978	Cornell Webster	15	12		Chris Warren	16	12
1979	Don Dufek	13	18	1992	Tracy Johnson	16	18
1980	Don Dufek	8	13	1993	Michael Bates	16	22
1981	Mike Tice	16	11	1994	Dean Wells	15	16
1982	Eric Lane	9	6	1995	Mack Strong	16	19
	Ken McAlister	9	6	1996	Jay Bellamy	16	34
1983	Don Dufek	14	18	1997	Tim Hauck	16	22
1984	Sam Merriman	16	21	1998	Kerry Joseph	16	14
1985	John Kaiser	16	14	1999	James Logan	16	18
1986	Eric Lane	15	16	2000	Isaiah Kacyvenski	16	15
1987	David Hollis	11	10	2001	Isaiah Kacyvenski	16	21
1988	Rufus Porter	16	16	2002	Terreal Bierria	14	16
1989	Rufus Porter	16	13	2003	Alex Bannister	16	18



Fredd Young (1984-87)

TOP SINGLE-GAME PERFORMANCES

(CHRONOLOGICAL)

100 YARDS RUSHING

PLAYER	OPPONENT	ATT.	Yds.	AVG.	LG	TD
1 *Sherman Smith	vs. Atlanta 11/7/76	14	124	8.9	53t	1
2 David Sims	at N.Y. Jets 9/17/78	23	121	5.3	25	3
3 David Sims	at Green Bay 10/15/78	22	104	4.7	12	1
4 Sherman Smith	at Chicago 11/5/78	23	152	6.6	67t	2
5 David Sims	vs. Baltimore 11/12/78	14	106	7.6	44t	2
6 Al Hunter	vs. Kansas City 12/17/78	27	133	4.9	55t	2
7 Dan Doornink	at Atlanta 10/29/79	21	122	5.8	26t	2
8 Jim Jodat	at Washington 9/28/80	22	117	5.3	12	0
9 Theotis Brown	at N.Y. Jets 10/25/81	14	104	7.4	43	0
10 *Curt Warner	at N.Y. Jets 9/11/83	25	128	5.1	31	2
11 *Curt Warner	vs. San Diego 9/18/83	22	109	5.9	23	2
12 *Curt Warner	at L.A. Raiders 10/30/83	23	101	4.4	24	1
13 *Curt Warner	vs. Denver 11/6/83	24	135	5.6	23	0
14 *Curt Warner	vs. Kansas City 11/27/83 (OT)	32	207	6.5	28	3
15 *Curt Warner	vs. New England 12/18/83	26	116	4.5	14	0
16 Eric Lane	at Minnesota 9/30/84	14	113	8.1	40t	1
17 Curt Warner	at San Diego 9/15/85	28	169	6.0	21	2
18 Curt Warner	at Denver 10/20/85 (OT)	27	136	5.0	19	0
19 Curt Warner	vs. New England 11/17/85	24	105	4.4	24	0
20 Curt Warner	vs. Pittsburgh 9/7/86	21	114	5.4	31	0
21 Curt Warner	at Washington 9/28/86	16	106	6.6	29	1
22 Curt Warner	vs. San Diego 10/6/86	28	142	5.1	21	0
23 Curt Warner	at Denver 10/26/86	21	139	6.6	14	0
24 Curt Warner	at Dallas 11/27/86	22	122	5.5	19	1
25 Curt Warner	vs. L.A. Raiders 12/8/86	23	116	5.0	18	2
26 Curt Warner	vs. Denver 12/20/86	24	192	8.0	60t	3
27 John L. Williams	vs. Kansas City 9/20/87	15	112	7.5	48	1
28 Curt Warner	at L.A. Raiders 10/25/87	29	112	3.9	9	2
29 Curt Warner	vs. Green Bay 11/15/87	25	123	4.9	57	1
30 Curt Warner	vs. San Diego 11/22/87	23	119	5.2	27	1
31 Curt Warner	at Atlanta 10/2/88	22	110	5.0	21	1
32 John L. Williams	vs. Houston 11/13/88	13	102	7.8	44t	1
33 Curt Warner	vs. L.A. Raiders 11/28/88	27	130	4.8	26	0
John L. Williams	vs. L.A. Raiders 11/28/88	17	105	6.2	24	0
35 Curt Warner	vs. Denver 12/11/88	23	126	5.5	18	4
John L. Williams	vs. Denver 12/11/88	20	109	5.5	18	0
37 Curt Warner	at L.A. Raiders 10/1/89	21	102	4.8	21	1
38 Derrick Fenner	at Denver 9/23/90 (OT)	22	144	6.5	28	3
39 Derrick Fenner	at Green Bay 12/9/90	20	112	5.5	36	1
40 John L. Williams	vs. Denver 11/24/91	17	109	6.4	42	0
41 Chris Warren	at New England 9/20/92	24	122	5.1	33	1
42 Chris Warren	vs. Washington 11/8/92	19	103	5.4	36	0
43 Chris Warren	vs. Kansas City 11/22/92	20	154	7.7	35	1
44 Chris Warren	at New England 9/19/93	36	174	4.5	17	1
45 Chris Warren	vs. Cleveland 11/14/93	24	112	4.7	20	0
46 Chris Warren	vs. Phoenix 12/19/93 (OT)	27	168	6.2	45	1
47 Jon Vaughn	vs. Pittsburgh 12/26/93	26	131	5.0	37	0
48 Chris Warren	at Washington 9/4/94	22	100	4.5	13	2
49 Chris Warren	vs. Pittsburgh 9/25/94	26	126	4.8	28	1
50 Chris Warren	at Kansas City 10/23/94	19	117	6.2	41	0
51 Chris Warren	at Denver 11/13/94	18	122	6.8	23	1
52 Chris Warren	vs. Tampa Bay 11/20/94	16	116	7.3	31	0
53 Chris Warren	at Houston 12/11/94	30	185	6.2	33	1
54 Chris Warren	vs. L.A. Raiders 12/18/94	24	122	5.1	33	1
55 John L. Williams	at Kansas City 1/2/94	16	102	6.4	38	1

* Rookie

PLAYER	OPPONENT	ATT.	YDS.	AVG.	LG	TD
56	Chris Warren vs. Cincinnati 9/17/95	24	109	4.5	30	1
57	Chris Warren vs. Denver 10/1/95	24	115	4.8	18	3
58	Chris Warren vs. San Diego 10/22/95	18	112	6.2	17	2
59	Chris Warren at Arizona 10/29/95 (OT)	23	127	5.5	52	0
60	Chris Warren at Jacksonville 11/12/95	27	121	4.5	29	1
61	Chris Warren at Washington 11/19/95	29	136	4.7	14	1
62	Chris Warren at Denver 12/10/95	18	101	5.6	24	1
63	Chris Warren vs. Oakland 12/17/95	17	105	6.2	35	3
64	Chris Warren vs. Green Bay 9/29/96	18	103	5.7	37	1
65	Lamar Smith at Detroit 10/17/96	33	148	4.5	18	1
66	Chris Warren vs. San Diego 10/27/96	19	146	7.7	50	1
67	Chris Warren vs. Buffalo 12/8/96	21	116	5.5	51	0
68	Steve Broussard vs. Tennessee 10/5/97	6	138	23.0	77	2
69	*Ahman Green at Philadelphia 9/6/98	6	100	16.7	64	1
70	Ricky Watters vs. Arizona 9/13/98	22	105	4.8	17	0
71	Ricky Watters vs. Washington 9/20/98	24	136	5.7	33	1
72	Ricky Watters vs. Kansas City 11/8/98	24	105	4.4	13	2
73	Ricky Watters vs. Indianapolis 12/20/98	32	178	4.2	38	1
74	Ricky Watters at Green Bay 11/1/99	31	125	4.0	45	0
75	Ricky Watters vs. Cincinnati 11/7/99	27	133	4.9	19t	1
76	Ricky Watters at Kansas City 11/21/99	24	107	4.5	45	2
77	Ricky Watters at Denver 12/19/99	16	115	7.2	26	1
78	Ricky Watters vs. New Orleans 9/17/00	22	105	4.8	16	1
79	Ricky Watters vs. Oakland 12/16/00	26	168	6.5	53	0
80	Shaun Alexander vs. Jacksonville 10/7/01	31	176	5.7	23	2
81	Shaun Alexander vs. Denver 10/14/01	33	142	4.3	60t	2
82	Shaun Alexander vs. Oakland 11/11/01	35	266	7.6	88t	3
83	Ricky Watters vs. Dallas 12/16/01	28	104	3.7	18	1
84	Shaun Alexander vs. Kansas City 1/6/02	20	127	6.4	44t	1
85	Shaun Alexander vs. Minnesota 9/29/02	24	139	5.8	43	4
86	Shaun Alexander vs. Kansas City 11/24/02	23	145	6.3	46t	2
87	Shaun Alexander vs. Philadelphia 12/8/02	17	123	7.2	58	0
88	Shaun Alexander at Atlanta 12/15/02	28	127	4.5	27t	2
89	Shaun Alexander vs. New Orleans 9/7/03	24	108	4.5	15	1
90	Shaun Alexander at Green Bay 10/5/03	20	102	5.1	18	1
91	Shaun Alexander vs. Chicago 10/19/03	21	101	4.8	25t	2
92	Shaun Alexander vs. Detroit 11/16/03	20	110	5.5	55	1
93	Shaun Alexander vs. Cleveland 11/30/03	27	127	4.7	21	1
94	Shaun Alexander at St. Louis 12/14/03	25	126	5.0	35	1
95	Shaun Alexander vs. Arizona 12/21/03	21	135	6.4	44t	2

* Rookie

100 YARDS: Warren 24, Warner 23, Alexander 15, Watters 11, Williams 6, Sims 3, Fenner 2, S. Smith 2, Broussard 1, Brown 1, Doornink 1, Green 1, Hunter 1, Jodat 1, Lane 1, L. Smith 1, Vaughn 1.

100 YARDS RECEIVING (CHRONOLOGICAL)

PLAYER	OPPONENT	No.	YDS.	AVG.	LG	TD
1	Sam McCullum vs. St. Louis 9/12/76	4	112	28.0	72t	2
2	* Steve Largent vs. San Francisco 9/26/76	7	128	18.3	41	1
3	Steve Raible at Minnesota 11/14/76	3	112	37.7	80t	1
4	* Steve Largent vs. New Orleans 11/21/76	6	101	16.8	22	1
5	+*David Sims at Cincinnati 9/25/77	4	105	26.3	82t	1
6	Steve Largent vs. Buffalo 10/30/77	4	134	33.5	48t	2
	Duke Ferguson vs. Buffalo 10/30/77	4	113	28.3	45	1
8	Steve Largent vs. San Diego 11/27/77	4	116	29.0	74t	2
9	Steve Largent vs. San Diego 9/3/78	6	127	21.2	33t	1
10	Steve Largent at Green Bay 10/15/78	6	127	21.2	48t	1
11	Steve Largent at Chicago 11/5/78	6	126	21.0	31	2
12	Steve Largent vs. Cleveland 12/3/78	8	108	13.5	27	1
13	Steve Largent vs. L.A. Raiders 9/16/79	5	139	27.8	40t	2
14	Steve Largent at Denver 9/23/79	6	110	18.3	42	0

* Rookie; + Running Back; ^ Tight End

	PLAYER	OPPONENT	No.	Yds.	Avg.	LG	TD
15	Steve Largent	vs. Houston 10/21/79	6	135	22.5	55t	2
16	Steve Largent	vs. New Orleans 11/18/79	9	146	16.2	34t	2
17	Steve Largent	at Atlanta 10/29/79	6	127	21.2	53	0
18	Steve Largent	at Kansas City 12/2/79	9	120	13.3	28	2
19	Sam McCullum	vs. Denver 12/8/79	5	102	20.4	58	0
20	Sam McCullum	at Oakland 12/16/79	8	173	21.6	65t	1
21	Steve Largent	vs. New England 9/21/80	6	127	21.2	31t	2
22	Sam McCullum	at N.Y. Jets 10/19/80	5	107	21.4	58	0
23	Steve Largent	at Oakland 10/26/80	4	142	35.5	67t	1
24	Steve Largent	vs. Philadelphia 11/2/80	6	101	16.8	27	1
25	Steve Largent	vs. N.Y. Giants 12/7/80	8	139	17.4	34t	1
26	Steve Largent	at Cincinnati 9/6/81	8	114	14.3	36	1
27	Sam McCullum	at Oakland 9/20/81	6	122	20.3	36t	1
28	+*David Hughes	vs. Kansas City 9/27/81	12	103	8.6	22	0
29	Steve Largent	vs. San Diego 10/4/81	5	118	23.6	34	1
30	Steve Largent	vs. N.Y. Jets 12/6/81	7	169	24.1	57	1
31	Paul Johns	at Denver 11/21/82	5	103	20.6	35	0
32	Steve Largent	vs. Pittsburgh 11/28/82	5	109	21.8	45	0
33	Steve Largent	vs. Chicago 12/12/82	8	111	13.9	34	0
34	Steve Largent	vs. San Diego 9/18/83	8	116	14.5	41t	2
35	Steve Largent	vs. Washington 9/25/83	8	130	19.3	45	2
36	^Charle Young	at San Diego 10/9/83	7	140	20.0	43	0
37	Paul Johns	vs. Pittsburgh 10/23/83	6	118	19.7	28t	1
38	Steve Largent	at St. Louis 11/13/83	8	155	19.4	45	3
39	Paul Johns	at Denver 11/20/83	9	116	12.9	20	0
40	Steve Largent	vs. New England 12/18/83	7	133	19.0	46	1
41	Paul Johns	at New England 9/16/84	8	105	13.1	25	0
42	Steve Largent	at Minnesota 9/30/84	8	130	16.3	30	1
43	Steve Largent	vs. Buffalo 10/14/84	5	106	21.2	51t	2
44	Steve Largent	at Green Bay 10/21/84	7	129	18.4	31	1
45	Steve Largent	at Denver 11/25/84	12	191	15.9	65	1
46	Steve Largent	vs. Detroit 12/2/84	8	104	13.0	22	2
47	Daryl Turner	at San Diego 9/15/85	7	121	17.3	34	4
48	Steve Largent	at New Orleans 11/10/85	5	110	22.0	43	0
49	Steve Largent	vs. New England 11/17/85	8	138	17.3	27	0
50	Steve Largent	vs. Kansas City 12/1/85	7	101	14.4	31	1
51	Steve Largent	vs. Atlanta 10/13/85	8	103	12.9	27	1
52	Ray Butler	at New England 9/21/86	3	128	42.7	67t	2
53	Byron Franklin	vs. San Diego 10/6/86	5	118	23.6	46t	1
54	Steve Largent	vs. N.Y. Jets 11/2/86	7	108	15.4	30	1
55	Steve Largent	at Cincinnati 11/16/86	7	102	14.6	28	0
56	Steve Largent	vs. Denver 12/20/86	6	101	16.8	27	0
57	Jimmy Teal	vs. Miami 10/4/87	9	137	15.2	47	0
58	Steve Largent	at Detroit 10/18/87	15	261	17.4	55	3
59	Ray Butler	vs. Denver 12/13/87	6	107	17.8	40t	2
60	+John L. Williams	at Chicago 12/20/87	8	117	14.6	75t	1
61	*Brian Blades	vs. New Orleans 10/16/88	8	145	18.1	52	1
62	Brian Blades	at L.A. Raiders 12/11/88	4	123	30.8	55	2
	+John L. Williams	at L.A. Raiders 12/18/88	7	180	25.7	75t	1
64	Brian Blades	vs. Phoenix 9/17/89	9	146	16.2	28	1
65	Brian Blades	at L.A. Raiders 10/1/89	7	113	16.1	32	1
66	Brian Blades	vs. San Diego 10/29/89	10	117	11.7	21	1
67	Brian Blades	at Denver 11/26/89	8	122	15.3	29	0
68	Brian Blades	at Cincinnati 12/10/89	6	107	17.8	60t	1
69	+John L. Williams	vs. L.A. Raiders 12/17/89	12	129	10.8	36	1
70	+John L. Williams	at San Diego 11/25/90	9	110	12.2	60	0
71	Tommy Kane	at Miami 12/16/90	10	162	16.2	25	0
72	Brian Blades	at New Orleans 9/1/91	12	160	13.3	31	2
73	Brian Blades	at Denver 9/15/91	5	107	21.4	47	1
	Tommy Kane	at Denver 9/15/91	6	122	20.3	38	0
75	Tommy Kane	at Pittsburgh 10/20/91	6	102	17.0	60t	0

* Rookie; + Running Back; ^ Tight End

PLAYER	OPPONENT	NO	YDS	AVG.	LG	TD
76	Brian Blades at San Diego 11/10/91	8	131	16.4	39	0
77	Brian Blades vs. San Diego 12/27/92	6	103	17.2	37	0
78	Brian Blades vs. San Diego 10/3/93	10	132	13.2	20	1
79	Brian Blades vs. Kansas City 12/5/93	7	134	19.1	41	0
80	Kelvin Martin at Indianapolis 10/2/94	8	104	13.0	30t	1
81	Brian Blades vs. Kansas City 11/27/94	7	141	20.1	34	0
82	Brian Blades vs. Kansas City 9/3/95	8	107	13.4	23	1
83	* Joey Galloway at Buffalo 10/15/95	5	102	20.4	54t	1
84	Brian Blades vs. N.Y. Giants 11/5/95	6	153	25.5	44	2
85	* Joey Galloway at Jacksonville 11/12/95	5	114	22.8	38	2
86	Brian Blades at Denver 12/10/95	7	127	18.1	49	0
87	* Joey Galloway vs. Oakland 12/17/95	5	108	21.6	43	1
88	Joey Galloway at Miami 10/6/96	5	137	27.4	65t	2
89	Joey Galloway at Denver 12/1/96	5	108	21.6	43	0
90	Joey Galloway vs. San Diego 9/21/97	5	106	21.2	53	1
91	James McKnight vs. Oakland 10/26/97	4	100	25.0	42t	1
	Joey Galloway vs. Oakland 10/26/97	7	117	16.7	45	3
93	Joey Galloway vs. San Francisco 12/21/97	6	101	16.8	37	2
94	Joey Galloway at Philadelphia 9/6/98	6	142	23.7	35t	2
95	Joey Galloway at Pittsburgh 9/27/98	7	139	19.9	40	0
96	Joey Galloway at San Diego 10/25/98	4	130	32.5	81t	1
97	James McKnight vs. Tennessee 11/29/98	5	113	22.6	59t	1
98	Joey Galloway at New York Jets 12/6/98	2	127	63.5	70t	2
99	Derrick Mayes at Chicago 9/19/99	7	137	19.6	34t	1
100	Sean Dawkins at Pittsburgh 9/26/99	5	105	21.0	43	0
101	Derrick Mayes vs. Buffalo 10/24/99	6	105	17.5	43	2
102	Sean Dawkins at Kansas City 11/21/99	5	114	22.8	45	1
103	Sean Dawkins vs. Indianapolis 10/15/00	6	118	19.7	40	0
104	+Ricky Watters vs. Denver 11/26/00	9	126	14.0	59	0
105	Darrell Jackson at Oakland 9/30/01	5	125	25.0	54	0
106	Darrell Jackson vs. Miami 10/28/01	5	121	24.2	64	1
107	Darrell Jackson vs. Oakland 11/11/01	7	102	14.6	31	1
108	Darrell Jackson at Denver 12/9/01	4	104	26.0	39	1
109	Darrell Jackson at San Diego 12/30/01	5	114	22.8	48	2
	James Williams at San Diego 12/30/01	4	101	25.3	46	1
111	Darrell Jackson vs. Arizona 9/15/02	10	174	17.4	48	0
112	Koren Robinson at St. Louis 10/20/02	3	166	53.3	83	1
113	Koren Robinson vs. Washington 11/3/02	8	100	12.5	23	0
114	Koren Robinson vs. Kansas City 11/24/02	8	168	21.0	44	1
115	Darrell Jackson at San Francisco 12/1/02	7	114	16.3	37	2
116	Koren Robinson at Atlanta 12/15/02	9	143	15.9	35	0
117	Koren Robinson at San Diego 12/29/02	9	103	11.4	21	1
	^ Itula Mili at San Diego 12/29/02	7	119	17.0	49	0
119	Darrell Jackson at Arizona 9/14/03	3	133	44.3	66t	2
120	Darrell Jackson at Baltimore 11/23/03	7	146	20.9	80t	2
121	Darrell Jackson vs. Cleveland 11/30/03	8	102	12.8	26t	2
	Koren Robinson vs. Cleveland 11/30/03	6	122	20.3	32	0

* Rookie; + Running Back; ^ Tight End

100 Yards: Largent 40, Blades 17, Galloway 12, Jackson 10, Robinson 6, McCullum 5, Johns 4, J.L. Williams 4, Dawkins 3, Kane 3, Butler 2, Mayes 2, McKnight 2, Ferguson 1, Franklin 1, Hughes 1, Martin 1, Mili 1, Raible 1, Sims 1, Teal 1, Turner 1, Watters 1, J. Williams 1, C. Young 1.

300 YARDS PASSING (CHRONOLOGICAL)

PLAYER	OPPONENT	ATT.	COMP.	YDS.	LG	TD	INT.
1	Jim Zorn vs. San Diego 9/3/78	32	21	329	64t	2	1
2	Jim Zorn at Green Bay 10/15/78	32	17	308	48t	1	2
3	Jim Zorn vs. New Orleans 11/18/79	33	24	384	51t	4	0
4	Jim Zorn vs. Denver 12/8/79	39	22	308	58	2	2
5	Jim Zorn at Oakland 12/16/79	35	23	314	65t	2	1
6	Jim Zorn vs. New England 9/21/80	36	20	312	40	4	1

	PLAYER	OPPONENT	ATT.	COMP.	YDS.	LG	TD	INT.
7	Jim Zorn	vs. Kansas City 9/27/81	47	31	308	23	1	0
8	Jim Zorn	at Oakland 9/20/81	43	24	327	36t	1	1
9	Jim Zorn	at Denver 11/21/82	41	22	318	35t	1	1
10	Dave Krieg	at Denver 11/20/83	42	31	418	50t	3	4
11	Dave Krieg	at Green Bay 10/21/84	35	22	310	31	2	2
12	Dave Krieg	at Denver 11/25/84	44	30	406	80t	3	0
13	Dave Krieg	vs. Denver 12/15/84	50	30	334	30	2	2
14	Dave Krieg	at San Diego 9/15/85	32	22	307	40	5	0
15	Dave Krieg	vs. Atlanta 10/13/85	51	33	405	54	4	1
16	Dave Krieg	at San Diego 12/14/86	21	15	305	72t	4	0
17	Bruce Mathison	vs. Miami 10/4/87	42	20	326	47	2	3
18	Jeff Kemp	at Detroit 10/18/87	27	20	344	55	4	1
19	* Kelly Stouffer	vs. New Orleans 10/16/88	46	27	370	52	1	1
20	Dave Krieg	at L.A. Raiders 12/18/88	32	19	410	75t	4	1
21	Dave Krieg	vs. San Diego 10/29/89	49	27	311	24	1	2
22	Dave Krieg	at Kansas City 11/11/90	23	16	306	54t	2	0
23	Jeff Kemp	at Denver 9/15/91	50	21	322	47	0	2
24	Dave Krieg	at San Diego 11/10/91	39	29	379	49	2	1
25	John Friesz	vs. Houston 11/3/96	38	24	323	44	1	2
26	Warren Moon	vs. Oakland 10/26/97	44	28	409	45	5	0
27	Trent Dilfer	vs. Arizona 9/15/02	47	29	352	48	1	0
28	Matt Hasselbeck	vs. Kansas City 11/24/02	25	36	362	44	3	0
29	Matt Hasselbeck	at San Francisco 12/1/02	55	30	427	39	3	2
30	Matt Hasselbeck	vs. St. Louis 12/22/02	32	20	303	44	1	0
31	Matt Hasselbeck	at San Diego 12/29/02	53	36	449	49	2	2
32	Matt Hasselbeck	at Cincinnati 10/26/03	43	26	347	46t	3	3
33	Matt Hasselbeck	at Baltimore 11/23/03	41	23	333	80t	5	0
34	Matt Hasselbeck	vs. Cleveland 11/30/03	35	26	328	32	3	1
35	Matt Hasselbeck	at San Francisco 12/27/03	37	24	315	31t	2	2

* Rookie

300 Yards: Krieg 11, Zorn 9, Hasselbeck 8, Kemp 2, Dilfer 1, Friesz 1, Mathison 1, Moon 1, Stouffer 1.

3.0 SACKS (CHRONOLOGICAL)

	PLAYER	OPPONENT	SACKS	YARDS
1	Bill Gregory	vs. Denver 10/29/78	3.0	10.0
2	Jacob Green	vs. L.A. Raiders 10/16/83	3.5	24.5
3	Jacob Green	vs. New England 12/18/83	3.0	29.0
4	Jacob Green	vs. Cleveland 9/3/84	3.0	24.0
5	Jeff Bryant	vs. Detroit 12/2/84	3.0	19.0
6	Jacob Green	vs. Cleveland 12/8/85	3.0	15.0
7	Jacob Green	vs. N.Y. Giants 10/19/86	4.0	29.0
8	Jacob Green	vs. Philadelphia 11/23/86	3.0	12.0
9	Fredd Young	vs. Philadelphia 11/23/86	3.0	17.0
10	Jacob Green	vs. Kansas City 9/11/88	3.0	28.0
11	Rufus Porter	at San Diego 10/15/89	3.0	20.0
12	Jacob Green	vs. Detroit 12/30/90	3.0	14.0
13	Rufus Porter	vs. Denver 11/24/91	3.0	16.0
14	Cortez Kennedy	at New England 9/20/92	3.0	23.0
15	Michael Sinclair	vs. San Diego 10/3/93	3.0	23.0
16	Michael Sinclair	vs. Denver 9/8/96	3.0	19.0
17	Michael Sinclair	vs. Kansas City 9/15/96	4.0	13.0
18	Michael Sinclair	vs. Buffalo 12/8/96	3.0	15.0
19	Michael McCrary	at Jacksonville 12/15/96	3.0	13.0
20	Michael McCrary	at Oakland 12/22/96	4.0	15.0
21	Chad Brown	at Indianapolis 9/14/97	3.0	27.0
22	Cortez Kennedy	at Green Bay 11/1/99	3.0	30.0
23	John Randle	at San Diego 12/29/02	3.0	26.0

3.0 Sacks: Green 8, Sinclair 4, Kennedy 2, McCrary 2, Porter 2, Brown 1, Bryant 1, Gregory 1, Randle 1, Young 1.

TOP SINGLE-GAME PERFORMANCES

100 YARDS RUSHING

PLAYER	OPPONENT	ATT.	Yds.	AVG.	LG	TD
1 Shaun Alexander	vs. Oakland 11/11/01	35	266	7.6	88t	3
2 *Curt Warner	vs. Kansas City 11/27/83 (OT)	32	207	6.5	28	3
3 Curt Warner	vs. Denver 12/20/86	24	192	8.0	60t	3
4 Chris Warren	at Houston 12/11/94	30	185	6.2	33	1
5 Ricky Watters	vs. Indianapolis 12/20/98	32	178	4.2	38	1
6 Shaun Alexander	vs. Jacksonville 10/7/01	31	176	5.7	23	2
7 Chris Warren	at New England 9/19/93	36	174	4.5	17	1
8 Curt Warner	at San Diego 9/15/85	28	169	6.0	21	2
9 Chris Warren	vs. Phoenix 12/19/93 (OT)	27	168	6.2	45	1
Ricky Watters	vs. Oakland 12/16/00	26	168	6.5	53	0
11 Chris Warren	vs. Kansas City 11/22/92	20	154	7.7	35	1
12 Sherman Smith	at Chicago 11/5/78	23	152	6.6	67t	2
13 Lamar Smith	at Detroit 10/17/96	33	148	4.5	18	1
14 Chris Warren	vs. San Diego 10/27/96	19	146	7.7	50	1
15 Shaun Alexander	vs. Kansas City 11/24/02	23	145	6.3	46t	2
16 Derrick Fenner	at Denver 9/23/90 (OT)	22	144	6.5	28	3
17 Curt Warner	vs. San Diego 10/6/86	28	142	5.1	21	0
Shaun Alexander	vs. Denver 10/14/01	33	142	4.3	60t	2
19 Curt Warner	at Denver 10/26/86	21	139	6.6	14	0
Shaun Alexander	vs. Minnesota 9/29/02	24	139	5.8	43	4
21 Steve Broussard	vs. Tennessee 10/5/97	6	138	23.0	77	2
22 Curt Warner	at Denver 10/20/85 (OT)	27	136	5.0	19	0
Chris Warren	at Washington 11/19/95	29	136	4.7	14	1
Ricky Watters	vs. Washington 9/20/98	24	136	5.7	33	1
25 *Curt Warner	vs. Denver 11/6/83	24	135	5.6	23	0
Shaun Alexander	vs. Arizona 12/21/03	21	135	6.4	44t	2
27 Ricky Watters	vs. Cincinnati 11/8/99	27	133	4.9	19t	1
Al Hunter	vs. Kansas City 12/17/78	27	133	4.9	55t	2
29 Jon Vaughn	vs. Pittsburgh 12/26/93	26	131	5.0	37	0
30 Curt Warner	vs. L.A. Raiders 11/28/88	27	130	4.8	26	0
31 *Curt Warner	at N.Y. Jets 9/11/83	25	128	5.1	31	2
32 Chris Warren	at Arizona 10/29/95 (OT)	23	127	5.5	52	0
Shaun Alexander	vs. Kansas City 1/6/02	20	127	6.4	44t	1
Shaun Alexander	at Atlanta 12/15/02	28	127	4.5	27t	2
Shaun Alexander	vs. Cleveland 11/30/03	27	127	4.7	21	1
36 Curt Warner	vs. Denver 12/11/88	23	126	5.5	18	4
Chris Warren	vs. Pittsburgh 9/25/94	26	126	4.8	28	1
Shaun Alexander	at St. Louis 12/14/03	25	126	5.0	35	1
39 Ricky Watters	at Green Bay 11/1/99	31	125	4.0	45	2
40 *Sherman Smith	vs. Atlanta 11/7/76	14	124	8.9	53t	1
41 Curt Warner	vs. Green Bay 11/15/87	25	123	4.9	57	1
Shaun Alexander	vs. Philadelphia 12/8/02	17	123	7.2	58	0
43 Dan Doornink	at Atlanta 10/29/79	21	122	5.8	26t	2
Curt Warner	at Dallas 11/27/86	22	122	5.5	19	1
Chris Warren	at New England 9/20/92	24	122	5.1	24	1
Chris Warren	vs. L.A. Raiders 12/18/94	24	122	5.1	33	1
Chris Warren	at Denver 11/13/94	18	122	6.8	23	1
48 David Sims	at N.Y. Jets 9/17/78	23	121	5.3	25	3
Chris Warren	at Jacksonville 11/12/95	27	121	4.5	29	1
50 Curt Warner	vs. San Diego 11/22/87	23	119	5.2	27	1
51 Jim Jodat	at Washington 9/28/80	22	117	5.3	12	0
Chris Warren	at Kansas City 10/23/94	19	117	6.2	41	0
53 *Curt Warner	vs. New England 12/18/83	26	116	4.5	14	0
Curt Warner	vs. L.A. Raiders 12/8/86	23	116	5.0	18	2
Chris Warren	vs. Tampa Bay 11/20/94	16	116	7.3	31	0
Chris Warren	vs. Buffalo 12/8/96	21	116	5.5	51	0

* Rookie

	PLAYER	OPPONENT	ATT.	YDS.	AVG.	LG	TD
57	Ricky Watters	at Denver 12/19/99	15	115	7.2	26	1
	Chris Warren	vs. Denver 10/1/95	24	115	4.8	18	3
59	Curt Warner	vs. Pittsburgh 9/7/86	21	114	5.4	31	0
60	Eric Lane	at Minnesota 9/30/84	14	113	8.1	40t	1
61	John L. Williams	vs. Kansas City 9/20/87	15	112	7.5	48	1
	Curt Warner	at L.A. Raiders 10/25/87	29	112	3.9	9	2
	Derrick Fenner	at Green Bay 12/9/90	20	112	5.5	36	1
	Chris Warren	vs. Cleveland 11/14/93	24	112	4.7	20	0
	Chris Warren	vs. San Diego 10/22/95	18	112	6.2	17	2
66	Curt Warner	at Atlanta 10/2/88	22	110	5.0	21	1
	Shaun Alexander	vs. Detroit 11/16/03	20	110	5.5	55	1
68	*Curt Warner	vs. San Diego 9/18/83	22	109	5.9	23	2
	John L. Williams	vs. Denver 12/11/88	20	109	5.5	18	0
	John L. Williams	vs. Denver 11/24/91	17	109	6.4	42	0
	Chris Warren	vs. Cincinnati 9/17/95	24	109	4.5	30	1
72	Shaun Alexander	vs. New Orleans 9/7/03	24	108	4.5	15	1
73	Ricky Watters	at Kansas City 11/21/99	24	107	4.5	45	2
74	David Sims	vs. Baltimore 11/12/78	14	106	7.6	44t	2
	Curt Warner	at Washington 9/28/86	16	106	6.6	29	1
76	Curt Warner	vs. New England 11/17/85	24	105	4.4	24	0
	John L. Williams	vs. L.A. Raiders 11/28/88	17	105	6.2	24	0
	Chris Warren	vs. Oakland 12/17/95	17	105	6.2	35	3
	Ricky Watters	vs. Arizona 9/13/98	22	105	4.8	17	0
	Ricky Watters	vs. Kansas City 11/8/98	24	105	4.4	13	2
	Ricky Watters	vs. New Orleans 9/17/00	22	105	4.8	16	1
82	David Sims	at Green Bay 10/15/78	22	104	4.7	12	1
	Theotis Brown	at N.Y. Jets 10/25/81	14	104	7.4	43	0
	Ricky Watters	vs. Dallas 12/16/01	28	104	3.7	18	1
85	Chris Warren	vs. Washington 11/8/92	19	103	5.4	36	0
	Chris Warren	vs. Green Bay 9/29/96	18	103	5.7	37	1
87	John L. Williams	vs. Houston 11/13/88	13	102	7.8	44t	1
	Curt Warner	at L.A. Raiders 10/1/89	21	102	4.8	21	1
	John L. Williams	at Kansas City 1/2/94	16	102	6.4	38	1
	Shaun Alexander	at Green Bay 10/5/03	20	102	5.1	18	1
91	*Curt Warner	at L.A. Raiders 10/30/83	23	101	4.4	24	1
	Chris Warren	at Denver 12/10/95	18	101	5.6	24	1
	Shaun Alexander	vs. Chicago 10/19/03	21	101	4.8	25t	2
94	Chris Warren	at Washington 9/4/94	22	100	4.5	13	2
	*Ahman Green	at Philadelphia 9/6/98	6	100	16.7	64	1

* Rookie

100 YARDS: Warren 24, Warner 23, Alexander 15, Watters 11, J.L. Williams 6, Sims 3, Fenner 2, S. Smith 2, Broussard 1, Brown 1, Doornink 1, Green 1, Hunter 1, Jodat 1, Lane 1, L. Smith 1, Vaughn 1.

300 YARDS PASSING

	PLAYER	OPPONENT	ATT.	COMP.	YDS.	LG	TD	INT.
1	Matt Hasselbeck	at San Diego 12/29/02	53	36	449	49	2	2
2	Matt Hasselbeck	at San Francisco 12/1/02	55	30	427	39	3	2
3	Dave Krieg	at Denver 11/20/83	42	31	418	50t	3	4
4	Dave Krieg	at L.A. Raiders 12/18/88	32	19	410	75t	4	1
5	Warren Moon	vs. Oakland 10/26/97	44	28	409	45	5	0
6	Dave Krieg	at Denver 11/25/84	44	30	406	80t	3	0
7	Dave Krieg	vs. Atlanta 10/13/85	51	33	405	54	4	1
8	Jim Zorn	vs. New Orleans 11/18/79	33	24	384	51t	4	0
9	Dave Krieg	at San Diego 10/10/91	39	29	379	49	2	1
10	*Kelly Stouffer	vs. New Orleans 10/16/88	46	27	370	52	1	1
11	Matt Hasselbeck	vs. Kansas City 11/24/02	36	25	362	44	3	0
12	Trent Dilfer	vs. Arizona 9/15/02	47	29	352	48	1	0
13	Matt Hasselbeck	at Cincinnati 10/26/03	43	26	347	46t	3	3
14	Jeff Kemp	at Detroit 10/18/87	27	20	344	55	4	1
15	Dave Krieg	vs. Denver 12/15/84	50	30	334	30	2	2
16	Matt Hasselbeck	at Baltimore 11/23/03	41	23	333	80t	5	0
17	Jim Zorn	vs. San Diego 9/3/78	32	21	329	64t	2	1
18	Matt Hasselbeck	vs. Cleveland 11/30/03	35	26	328	32	3	1

	PLAYER	OPPONENT	ATT.	COMP.	YDS.	LG	TD	INT
19	Jim Zorn	at Oakland 9/20/81	43	24	327	36 t	1	1
20	Bruce Mathison	vs. Miami 10/4/87	42	20	326	47	2	3
21	John Friesz	vs. Houston 11/3/96	38	24	323	44	1	2
22	Jeff Kemp	at Denver 9/15/91	50	21	322	47	0	2
23	Jim Zorn	at Denver 11/21/82	41	22	318	35 t	1	1
24	Matt Hasselbeck	at San Francisco 12/27/03	37	24	315	31 t	2	2
25	Jim Zorn	at Oakland 12/16/79	35	23	314	65 t	2	1
26	Jim Zorn	vs. New England 9/21/80	36	20	312	40	4	1
27	Dave Krieg	vs. San Diego 10/29/89	49	27	311	24	1	2
28	Dave Krieg	at Green Bay 10/21/84	35	22	310	31	2	2
29	Jim Zorn	at Green Bay 10/15/78	32	17	308	48 t	1	2
	Jim Zorn	vs. Denver 12/8/79	39	22	308	58	2	2
	Jim Zorn	vs. Kansas City 9/27/81	47	31	308	23	1	0
32	Dave Krieg	at San Diego 9/15/85	32	22	307	40	5	0
33	Dave Krieg	at Kansas City 11/11/90	23	16	306	54 t	2	0
34	Dave Krieg	at San Diego 12/14/86	21	15	305	72 t	4	0
35	Matt Hasselbeck	vs. St. Louis 12/22/02	32	20	303	44	1	0

* Rookie

300 YARDS: Krieg 11, Zorn 9, Hasselbeck 8, Kemp 2, Dilfer 1, Friesz 1, Mathison 1, Moon 1, Stouffer 1.

100 YARDS RECEIVING

	PLAYER	OPPONENT	NO.	YDS.	AVG.	LG	TD
1	Steve Largent	at Detroit 10/18/87	15	261	17.4	55	3
2	Steve Largent	at Denver 11/25/84	12	191	15.9	65	1
3	+John L. Williams	at L.A. Raiders 12/18/88	7	180	25.7	75t	1
4	Darrell Jackson	vs. Arizona 9/15/02	10	174	17.4	48	0
5	Sam McCullum	at Oakland 12/16/79	8	173	21.6	65t	1
6	Steve Largent	vs. N.Y. Jets 12/6/81	7	169	24.1	57	1
7	Koren Robinson	vs. Kansas City 11/24/02	8	168	21.0	44	1
8	Koren Robinson	at St. Louis 10/20/02	3	166	53.3	83	1
9	Tommy Kane	at Miami 12/16/90	10	162	16.2	25	0
10	Brian Blades	at New Orleans 9/1/91	12	160	13.3	31	2
11	Steve Largent	at St. Louis 11/13/83	8	155	19.4	45	3
12	Brian Blades	vs. N.Y. Giants 11/5/95	6	153	25.5	44	2
13	Steve Largent	vs. New Orleans 11/18/79	9	146	16.2	34t	2
	Brian Blades	vs. Phoenix 9/17/89	9	146	16.2	28	1
	Darrell Jackson	at Baltimore 11/23/03	7	146	20.9	80t	2
16	*Brian Blades	vs. New Orleans 10/16/88	8	145	18.1	52	1
17	Koren Robinson	at Atlanta 12/15/02	9	143	15.9	35	0
18	Steve Largent	at Oakland 10/26/80	4	142	35.5	67t	1
	Joey Galloway	at Philadelphia 9/6/98	6	142	23.7	35t	2
20	Brian Blades	vs. Kansas City 11/27/94	7	141	20.1	34	0
21	^ Charle Young	at San Diego 10/9/83	7	140	20.0	43	0
22	Steve Largent	vs. L.A. Raiders 9/16/79	5	139	27.8	40t	2
	Steve Largent	vs. N.Y. Giants 12/7/80	8	139	17.4	34t	1
	Joey Galloway	at Pittsburgh 9/27/98	7	139	19.9	40	0
25	Steve Largent	vs. New England 11/17/85	8	138	17.3	27	0
26	Derrick Mayes	at Chicago 9/19/99	7	137	19.6	34t	1
	Jimmy Teal	vs. Miami 10/4/87	9	137	15.2	47	0
	Joey Galloway	at Miami 10/6/96	5	137	27.4	65t	2
29	Steve Largent	vs. Houston 10/21/79	6	135	22.5	55t	2
30	Steve Largent	vs. Buffalo 10/30/77	4	134	33.5	48t	2
	Brian Blades	vs. Kansas City 12/5/93	7	134	19.1	41	0
32	Steve Largent	vs. New England 12/18/83	7	133	19.0	46	1
	Darrell Jackson	at Arizona 9/14/03	3	133	44.3	66t	2
34	Brian Blades	vs. San Diego 10/3/93	10	132	13.2	20	1
35	Brian Blades	at San Diego 11/10/91	8	131	16.4	39	0

* Rookie; + Running Back; ^ Tight End

	PLAYER	OPPONENT	No.	Yds.	Avg.	LG	TD
36	Steve Largent	vs. Washington 9/25/83	8	130	16.3	45	2
	Steve Largent	at Minnesota 9/30/84	8	130	16.3	30	1
	Joey Galloway	at San Diego 10/25/98	4	130	32.5	81t	1
39	Steve Largent	at Green Bay 10/21/84	7	129	18.4	31	1
	+John L. Williams	vs. L.A. Raiders 12/17/89	12	129	10.8	36	1
41	* Steve Largent	vs. San Francisco 9/26/76	7	128	18.3	41	1
	Ray Butler	at New England 9/21/86	3	128	42.7	67t	2
43	Steve Largent	vs. San Diego 9/3/78	6	127	21.2	33t	1
	Steve Largent	at Green Bay 10/15/78	6	127	21.2	48t	1
	Steve Largent	at Atlanta 10/29/79	6	127	21.2	53	0
	Steve Largent	vs. New England 9/21/80	6	127	21.2	31t	2
	Brian Blades	at Denver 12/10/95	7	127	18.1	49	0
	Joey Galloway	at New York Jets 12/6/98	2	127	63.5	70t	2
49	Steve Largent	at Chicago 11/5/78	6	126	21.0	31	2
	+Ricky Watters	vs. Denver 11/26/00	9	126	14.0	59	0
51	Darrell Jackson	at Oakland 9/30/01	5	125	25.0	54	0
52	Brian Blades	at L.A. Raiders 12/11/88	4	123	30.8	55	2
53	Sam McCullum	at Oakland 9/20/81	6	122	20.3	36t	1
	Brian Blades	at Denver 11/26/89	8	122	15.3	29	0
	Tommy Kane	at Denver 9/15/91	6	122	20.3	38	0
	Koren Robinson	vs. Cleveland 11/30/03	6	122	20.3	32	0
57	Daryl Turner	at San Diego 9/15/85	7	121	17.3	34	4
	Darrell Jackson	vs. Miami 10/28/01	5	121	24.2	64	1
59	Steve Largent	at Kansas City 12/2/79	9	120	13.3	28	2
60	^ Itula Mili	at San Diego 12/29/02	7	119	17.0	49	0
61	Steve Largent	vs. San Diego 10/4/81	5	118	23.6	34	1
	Paul Johns	vs. Pittsburgh 10/23/83	6	118	19.7	28t	1
	Byron Franklin	vs. San Diego 10/6/86	5	118	23.6	46t	1
	Sean Dawkins	vs. Indianapolis 10/15/00	6	118	19.7	40	0
65	+John L. Williams	at Chicago 12/20/87	8	117	14.6	75t	1
	Brian Blades	vs. San Diego 10/29/89	10	117	11.7	21	1
	Joey Galloway	vs. Oakland 10/26/97	7	117	16.7	45	3
68	Steve Largent	vs. San Diego 11/27/77	4	116	29.0	74t	2
	Steve Largent	vs. San Diego 9/18/83	8	116	14.5	41t	2
	Paul Johns	at Denver 11/20/83	9	116	12.9	20	0
71	Sean Dawkins	at Kansas City 11/21/99	5	114	22.8	45t	1
	Steve Largent	at Cincinnati 9/6/81	8	114	14.3	36	1
	* Joey Galloway	at Jacksonville 11/12/95	5	114	22.8	38	2
	Darrell Jackson	at San Diego 12/30/01	5	114	22.8	48t	2
	Darrell Jackson	at San Francisco 12/1/02	7	114	16.3	37	2
76	Duke Fergerson	vs. Buffalo 10/30/77	4	113	28.3	45	1
	Brian Blades	at L.A. Raiders 10/1/89	7	113	16.1	32	1
	James McKnight	vs. Tennessee 11/29/98	5	113	22.6	59t	1
79	Sam McCullum	vs. St. Louis 9/12/76	4	112	28.0	72t	2
	Steve Raible	at Minnesota 11/14/76	3	112	37.7	80t	1
81	Steve Largent	vs. Chicago 12/12/82	8	111	13.9	34	0
82	Steve Largent	at Denver 9/23/79	6	110	18.3	42	0
	Steve Largent	at New Orleans 11/10/85	5	110	22.0	43	0
	+John L. Williams	at San Diego 11/25/90	9	110	12.2	60	0
85	Steve Largent	vs. Pittsburgh 11/28/82	5	109	21.8	45	0
86	Steve Largent	vs. Cleveland 12/3/78	8	108	13.5	27	1
	Steve Largent	vs. N.Y. Jets 11/2/86	7	108	15.4	30	1
	* Joey Galloway	vs. Oakland 12/17/95	5	108	21.6	43	1
	Joey Galloway	at Denver 12/1/96	5	108	21.6	43	0
90	Sam McCullum	at N.Y. Jets 10/19/80	5	107	21.4	58	0
	Ray Butler	vs. Denver 12/13/87	6	107	17.8	40t	2
	Brian Blades	at Cincinnati 12/10/89	6	107	17.8	60t	1
	Brian Blades	at Denver 9/15/91	5	107	21.4	47	1
	Brian Blades	vs. Kansas City 9/3/95	8	107	13.4	23	1
95	Steve Largent	vs. Buffalo 10/14/84	5	106	21.2	51t	2
	Joey Galloway	vs. San Diego 9/21/97	5	106	21.2	53	1

* Rookie; + Running Back; ^ Tight End

	PLAYER	OPPONENT	No	Yds	AVG.	LG	TD
97	Sean Dawkins	at Pittsburgh 9/26/99	5	105	21.0	43	0
	Derrick Mayes	vs. Buffalo 10/24/99	6	105	17.5	43t	2
	*David Sims	at Cincinnati 9/25/77	4	105	26.3	82t	1
	Paul Johns	at New England 9/16/84	8	105	13.1	25	0
101	Steve Largent	vs. Detroit 12/2/84	8	104	13.0	22	2
	Kelvin Martin	at Indianapolis 10/2/94	8	104	13.0	30t	1
	Darrell Jackson	at Denver 12/9/01	4	104	26.0	39	1
104	+*David Hughes	vs. Kansas City 9/27/81	12	103	8.6	22	0
	Paul Johns	at Denver 11/21/82	5	103	20.6	35	0
	Steve Largent	vs. Atlanta 10/13/85	8	103	12.9	27	1
	Brian Blades	vs. San Diego 12/27/92	6	103	17.2	37	0
	Koren Robinson	at San Diego 12/29/02	9	103	11.4	21	1
109	Sam McCullum	vs. Denver 12/8/79	5	102	20.4	58	0
	Steve Largent	at Cincinnati 11/16/86	7	102	14.6	28	0
	Tommy Kane	at Pittsburgh 10/20/91	6	102	17.0	60t	0
	*Joey Galloway	at Buffalo 10/15/95	5	102	20.4	54t	1
	Darrell Jackson	vs. Oakland 11/11/01	7	102	14.6	31	1
	Darrell Jackson	vs. Cleveland 11/30/03	8	102	12.8	26t	2
115	*Steve Largent	vs. New Orleans 11/21/76	6	101	16.8	22	1
	Steve Largent	vs. Philadelphia 11/2/80	6	101	16.8	27	1
	Steve Largent	vs. Kansas City 12/1/85	7	101	14.4	31	1
	Steve Largent	vs. Denver 12/20/86	6	101	16.8	27	0
	Joey Galloway	vs. San Francisco 12/21/97	6	101	16.8	37	2
	James Williams	at San Diego 12/30/01	4	101	25.3	46	1
121	James McKnight	vs. Oakland 10/26/97	4	100	25.0	42t	1
	Koren Robinson	vs. Washington 11/3/02	8	100	12.5	23	0

* Rookie; + Running Back; ^ Tight End

100 YARDS: Largent 40, Blades 17, Galloway 12, Jackson 10, Robinson 6, McCullum 5, Johns 4, J.L. Williams 4, Dawkins 3, Kane 3, Butler 2, Mayes 2, McKnight 2, Ferguson 1, Franklin 1, Hughes 1, Martin 1, Mili 1, Raible 1, Sims 1, Teal 1, Turner 1, Watters 1, J. Williams 1, C. Young 1.

3.0 SACKS

	PLAYER	OPPONENT	SACKS	YARDS
1.	Jacob Green	vs. N.Y. Giants 10/19/86	4.0	29.0
	Michael Sinclair	vs. Kansas City 9/15/96	4.0	13.0
	Michael McCrary	at Oakland 12/22/96	4.0	15.0
4.	Jacob Green	vs. L.A. Raiders 10/16/83	3.5	24.5
5.	Bill Gregory	vs. Denver 10/29/78	3.0	10.0
	Jacob Green	vs. New England 12/18/83	3.0	29.0
	Jacob Green	vs. Cleveland 9/3/84	3.0	24.0
	Jeff Bryant	vs. Detroit 12/2/84	3.0	19.0
	Jacob Green	vs. Cleveland 12/8/85	3.0	15.0
	Jacob Green	vs. Philadelphia 11/23/86	3.0	12.0
	Fredd Young	vs. Philadelphia 11/23/86	3.0	17.0
	Jacob Green	vs. Kansas City 9/11/88	3.0	28.0
	Rufus Porter	vs. San Diego 10/15/89	3.0	20.0
	Jacob Green	vs. Detroit 12/30/90	3.0	14.0
	Rufus Porter	vs. Denver 11/24/91	3.0	16.0
	Cortez Kennedy	at New England 9/20/92	3.0	23.0
	Michael Sinclair	vs. San Diego 10/3/93	3.0	23.0
	Michael Sinclair	vs. Denver 9/8/96	3.0	19.0
	Michael Sinclair	vs. Buffalo 12/8/96	3.0	15.0
	Michael McCrary	at Jacksonville 12/15/96	3.0	13.0
	Chad Brown	at Indianapolis 9/14/97	3.0	27.0
	Cortez Kennedy	at Green Bay 11/1/99	3.0	30.0
	John Randle	at San Diego 12/29/02	3.0	26.0

3.0 SACKS: Green 8, Sinclair 4, Kennedy 2, McCrary 2, Porter 2, Brown 1, Bryant 1, Gregory 1, Randle 1, Young 1.

TOP SINGLE-GAME OPPONENT PERFORMANCES

(CHRONOLOGICAL)

100 YARDS RUSHING

PLAYER	TEAM, DATE	ATT.	Yds.	AVG.	LG	TD
1 Terry Metcalf	vs. St. Louis 9/12/76	16	113	7.1	36	0
Jim Otis	vs. St. Louis 9/12/76	27	140	5.2	18	1
3 Mike Thomas	vs. Washington 9/19/76	27	143	5.3	24	1
4 Robert Newhouse	vs. Dallas 10/3/76	19	120	6.3	24	1
5 Sonny Collins	vs. Atlanta 11/7/76	17	100	5.9	47	0
6 Chuck Foreman	vs. Minnesota 11/14/76	17	100	5.9	36	0
7 Walter Payton	vs. Chicago 12/5/76	27	183	6.8	44	0
8 Tom Sullivan	at Philadelphia 12/12/76	23	121	5.3	26	2
9 Lydell Mitchell	vs. Baltimore 9/18/77	32	114	3.6	14	0
10 Sam Cunningham	at New England 10/9/77	31	101	3.3	26	0
11 Clarence Davis	at Oakland 11/6/77	18	100	5.6	24	1
12 Franco Harris	at Pittsburgh 12/4/77	23	103	4.5	11	0
13 Greg Pruitt	vs. Cleveland 12/18/77	22	127	5.8	18	1
14 Dexter Bussey	vs. Detroit 9/24/78	20	120	6.0	29t	1
15 Terry Middleton	at Green Bay 10/15/78	23	121	5.3	25	4
16 Walter Payton	at Chicago 11/5/78	18	109	6.1	12	1
17 Greg Pruitt	vs. Cleveland 12/3/78	12	113	9.4	44	0
18 Tony Reed	vs. Kansas City 12/17/78	11	121	11.0	62t	1
19 Ted McKnight	vs. Kansas City 9/30/79	12	147	12.3	84t	2
20 Mike Pruitt	at Cleveland 11/11/79	15	141	9.4	65t	2
21 John Cappelletti	vs. San Diego 9/7/80	16	112	7.0	46	0
22 Mike Pruitt	vs. Cleveland 10/12/80	24	116	4.8	22t	2
23 Tony Dorsett	at Dallas 11/27/80	24	107	4.5	16	2
24 Billy Taylor	vs. N.Y. Giants 12/7/80	19	103	5.4	30t	1
25 Earl Campbell	vs. Houston 10/11/81	39	186	4.8	27	2
26 Rob Carpenter	vs. N.Y. Giants 10/18/81	21	116	5.5	22	1
27 Gerry Ellis	at Green Bay 11/1/81	23	127	5.5	19	0
28 Chuck Muncie	vs. San Diego 11/16/81	20	151	7.6	73t	2
29 James Hadnot	at Kansas City 11/22/81	10	106	10.6	24	0
30 Mike Pruitt	vs. Cleveland 9/12/82	30	136	4.5	10	2
31 Earl Campbell	at Houston 9/19/82	30	142	4.7	19	1
32 Marcus Allen	vs. L.A. Raiders 12/5/82	24	156	6.5	53	2
33 Tony Collins	vs. New England 12/19/82	32	103	3.2	11	0
34 Freeman McNeil	at N.Y. Jets 9/11/83	22	140	6.4	19	0
35 Mike Pruitt	at Cleveland 10/2/83	24	107	4.5	10	0
36 Franco Harris	vs. Pittsburgh 10/23/83	31	132	4.3	11	1
37 Ottis Anderson	at St. Louis 11/13/83	29	130	4.5	16	0
38 Tony Dorsett	vs. Dallas 12/4/83	26	117	4.5	17	2
39 Tony Collins	at New England 9/16/84	20	107	5.4	21	0
40 Walter Payton	vs. Chicago 9/23/84	24	116	4.8	25	0
41 Greg Bell	vs. Buffalo 10/14/84	28	113	4.0	22	0
42 Larry Kinnebrew	at Cincinnati 11/18/84	22	119	5.4	12	0
43 Larry Kinnebrew	at Cincinnati 9/8/85	18	101	5.6	16	1
44 Eric Dickerson	vs. L.A. Rams 9/23/85	31	150	4.8	43	3
45 Gerald Riggs	vs. Atlanta 10/13/85	23	139	6.0	30	0
46 Freeman McNeil	vs. N.Y. Jets 10/27/85	22	151	6.8	30	0
47 Marcus Allen	vs. L.A. Raiders 11/3/85	19	101	5.3	12	0
48 Marcus Allen	at L.A. Raiders 12/15/85	27	109	4.0	14	1
49 George Rogers	at Washington 9/28/86	25	115	4.6	24	2
50 Joe Morris	vs. N.Y. Giants 10/19/86	24	116	4.8	16	0
51 Marc Logan	vs. Cincinnati 10/11/87	16	103	6.4	30	1
52 Bo Jackson	vs. L.A. Raiders 11/30/87	18	221	12.3	91t	2

PLAYER	TEAM, DATE	ATT.	YDS.	AVG.	LG	TD
53 Frank Pollard	at Pittsburgh 12/6/87	22	106	4.8	15	1
54 Gary Anderson	at San Diego 9/18/88	19	120	6.3	25t	1
55 Roger Craig	vs. San Francisco 9/25/88	21	107	5.1	24	0
56 John Settle	at Atlanta 10/2/88	21	115	5.5	20	0
57 John Stephens	at New England 12/4/88	31	121	3.9	21	0
58 Christian Okoye	vs. Kansas City 10/8/89	30	156	5.2	21	1
59 Christian Okoye	at Kansas City 11/5/89	37	126	3.4	16	1
60 Neil Anderson	at Chicago 9/9/90	20	101	5.1	17	2
61 Bobby Humphrey	at Denver 9/23/90 (OT)	25	129	5.2	26	0
62 Marion Butts	at San Diego 11/25/90	28	128	4.6	19	0
63 Harold Green	vs. Cincinnati 9/6/92	21	123	5.9	52	0
64 Barry Foster	at Pittsburgh 12/6/92	33	125	3.8	12	1
65 Herschel Walker	vs. Philadelphia 12/13/92	23	111	4.8	18	1
66 Barry Sanders	at Detroit 10/17/93	22	101	4.6	29	0
67 Leonard Russell	vs. Denver 10/9/94	22	103	4.7	22	0
68 Natrone Means	at San Diego 10/30/94	26	104	4.0	20	1
69 Leonard Russell	at Denver 11/13/94	19	109	5.7	22	1
70 Eric Rhett	vs. Tampa Bay 11/20/94	24	111	4.6	27	0
71 Marshall Faulk	vs. Indianapolis 12/4/94	27	129	4.8	45t	1
72 Greg Hill	vs. Kansas City 9/3/95	15	109	7.3	27	0
73 Natrone Means	at San Diego 9/10/95	26	115	4.4	9	0
74 Harvey Williams	at Oakland 10/8/95	19	160	8.4	37	0
75 Adrian Murrell	vs. N.Y. Jets 11/26/95	24	116	4.8	21	1
76 Glyn Milburn	at Denver 12/10/95	18	131	7.3	23	0
77 Greg Hill	at Kansas City 12/24/95	21	113	5.4	16	0
78 Terrell Davis	vs. Denver 9/8/96	28	111	3.9	17	0
79 Barry Sanders	at Detroit 11/17/96	16	134	8.4	40	1
80 Napoleon Kaufman	vs. Oakland 11/24/96	15	104	6.9	21	0
81 Terrell Davis	at Denver 12/1/96	26	106	4.1	16	1
82 Adrian Murrell	vs. N.Y. Jets 8/31/97	24	131	5.5	15	0
83 Terrell Davis	vs. Denver 9/7/97	21	107	5.1	14	1
84 Eddie George	vs. Tennessee 10/5/97	26	116	4.5	22	0
85 Napoleon Kaufman	vs. Oakland 10/26/97	17	112	6.6	55	1
86 Terrell Davis	at Denver 11/2/97	21	101	4.8	19	0
87 Jerome Bettis	at Pittsburgh 9/27/98	28	138	4.9	23	0
88 Terrell Davis	vs. Denver 10/11/98	30	208	6.9	70	1
89 Terrell Davis	at Denver 12/27/98	29	178	6.1	21	0
90 Tyrone Wheatley	vs. Oakland 10/3/99	20	100	5.0	23	1
91 Dorsey Levens	at Green Bay 11/1/99	24	104	4.3	15	0
92 Olandis Gary	at Denver 12/19/99	22	183	8.3	71	0
93 Curtis Martin	at N.Y. Jets 1/2/00	34	158	4.6	50	1
94 Lamar Smith	at Miami 9/3/00	27	145	5.4	36	1
95 Ricky Williams	vs. New Orleans 9/17/00	23	107	4.7	15	0
96 Tim Biakabutuka	at Carolina 10/8/00	23	103	4.5	43	0
97 Edgerrin James	vs. Indianapolis 10/15/00	38	219	5.8	26	3
98 Tyrone Wheatley	at Oakland 10/22/00	15	156	10.4	80	1
99 Fred Taylor	at Jacksonville 11/12/00	21	103	4.9	19	1
100 Mike Anderson	vs. Denver 11/26/00	30	195	6.5	80	2
101 Mike Anderson	at Denver 12/10/00	29	131	4.5	19	2
102 Tyrone Wheatley	vs. Oakland 12/16/00	26	146	5.6	67	0
103 Antowain Smith	vs. Buffalo 12/23/00	17	147	8.6	59	3
104 Stephen Davis	at Washington 11/4/01	32	142	4.4	20	1
105 Priest Holmes	at Kansas City 11/25/01	26	120	4.6	12	0
106 Terrell Davis	at Denver 12/9/01	19	109	5.7	57	0
107 Priest Holmes	vs. Kansas City 1/6/02	23	117	5.1	22	0
108 Charlie Garner	at Oakland 9/8/02	15	127	8.5	28	1
109 Thomas Jones	vs. Arizona 9/15/02	24	173	7.2	58t	1
110 Marshall Faulk	at St. Louis 10/20/02	32	183	5.7	40	3
111 Emmitt Smith	at Dallas 10/27/02	24	109	7.8	14	1
112 Kenny Watson	vs. Washington 11/3/02	23	110	4.8	23	0
113 Clinton Portis	vs. Denver 11/17/02	23	136	5.9	34	0

PLAYER	TEAM, DATE	ATT.	YDS.	AVG.	LG	TD
114 Priest Holmes	vs. Kansas City 11/24/02	23	197	8.6	30	2
115 Garrison Hearst	at San Francisco 12/1/02	31	124	4.0	31	3
116 Duce Staley	vs. Philadelphia 12/8/02	21	100	4.8	21t	1
117 Warrick Dunn	at Atlanta 12/15/02	20	101	5.1	31	0
118 Ahman Green	at Green Bay 10/5/03	27	118	4.4	16	2
119 Rudi Johnson	at Cincinnati 10/26/03	27	101	3.7	18t	1
120 Jamal Lewis	at Baltimore 11/23/03	26	117	4.5	14	0
121 Michael Bennett	at Minnesota 12/7/03	25	103	4.1	18	0

300 YARDS PASSING (CHRONOLOGICAL)

PLAYER	TEAM, DATE	ATT.	COMP.	YDS.	TD	INT.
1 Ken Stabler	Oakland 9/16/79	37	25	343	1	2
2 Steve DeBerg	at San Francisco 10/7/79	40	31	306	1	1
3 Dan Fouts	at San Diego 10/14/79	35	28	318	3	0
4 Ken Stabler	at Oakland 12/16/79	47	31	342	1	2
5 Dan Fouts	at San Diego 12/13/80	42	29	339	1	2
6 Dan Fouts	at San Diego 10/4/81	41	30	302	3	0
7 Dan Fouts	vs. San Diego 9/18/83	41	21	338	4	3
8 Brian Sipe	at Cleveland 10/2/83	40	25	310	1	3
9 Dan Fouts	at San Diego 10/9/83	36	28	331	1	2
10 Bill Kenney	vs. Kansas City 11/27/83	38	21	311	4	0
11 Jeff Rutledge	at N.Y. Giants 12/11/83	52	29	349	0	2
12 Dan Fouts	vs. San Diego 9/9/84	40	23	332	2	4
13 Wade Wilson	at L.A. Raiders 10/7/84	19	12	309	2	0
14 Lynn Dickey	vs. Green Bay 10/21/84	38	24	364	3	3
15 Bill Kenney	at Kansas City 12/9/84	37	18	312	2	0
16 Dan Fouts	at San Diego 9/15/85	43	29	440	4	1
17 Mark Herrmann	vs. San Diego 10/6/85	35	26	344	3	3
18 John Elway	vs. Denver 12/20/85	42	24	432	1	0
19 Tony Eason	at New England 9/21/86	45	26	414	3	0
20 John Elway	at Denver 10/26/86	32	18	321	1	1
21 Ken O'Brien	vs. N.Y. Jets 11/2/86	32	26	431	4	0
22 Boomer Esiason	at Cincinnati 11/16/86	33	22	334	1	1
23 John Elway	at Denver 9/13/87	32	22	338	4	1
24 John Elway	vs. Denver 12/13/87	42	21	335	1	2
25 Bill Kenney	at Kansas City 12/27/87	35	23	320	3	0
26 Joe Montana	vs. San Francisco 9/25/88	29	20	302	4	1
27 Jim Everett	at L.A. Rams 10/23/88	27	20	311	3	0
28 Jay Schroeder	vs. L.A. Raiders 12/18/88	49	22	354	3	1
29 John Elway	vs. Denver 10/22/89	35	18	344	2	0
30 Randall Cunningham	vs. Philadelphia 12/13/92 (OT)	44	27	365	0	1
31 Warren Moon	at Houston 11/7/93	55	36	369	2	2
32 Steve Beuerlein	vs. Phoenix 12/19/93 (OT)	53	34	431	3	2
33 Jeff Blake	vs. Cincinnati 11/6/94	43	31	387	0	1
34 Jeff Hostetler	at Oakland 10/8/95	33	20	333	2	0
35 Jim Kelly	vs. Buffalo 12/8/96	41	24	324	1	2
36 Eric Zeier	at Baltimore 12/8/97	28	17	302	1	0
37 Trent Green	vs. Washington 9/20/98	54	27	383	0	1
38 Vinny Testaverde	at N.Y. Jets 12/6/98	63	42	418	2	1
39 Peyton Manning	vs. Indianapolis 12/20/98	39	23	335	1	1
40 John Elway	at Denver 12/27/98	36	26	338	4	0
41 Elvis Grbac	at Kansas City 11/21/99	49	30	322	0	1
42 Kurt Warner	vs. St. Louis 9/10/00	47	35	386	1	1
43 Steve Beuerlein	at Carolina 10/8/00	39	27	332	2	1
44 Elvis Grbac	vs. Kansas City 10/29/00	35	22	342	3	3
45 Mark Brunell	at Jacksonville 11/12/00	34	24	340	1	0
46 Doug Flutie	vs. Buffalo 12/23/00	25	20	366	3	0
47 Alex Van Pelt	at Buffalo 11/18/01	42	28	316	2	0
48 Kerry Collins	at N.Y. Giants 12/23/01	47	30	338	1	0
49 Doug Flutie	at San Diego 12/30/01	53	34	377	1	2

PLAYER	TEAM, DATE	ATT.	COMP.	YDS.	TD	INT.
50 Trent Green	vs. Kansas City 11/17/02	34	26	343	2	1
51 Drew Brees	at San Diego 12/29/02	49	27	332	3	1
52 Anthony Wright	at Baltimore 11/23/03 (OT)	37	20	319	4	0

100 YARDS RECEIVING (CHRONOLOGICAL)

PLAYER	TEAM, DATE	YDS.	NO.	AVG.	LG	TD
1 Willie McGee	vs. San Francisco 9/26/76	104	5	20.8	52t	1
2 James Scott	vs. Chicago 12/5/76	106	3	35.3	63t	2
3 Isaac Curtis	at Cincinnati 9/25/77	100	3	33.3	54	1
4 Morris Owens	vs. Tampa Bay 10/16/77	166	9	18.4	67t	1
5 Duriel Harris	at Miami 9/9/79	117	5	23.4	51	0
6 Cliff Branch	vs. Oakland 9/16/79	156	7	22.3	47	0
7 ^Riley Odoms	at Denver 9/23/79	125	5	25.0	45	0
8 John Jefferson	at San Diego 10/14/79	137	9	15.2	49t	2
9 ^Henry Childs	vs. New Orleans 11/18/79	121	6	20.2	34	0
10 ^Jerome Barkum	vs. N.Y. Jets 11/26/79	103	6	17.2	40	0
11 Cliff Branch	at Oakland 12/16/79	109	10	10.9	15	0
12 John Jefferson	vs. San Diego 9/7/80	103	6	17.2	23t	2
13 Stanley Morgan	vs. New England 9/21/80	108	2	54.0	68t	2
14 Charles Smith	vs. Philadelphia 11/2/80	109	5	21.8	38	1
15 Earnest Gray	vs. N.Y. Giants 12/7/80	114	3	38.0	50t	2
16 John Jefferson	at San Diego 12/13/80	113	8	14.1	19t	1
17 ^Kellen Winslow	vs. San Diego 11/16/81	106	7	15.1	31	0
18 Dave Logan	vs. Cleveland 12/20/81	101	5	20.2	26	1
19 Carlos Carson	at Kansas City 9/4/83	104	7	14.9	48	1
20 Wesley Walker	at N.Y. Jets 9/11/83	116	3	38.7	48t	1
21 ^Eric Sievers	vs. San Diego 9/18/83	115	6	19.2	27t	2
22 ^Todd Christensen	vs. L.A. Raiders 10/16/83	152	11	13.8	22t	3
23 Marcus Allen	at L.A. Raiders 10/30/83	104	8	13.0	36	0
24 Steve Watson	vs. Denver 11/6/83	110	7	15.7	25t	1
25 Steve Watson	at Denver 11/20/83	119	4	29.8	78t	1
26 Carlos Carson	vs. Kansas City 11/27/83 (OT)	149	7	21.3	35	1
27 Byron Williams	at N.Y. Giants 12/11/83	103	7	14.7	24	0
28 ^Pete Holohan	vs. San Diego 9/9/84	133	6	22.2	51	0
29 +Marcus Allen	at L.A. Raiders 10/7/84	173	4	32.3	92	1
30 James Lofton	at Green Bay 10/21/84	162	5	32.4	79t	2
31 Henry Marshall	at Kansas City 12/9/84	166	8	20.8	36	1
32 Cris Collinsworth	at Cincinnati 9/8/85	101	4	25.3	71	0
33 Wes Chandler	at San Diego 9/15/85	243	13	18.7	45	1
34 Wes Chandler	vs. San Diego 10/6/85	150	9	16.7	59	2
35 Stanley Morgan	at New England 9/21/86	161	7	23.0	44t	3
36 Art Monk	at Washington 9/28/86	103	5	20.6	69	0
37 Al Toon	vs. N.Y. Jets 11/2/86	195	9	21.7	50t	2
Wesley Walker	vs. N.Y. Jets 11/2/86	161	6	26.8	83t	1
39 ^Kellen Winslow	at San Diego 12/14/86	105	8	13.1	28	1
40 ^Todd Christensen	at L.A. Raiders 10/25/87	124	8	15.5	20	1
41 Carlos Carson	at Kansas City 12/27/87	120	4	30.0	81t	1
Stephon Paige	at Kansas City 12/27/87	100	7	14.3	46t	1
43 Paul Palmer	vs. Kansas City 9/11/88	105	8	13.1	27	0
44 Jerry Rice	vs. San Francisco 9/25/88	163	6	27.2	69t	3
45 Henry Ellard	at L.A. Rams 10/23/88	101	7	14.4	20	0
46 Drew Hill	vs. Houston 11/13/88	139	8	17.4	57t	1
47 Stephon Paige	at Kansas City 11/20/88	106	5	21.2	49	0
48 Tim Brown	vs. L.A. Raiders 11/28/88	114	4	28.5	49t	1
49 Mark Jackson	vs. Denver 12/11/88	137	7	19.6	35	1
50 Mervyn Fernandez	at L.A. Raiders 12/18/88	113	4	28.3	54t	1
Willie Gault	at L.A. Raiders 12/18/88	108	2	54.0	57	1
52 Mike Quick	at Philadelphia 9/10/89	140	6	23.3	40	1
53 Roy Green	vs. Phoenix 9/17/89	166	8	20.8	59t	3
J.T. Smith	vs. Phoenix 9/17/89	104	7	14.9	25t	1

+ Running Back; ^ Tight End

PLAYER	TEAM, DATE	YDS.	NO.	AVG.	LG	TD
55 Mervyn Fernandez	at L.A. Raiders 10/1/89	113	7	16.1	36t	1
56 Anthony Miller	at San Diego 10/15/89	116	7	16.6	44	0
57 Michael Young	Denver 10/22/89	137	6	22.8	47	0
58 Vance Johnson	at Denver 11/26/89	154	6	25.7	69	2
59 ^Tim McGee	at Cincinnati 12/10/89	109	7	15.6	23	1
60 Gary Clark	Washington 12/23/89	149	9	16.6	44t	1
61 Vance Johnson	at Denver 9/23/90	120	9	13.3	22	0
62 Hart Lee Dykes	at New England 10/7/90	103	5	20.6	35t	1
63 Eddie Brown	at Cincinnati 10/6/91	117	7	16.7	43	0
64 Anthony Miller	at San Diego 11/10/91	124	5	24.8	58	0
65 ^Ethan Horton	at L.A. Raiders 11/17/91	123	7	17.6	51t	1
66 John Taylor	San Francisco 12/8/91	113	7	16.1	41	1
67 Irving Fryar	at New England 9/20/92	101	6	16.8	36t	1
68 Anthony Miller	at San Diego 10/4/92	142	9	15.8	67t	2
69 Michael Irvin	at Dallas 10/11/92	113	6	18.8	24	0
70 Fred Barnett	Philadelphia 12/13/92 (OT)	161	9	17.9	53	1
71 ^Tony McGee	at Cincinnati 9/26/93	102	7	14.6	37	0
72 Anthony Miller	San Diego 10/3/93	123	10	12.3	20	1
73 Webster Slaughter	at Houston 11/7/93	135	9	15.0	36	1
74 Gary Clark	Phoenix 12/19/93 (OT)	152	12	12.7	28	1
75 ^Eric Green	Pittsburgh 12/26/93	119	7	17.0	41	0
76 Henry Ellard	at Washington 9/4/94	105	7	15.0	25	0
77 Tony Martin	San Diego 9/18/94	152	6	25.3	99t	1
78 Darnay Scott	Cincinnati 11/6/94 (OT)	157	7	22.4	76	0
79 Tim Brown	L.A. Raiders 1/18/94	107	4	26.8	77t	1
80 Willie Davis	Kansas City 9/3/95	155	6	25.8	60t	2
81 Tony Martin	at San Diego 9/10/95	163	13	12.5	24	0
82 Tim Brown	at Oakland 10/8/95	143	5	28.6	80t	1
83 Bill Brooks	at Buffalo 10/15/95	109	6	18.2	30	2
84 Mike Sherrard	N.Y. Giants 11/5/95	128	6	21.3	30	1
85 Antonio Freeman	Green Bay 9/29/96	108	7	15.4	28	2
86 Cris Carter	Minnesota 11/10/96	142	7	20.3	40	0
87 Jimmy Smith	at Jacksonville 12/15/96	124	8	15.5	39	2
88 Jeff Graham	N.Y. Jets 8/31/97	100	3	33.3	47	2
89 Tim Brown	Oakland 10/26/97	107	7	15.3	24	0
90 Rod Smith	at Denver 11/2/97	114	5	22.8	59	1
91 Tony Martin	at San Diego 11/9/97	100	5	20.0	61	2
92 Derrick Alexander	at Baltimore 12/7/97	150	6	25.0	92	0
93 Michael Westbrook	Washington 9/20/98	132	7	18.9	36	2
94 Rod Smith	at Denver 10/11/98	136	8	17.0	50	1
95 Keyshawn Johnson	N.Y. Jets 12/6/98	114	9	12.7	20	1
96 Torrance Small	Indianapolis 12/20/98	120	3	40.0	53	0
97 Rod Smith	at Denver 12/27/98	158	9	17.6	36	1
98 Germane Crowell	Detroit 9/12/99	141	7	20.1	41t	2
99 Pearlless Price	Buffalo 10/24/99	106	5	21.2	45	1
100 Corey Bradford	at Green Bay 11/1/99	106	3	35.3	74t	1
101 Carl Pickens	Cincinnati 11/7/99	104	4	26.0	75t	1
102 Ed McCaffrey	Denver 11/14/99	125	6	20.8	42	1
103 Derrick Alexander	at Kansas City 11/21/99	101	8	12.6	25	0
104 Jeff Graham	San Diego 12/12/99	114	9	12.7	26	0
105 Torry Holt	St. Louis 9/10/00	101	6	16.8	41	0
106 Derrick Alexander	at Kansas City 10/2/00	153	5	30.6	73	1
107 ^Wesley Walls	at Carolina 10/8/00	102	7	14.6	26	0
108 Marvin Harrison	Indianapolis 10/15/00	134	7	19.1	39	0
109 Derrick Alexander	Kansas City 10/29/00	137	4	34.6	59t	2
^Tony Gonzalez	Kansas City 10/29/00	101	8	12.6	22	0
111 Keenan McCardell	at Jacksonville 11/12/00	156	6	26.0	67t	1
Jimmy Smith	at Jacksonville 11/12/00	117	10	11.7	34	0
113 Ed McCaffrey	at Denver 12/10/00	112	8	14.0	41	1
114 Peerless Price	Buffalo 12/23/00	132	8	16.5	34	1
Eric Moulds	Buffalo 12/23/00	101	4	25.3	48	0

+ Running Back; ^ Tight End

PLAYER	TEAM, DATE	YDS.	No.	AVG.	LG	TD
116 James Thrash	Philadelphia 9/23/01	165	10	16.5	64t	2
117 Peerless Price	at Buffalo 11/18/01	138	10	13.8	23	1
118 Amani Toomer	at N.Y. Giants 12/23/01	124	8	15.5	28	0
119 Ike Hilliard	at N.Y. Giants 12/23/01	105	7	15.0	26	1
120 Curtis Conway	at San Diego 12/30/01	156	11	14.2	38	1
121 Amani Toomer	at N.Y. Giants 9/22/02	100	4	25.0	49	0
122 Jason McAddley	at Arizona 11/10/02	113	5	22.6	42	0
123 +Priest Holmes	Kansas City 11/24/02	110	7	15.7	64t	1
124 ^Stephen Alexander	at San Diego 12/29/02	129	8	16.1	30	1
125 Donte' Stallworth	vs. New Orleans 9/7/03	101	8	12.6	30	0
126 Laveranues Coles	at Washington 11/9/03	125	5	25.0	64	1
127 Marcus Robinson	at Baltimore 11/23/03	131	7	18.7	50t	4
128 Randy Moss	at Minnesota 12/7/03	133	8	16.6	47t	2
129 Torry Holt	at St. Louis 12/14/03	100	6	16.7	40t	1
130 Anquan Boldin	vs. Arizona 12/21/03	122	10	12.2	60t	1

+ Running Back; ^ Tight End

OPPONENT SINGLE-GAME PERFORMANCES

100 YARDS RUSHING

PLAYER	TEAM, DATE	ATT.	YDS.	AVG.	LG	TD
1 Bo Jackson	L.A. Raiders 11/30/87	18	221	12.3	91t	2
2 Edgerrin James	Indianapolis 10/15/00	38	219	5.8	26t	3
3 Terrell Davis	Denver 10/11/98	30	208	6.9	70	1
4 Priest Holmes	Kansas City 11/24/02	23	197	8.6	30	2
5 Mike Anderson	Denver 11/26/00	30	195	6.5	80t	2
6 Earl Campbell	Houston 10/11/81	39	186	4.8	27	2
7 Walter Payton	Chicago 12/5/76	27	183	6.8	44	0
Olandis Gary	at Denver 12/19/99	22	183	8.3	71	0
Marshall Faulk	at St. Louis 10/20/02	32	183	5.7	40	3
10 Terrell Davis	at Denver 12/27/98	29	178	6.1	21	0
11 Thomas Jones	Arizona 9/15/02	24	173	7.2	58t	1
12 Harvey Williams	at Oakland 10/8/95	19	160	8.4	37	0
13 Curtis Martin	at N.Y. Jets 1/2/00	34	158	4.6	50	1
14 Marcus Allen	L.A. Raiders 12/5/82	24	156	6.5	53	2
Christian Okoye	Kansas City 10/8/89	30	156	5.2	21	1
Tyrone Wheatley	at Oakland 10/22/00	15	156	10.4	80t	1
17 Chuck Muncie	San Diego 11/16/81	20	151	7.6	73t	2
Freeman McNeil	N.Y. Jets 10/27/85	22	151	6.8	30	0
19 Eric Dickerson	L.A. Rams 9/23/85	31	150	4.8	43	3
20 Ted McKnight	Kansas City 9/30/79	12	147	12.3	84t	2
Antowain Smith	Buffalo 12/23/00	17	147	8.6	59	3
22 Tyrone Wheatley	Oakland 12/16/00	26	146	5.6	67	0
23 Lamar Smith	at Miami 9/3/00	27	145	5.4	36	1
24 Mike Thomas	Washington 9/19/76	27	143	5.3	24	1
25 Earl Campbell	at Houston 9/19/82	30	142	4.7	19	1
Stephen Davis	at Washington 11/4/01	32	142	4.3	20	1
27 Mike Pruitt	at Cleveland 11/11/79	15	141	9.4	65t	2
28 Jim Otis	St. Louis 9/12/76	27	140	5.2	18	1
Freeman McNeil	at N.Y. Jets 9/11/83	22	140	6.4	19	0
30 Gerald Riggs	Atlanta 10/13/85	23	139	6.0	30	0
31 Jerome Bettis	at Pittsburgh 9/27/98	28	138	4.9	23	0
32 Mike Pruitt	Cleveland 9/12/82	30	136	4.5	10	2
Clinton Portis	Denver 11/17/02	23	136	5.9	34	0
34 Barry Sanders	at Detroit 11/17/96	16	134	8.4	40	1
35 Franco Harris	Pittsburgh 10/23/83	31	132	4.3	11	1

PLAYER	TEAM, DATE	ATT.	YDS.	AVG.	LG	TD
36 Glyn Milburn	at Denver 12/10/95	18	131	7.3	29	0
Adrian Murrell	N.Y. Jets 8/31/97	24	131	5.5	15	0
Mike Anderson	at Denver 12/10/00	29	131	4.5	19	2
39 Ottis Anderson	at St. Louis 11/13/83	29	130	4.5	16	0
40 Bobby Humphrey	at Denver 9/23/90 (OT)	25	129	5.2	26	0
Marshall Faulk	Indianapolis 12/4/94	27	129	4.8	45t	1
42 Marion Butts	at San Diego 11/25/90	28	128	4.6	19	0
43 Gerry Ellis	at Green Bay 11/1/81	23	127	5.5	19	0
Greg Pruitt	Cleveland 12/18/77	22	127	5.8	18	1
Charlie Garner	at Oakland 9/8/02	15	127	8.5	28	1
46 Christian Okoye	at Kansas City 11/5/89	37	126	3.4	16	1
47 Barry Foster	at Pittsburgh 12/6/92	33	125	3.8	12	1
48 Garrison Hearst	at San Francisco 12/1/02	31	124	4.0	31	3
49 Harold Green	Cincinnati 9/6/92	21	123	5.9	52	0
50 Tom Sullivan	at Philadelphia 12/12/76	23	121	5.3	26	2
Terry Middleton	at Green Bay 10/15/78	23	121	5.3	25	4
Tony Reed	Kansas City 12/17/78	11	121	11.0	62t	1
John Stephens	at New England 12/4/88	31	121	3.9	21	0
54 Robert Newhouse	Dallas 10/3/76	19	120	6.3	24	1
Dexter Bussey	Detroit 9/24/78	20	120	6.0	29t	1
Gary Anderson	at San Diego 9/18/88	19	120	6.3	25t	1
Priest Holmes	at Kansas City 11/25/01	26	120	4.6	12	0
58 Larry Kinnebrew	at Cincinnati 11/18/84	22	119	5.4	12	0
Ahman Green	at Green Bay 10/5/03	27	118	4.4	16	2
60 Tony Dorsett	Dallas 12/4/83	26	117	4.5	17	2
Priest Holmes	Kansas City 1/6/02	23	117	5.1	22	0
Jamal Lewis	at Baltimore 11/23/03	26	117	4.5	14	0
63 Mike Pruitt	Cleveland 10/12/80	24	116	4.8	22t	2
Rob Carpenter	N.Y. Giants 10/18/81	21	116	5.5	22	1
Walter Payton	Chicago 9/23/84	24	116	4.8	25	0
Joe Morris	N.Y. Giants 10/19/86	24	116	4.8	16	0
Adrian Murrell	N.Y. Jets 11/26/95	24	116	4.8	21	1
Eddie George	Tennessee 10/5/97	26	116	4.5	22	0
69 George Rogers	at Washington 9/28/86	25	115	4.6	24	2
John Settle	at Atlanta 10/2/88	21	115	5.5	20	0
Natrone Means	at San Diego 9/10/95	26	115	4.4	9	0
72 Lydell Mitchell	Baltimore 9/18/77	32	114	3.6	14	0
73 Terry Metcalf	St. Louis 9/12/76	16	113	7.1	36	0
Greg Pruitt	Cleveland 12/3/78	12	113	9.4	44	0
Greg Bell	Buffalo 10/14/84	28	113	4.0	22	0
Greg Hill	at Kansas City 12/24/95	21	113	5.4	16	0
77 John Cappelletti	San Diego 9/7/80	16	112	7.0	46	0
Napolean Kaufman	Oakland 10/26/97	17	112	6.6	55	1
79 Herschel Walker	Philadelphia 12/13/92	23	111	4.8	18	1
Eric Rhett	Tampa Bay 11/20/94	24	111	4.6	27	0
Terrell Davis	Denver 9/8/96	28	111	3.9	17	0
82 Kenny Watson	Washington 11/3/02	23	110	4.8	23	0
83 Walter Payton	at Chicago 11/5/78	18	109	6.1	12	1
Marcus Allen	at L.A. Raiders 12/15/85	27	109	4.0	14	1
Leonard Russell	at Denver 11/13/94	19	109	5.7	22	1
Greg Hill	Kansas City 9/3/95	15	109	7.3	27	0
Terrell Davis	at Denver 12/9/01	19	109	5.7	57	0
Emmitt Smith	at Dallas 10/27/02	24	109	7.8	14	1
89 Tony Dorsett	at Dallas 11/27/80	24	107	4.5	16	2
Mike Pruitt	at Cleveland 10/2/83	24	107	4.5	10	0
Tony Collins	at New England 9/16/84	20	107	5.4	21	0
Roger Craig	San Francisco 9/25/88	21	107	5.1	24	0
Terrell Davis	Denver 9/7/97	21	107	5.1	14	1
Ricky Williams	New Orleans 9/17/00	23	107	4.7	15	0
95 James Hadnot	at Kansas City 11/22/81	10	106	10.6	24	0
Frank Pollard	at Pittsburgh 12/6/87	22	106	4.8	15	1
Terrell Davis	at Denver 12/1/96	26	106	4.1	16	1

	PLAYER	TEAM, DATE	ATT.	YDS.	AVG.	LG	TD
98	Natrone Means	at San Diego 10/30/94	26	104	4.0	20	1
	Napolean Kaufman	Oakland 11/24/96	15	104	6.9	21	0
	Dorsey Levens	at Green Bay 11/1/99	24	104	4.3	15	0
101	Franco Harris	at Pittsburgh 12/4/77	23	103	4.5	11	0
	Billy Taylor	N.Y. Giants 12/7/80	19	103	5.4	30t	1
	Tony Collins	New England 12/19/82	32	103	3.2	11	0
	Marc Logan	Cincinnati 10/11/87	16	103	6.4	30	1
	Leonard Russell	Denver 10/9/94	22	103	4.7	22	0
	Tim Biakabutuka	at Carolina 10/8/00	23	103	4.5	43	0
	Fred Taylor	at Jacksonville 11/12/00	21	103	4.9	19	1
109	Michael Bennett	at Minnesota 12/7/03	25	103	4.1	18	0
	Sam Cunningham	at New England 10/9/77	31	101	3.3	26	0
	Larry Kinnebrew	at Cincinnati 9/8/85	18	101	5.6	16	1
	Marcus Allen	L.A. Raiders 11/3/85	19	101	5.3	14	0
	Neil Anderson	at Chicago 9/9/90	20	101	5.1	17	2
	Barry Sanders	at Detroit 10/17/93	22	101	4.6	29	0
	Terrell Davis	at Denver 11/2/97	21	101	4.8	19	0
	Warrick Dunn	at Atlanta 12/15/02	20	101	5.1	31	0
	Rudi Johnson	at Cincinnati 10/26/03	27	101	3.7	18t	1
	117	Sonny Collins	Atlanta 11/7/76	17	100	5.9	47
Chuck Foreman		Minnesota 11/14/76	17	100	5.9	36	0
Clarence Davis		at Oakland 11/6/77	18	100	5.6	24	1
Tyrone Wheatley		Oakland 10/3/99	20	100	5.0	23	1
Duce Staley		Philadelphia 12/8/02	21	100	4.8	21t	1

300 YARDS PASSING

	PLAYER	TEAM, DATE	ATT.	COMP.	YDS.	TD	INT.
1	Dan Fouts	at San Diego 9/15/85	43	29	440	4	1
2	John Elway	Denver 12/20/85	42	24	432	1	0
3	Ken O'Brien	N.Y. Jets 11/2/86	32	26	431	4	0
	Steve Beuerlein	Phoenix 12/19/93 (OT)	53	34	431	3	2
5	Vinny Testaverde	at N.Y. Jets 12/6/98	63	42	418	2	1
6	Tony Eason	at New England 9/21/86	45	26	414	3	0
7	Jeff Blake	Cincinnati 11/6/94 (OT)	43	31	387	0	1
8	Kurt Warner	St. Louis 9/10/00	47	35	386	1	1
9	Trent Green	Washington 9/20/98	54	27	383	2	2
10	Doug Flutie	at San Diego 12/30/01	53	34	377	1	2
11	Warren Moon	at Houston 11/7/93	55	36	369	2	2
12	Doug Flutie	Buffalo 12/23/00	25	20	366	3	0
13	Randall Cunningham	Philadelphia 12/13/92 (OT)	44	27	365	0	1
14	Lynn Dickey	Green Bay 10/21/84	38	24	364	3	3
15	Jay Schroeder	L.A. Raiders 12/18/88	49	22	354	3	1
16	Jeff Rutledge	at N.Y. Giants 12/11/83	52	29	349	0	2
17	John Elway	Denver 10/22/89	35	18	344	2	0
	Mark Herrmann	San Diego 10/6/85	35	26	344	3	3
19	Ken Stabler	Oakland 9/16/79	37	25	343	1	2
	Trent Green	Kansas City 11/24/02	34	26	343	2	1
21	Ken Stabler	at Oakland 12/16/79	47	31	342	1	2
	Elvis Grbac	Kansas City 10/29/00	35	22	342	3	3
23	Mark Brunell	at Jacksonville 11/12/00	34	24	340	1	0
24	Dan Fouts	at San Diego 12/13/80	42	29	339	1	2
25	John Elway	at Denver 9/13/87	32	22	338	4	1
	Dan Fouts	San Diego 9/18/83	41	21	338	4	3
	John Elway	at Denver 12/27/98	36	26	338	4	0
	Kerry Collins	at N.Y. Giants 12/23/01	47	30	338	1	0
	John Elway	Denver 12/13/87	42	21	335	1	2
29	Peyton Manning	Indianapolis 12/20/98	39	23	335	1	1
	Boomer Esiason	at Cincinnati 11/16/86	33	22	334	1	1
32	Jeff Hostetler	at Oakland 10/8/95	33	20	333	2	0
33	Dan Fouts	San Diego 9/9/84	40	23	332	2	4
	Steve Beuerlein	at Carolina 10/8/00	39	27	332	2	1
	Drew Brees	at San Diego 12/29/02	49	27	332	3	1

PLAYER	TEAM, DATE	ATT.	COMP.	YDS.	TD	INT.
36 Dan Fouts	at San Diego 10/9/83	36	28	331	1	2
37 Jim Kelly	Buffalo 12/8/96	41	24	324	1	2
38 Elvis Grbac	at Kansas City 11/21/99	49	30	322	0	1
39 John Elway	at Denver 10/26/86	32	18	321	1	1
40 Bill Kenney	at Kansas City 12/27/87	35	23	320	3	0
41 Anthony Wright	at Baltimore 11/23/03	37	20	319	4	0
42 Dan Fouts	at San Diego 10/14/79	35	28	318	3	0
43 Alex Van Pelt	at Buffalo 11/18/01	42	28	316	2	0
44 Bill Kenney	at Kansas City 12/9/84	37	18	312	2	0
45 Bill Kenney	Kansas City 11/27/83	38	21	311	4	0
Jim Everett	at L.A. Rams 10/23/88	27	20	311	3	0
47 Brian Sipe	at Cleveland 10/2/83	40	25	310	1	3
48 Wade Wilson	at L.A. Raiders 10/7/84	19	12	309	2	0
49 Steve DeBerg	at San Francisco 10/7/79	40	31	306	1	1
50 Dan Fouts	at San Diego 10/4/81	41	30	302	3	0
Joe Montana	San Francisco 9/25/88	29	20	302	4	1
Eric Zeier	at Baltimore 12/8/97	28	17	302	1	0

100 YARDS RECEIVING

PLAYER	TEAM, DATE	Yds	No	AVG.	LG	TD
1 Wes Chandler	at San Diego 9/15/85	243	13	18.7	45	1
2 Al Toon	N.Y. Jets 11/2/86	195	9	21.7	50t	2
3 +Marcus Allen	at L.A. Raiders 10/7/84	173	4	32.3	92	1
4 Morris Owens	Tampa Bay 10/16/77	166	9	18.4	67t	1
Henry Marshall	at Kansas City 12/9/84	166	8	20.8	36	1
Roy Green	Phoenix 9/17/89	166	8	20.8	59t	3
7 James Thrash	Philadelphia 9/30/01	165	10	16.5	64t	2
8 Jerry Rice	San Francisco 9/25/88	163	6	27.2	69t	3
Tony Martin	at San Diego 9/10/95	163	13	12.5	24	0
10 James Lofton	at Green Bay 10/21/84	162	5	32.4	79t	2
11 Stanley Morgan	at New England 9/21/86	161	7	23.0	44t	3
Wesley Walker	N.Y. Jets 11/2/86	161	6	26.8	83t	1
Fred Barnett	Philadelphia 12/13/92 (OT)	161	9	17.9	53	1
14 Rod Smith	at Denver 12/27/98	158	9	17.6	36	1
15 Darnay Scott	Cincinnati 11/6/94 (OT)	157	7	22.4	76	0
16 Cliff Branch	Oakland 9/16/79	156	7	22.3	47	0
Keenan McCardell	at Jacksonville 11/12/00	156	6	26.0	67t	1
Curtis Conway	at San Diego 12/30/01	156	11	14.2	38	1
19 Willie Davis	Kansas City 9/3/95	155	6	25.8	60t	2
20 Vance Johnson	at Denver 11/26/89	154	6	25.7	69	2
21 Derrick Alexander	at Kansas City 10/2/00	153	5	30.6	73	1
22 ^Todd Christensen	L.A. Raiders 10/16/83	152	11	13.8	22t	3
Gary Clark	Phoenix 12/19/93 (OT)	152	12	12.7	28	1
Tony Martin	San Diego 9/18/94	152	6	25.3	99t	1
25 Wes Chandler	San Diego 10/6/85	150	9	16.7	59	2
Derrick Alexander	at Baltimore 12/7/97	150	6	25.0	92	0
27 Carlos Carson	Kansas City 11/27/83 (OT)	149	7	21.3	35	1
Gary Clark	Washington 12/23/89	149	9	16.6	44t	1
29 Tim Brown	at Oakland 10/8/95	143	5	28.6	80t	1
30 Anthony Miller	at San Diego 10/4/92	142	9	15.8	67t	2
Cris Carter	Minnesota 11/10/96	142	7	20.3	40	0
32 Germane Crowell	Detroit 9/12/99	141	7	20.1	41t	2
33 Mike Quick	at Philadelphia 9/10/89	140	6	23.3	40	1
34 Drew Hill	Houston 11/13/88	139	8	17.4	57t	1
35 Peerless Price	at Buffalo 11/18/01	138	10	13.8	23	1
36 John Jefferson	San Diego 9/7/80	137	9	15.2	49t	2
Mark Jackson	Denver 12/11/88	137	7	19.6	35	1
Michael Young	Denver 10/22/89	137	6	22.8	47	0
Derrick Alexander	Kansas City 10/29/00	137	4	34.6	59t	2
40 Rod Smith	at Denver 10/11/98	136	8	17.0	50	1
41 Webster Slaughter	at Houston 11/7/93	135	9	15.0	36	1

+ Running Back; ^ Tight End

	PLAYER	TEAM, DATE	YDS.	NO.	AVG.	LG	TD
42	Marvin Harrison	Indianapolis 10/15/00	134	7	19.1	39	0
43	^Pete Holohan	San Diego 9/9/84	133	6	22.2	51	0
	Randy Moss	at Minnesota 12/7/03	133	8	16.6	47t	2
45	Michael Westbrook	Washington 9/20/98	132	7	18.9	36	2
	Peerless Price	Buffalo 12/23/00	132	8	16.5	34	1
47	Marcus Robinson	at Baltimore 11/23/03	131	7	18.7	50t	4
48	^Stephen Alexander	at San Diego 12/29/02	129	8	16.1	30	1
49	Mike Sherrard	N.Y. Giants 11/5/95	128	6	21.3	30	1
50	^Riley Odoms	at Denver 9/23/79	125	5	25.0	45	0
	Ed McCaffrey	Denver 11/14/99	125	6	20.8	42	1
	Laveranues Coles	at Washington 11/9/03	125	5	25.0	64	1
53	^Todd Christensen	at L.A. Raiders 10/25/87	124	8	15.5	20	1
	Anthony Miller	at San Diego 11/10/91	124	5	24.8	58	0
	Jimmy Smith	at Jacksonville 12/15/96	124	8	15.5	39	2
	Amani Toomer	at New York Giants 12/23/01	124	8	15.5	28	1
57	Ethan Horton	at L.A. Raiders 11/17/91	123	7	17.6	51t	1
	Anthony Miller	San Diego 10/3/93	123	10	12.3	20	1
	Anquan Boldin	vs. Arizona 12/21/03	122	10	12.2	60t	1
60	^Henry Childs	New Orleans 11/18/79	121	6	20.2	34	0
61	Carlos Carson	at Kansas City 12/27/87	120	4	30.0	81t	1
	Vance Johnson	at Denver 9/23/90	120	9	13.3	22	0
	Torrance Small	Indianapolis 12/20/98	120	3	40.0	53	0
64	Steve Watson	at Denver 11/20/83	119	4	29.8	78t	1
	^Eric Green	Pittsburgh 12/26/93	119	7	17.0	41	0
66	Duriel Harris	at Miami 9/9/79	117	5	23.4	51	0
	Eddie Brown	at Cincinnati 10/6/91	117	7	16.7	43	0
	Jimmy Smith	at Jacksonville 11/12/00	117	10	11.7	34	0
69	Wesley Walker	at N.Y. Jets 9/11/83	116	3	38.7	48t	1
	Anthony Miller	at San Diego 10/15/89	116	7	16.6	44	0
71	^Eric Sievers	San Diego 9/18/83	115	6	19.2	27t	2
72	Earnest Gray	N.Y. Giants 12/7/80	114	3	38.0	50t	2
	Tim Brown	L.A. Raiders 11/28/88	114	4	28.5	49t	1
	Rod Smith	at Denver 11/2/97	114	5	22.8	59	1
	Keyshawn Johnson	N.Y. Jets 12/6/98	114	9	12.7	20	1
	Jeff Graham	San Diego 12/12/99	114	9	12.7	26	0
77	John Jefferson	at San Diego 12/13/80	113	8	14.1	19t	1
	Mervyn Fernandez	at L.A. Raiders 12/18/88	113	4	28.3	54t	1
	Mervyn Fernandez	at L.A. Raiders 10/1/89	113	7	16.1	36t	1
	John Taylor	San Francisco 12/8/91	113	7	16.1	41	1
	Michael Irvin	at Dallas 10/11/92	113	6	18.8	24	0
	Jason McCadley	at Arizona 11/10/02	113	5	22.6	42	0
83	Ed McCaffrey	at Denver 12/10/00	112	8	14.0	41	1
84	Steve Watson	Denver 11/6/83	110	7	15.7	25t	1
	+Priest Holmes	Kansas City 11/24/02	110	7	15.7	64t	1
86	Cliff Branch	at Oakland 12/16/79	109	10	10.9	15	0
	Charles Smith	Philadelphia 11/2/80	109	5	21.8	38	1
	Tim McGee	at Cincinnati 12/10/89	109	7	15.6	23	1
	Bill Brooks	at Buffalo 10/15/95	109	6	18.2	30	2
90	Stanley Morgan	New England 9/21/80	108	2	54.0	68t	2
	Willie Gault	at L.A. Raiders 12/18/88	108	2	54.0	57	1
	Antonio Freeman	Green Bay 9/29/96	108	7	15.4	28	2
93	Tim Brown	L.A. Raiders 1/18/94	107	4	26.8	77t	1
	Tim Brown	Oakland 10/26/97	107	7	15.3	24	0
95	James Scott	Chicago 12/5/76	106	3	35.3	63t	2
	^Kellen Winslow	San Diego 11/16/81	106	7	15.1	31	0
	Stephon Paige	at Kansas City 11/20/88	106	5	21.2	49	0
	Peerless Price	Buffalo 10/24/99	106	5	21.2	45	1
	Corey Bradford	at Green Bay 11/1/99	106	3	35.3	74t	1
100	Kellen Winslow	at San Diego 12/14/86	105	8	13.1	28	1
	Paul Palmer	Kansas City 9/11/88	105	8	13.1	27	0
	Henry Ellard	at Washington 9/4/94	105	7	15.0	25	0
	Ike Hilliard	at N.Y. Giants 12/23/01	105	7	15.0	26	1

+Running Back; ^ Tight End

	PLAYER	TEAM, DATE	Yds.	No.	Avg.	LG	TD
104	Willie McGee	San Francisco 9/26/76	104	5	20.8	52t	1
	Carlos Carson	at Kansas City 9/4/83	104	7	14.9	48	1
	+Marcus Allen	at L.A. Raiders 10/30/83	104	8	13.0	36	0
	J.T. Smith	Phoenix 9/17/89	104	7	14.9	25t	1
	Carl Pickens	Cincinnati 11/7/99	104	4	26.0	75t	1
109	^Jerome Barkum	N.Y. Jets 11/26/79	103	6	17.2	40	0
	John Jefferson	San Diego 9/7/80	103	6	17.2	23t	2
	Byron Williams	at N.Y. Giants 12/11/83	103	7	14.7	24	0
	Art Monk	at Washington 9/28/86	103	5	20.6	69	0
	Hart Lee Dykes	at New England 10/7/90	103	5	20.6	35t	1
114	^Tony McGee	at Cincinnati 9/26/93	102	7	14.6	37	0
	^Wesley Walls	at Carolina 10/8/00	102	7	14.6	26	0
116	Dave Logan	Cleveland 12/20/81	101	5	20.2	26	1
	Cris Collinsworth	at Cincinnati 9/8/85	101	4	25.3	71	0
	Henry Ellard	at L.A. Rams 10/23/88	101	7	14.4	20	0
	Irving Fryar	at New England 9/20/92	101	6	16.8	36t	1
	Derrick Alexander	at Kansas City 11/21/99	101	8	12.6	25	0
	Torry Holt	St. Louis 9/10/00	101	6	16.8	41	0
	^Tony Gonzalez	Kansas City 10/29/00	101	8	12.6	22	0
	Eric Moulds	Buffalo 12/23/00	101	4	25.3	48	0
	Donte' Stallworth	vs. New Orleans 9/7/03	101	8	12.6	30	0
	125	Isaac Curtis	at Cincinnati 9/25/77	100	3	33.3	54
	Stephon Paige	at Kansas City 12/27/87	100	7	14.3	46t	1
	Jeff Graham	N.Y. Jets 8/31/97	100	3	33.3	47	2
	Tony Martin	at San Diego 11/9/97	100	5	20.0	61	2
	Amani Toomer	at N.Y. Giants 9/22/02	100	4	25.0	49	0
	Torry Holt	at St. Louis 12/14/03	100	6	16.7	40t	1

+Running Back; ^ Tight End

RECEPTIONS

	PLAYER	TEAM, DATE	No.	Yds.	Avg.	LG	TD
1	Wes Chandler	at San Diego 9/15/85	13	243	18.7	45	1
	Tony Martin	at San Diego 9/10/95	13	163	12.5	24	0
3	Gary Clark	Phoenix 12/19/93 (OT)	12	152	12.7	28	1
4	^Todd Christensen	L.A. Raiders 10/16/83	11	152	13.8	22t	3
5	Curtis Conway	at San Diego 12/30/01	11	156	14.2	38	1
6	+Don McCauley	Baltimore 11/12/78	10	88	8.8	19	0
	Cliff Branch	at Oakland 12/16/79	10	109	10.9	15	0
	Clarence Williams	at San Diego 10/4/81	10	89	8.9	15	0
	Anthony Miller	San Diego 10/3/93	10	123	12.3	20	1
	Jimmy Smith	at Jacksonville 11/12/00	10	117	11.7	67t	1
	James Thrash	Philadelphia 9/23/01	10	165	16.5	64t	2
	Peerless Price	at Buffalo 11/18/01	10	138	13.8	23	1
	+LaDainian Tomlinson	at San Diego 12/30/01	10	68	6.8	13	0
	Anquan Boldin	vs. Arizona 12/21/03	10	122	12.2	60t	1

+Running Back; ^ Tight End

3.0 SACKS

	PLAYER	TEAM, DATE	SACKS	YARDS
1	Derrick Thomas	at Kansas City 11/11/90	*7.0	60.0
2	Barney Chavous	Denver 12/21/80	4.0	47.0
	Anthony Smith	L.A. Raiders 10/18/92	4.0	29.0
	Anthony Smith	L.A. Raiders 9/12/93	4.0	21.0
	Leslie O'Neal	San Diego 10/22/95	4.0	26.0
6	Keith Willis	Pittsburgh 10/23/83	3.5	15.0
	Randy White	Dallas 12/4/83	3.5	30.0
	Simon Fletcher	Denver 11/30/92 (OT)	3.5	23.5
9	12 players tied with		3.0	

* NFL record

MISCELLANEOUS TOP TEN

HOME ATTENDANCE

	ATT.	OPPONENT	STADIUM	DATE	W/L	SCORE
1	68,681	Oakland	Husky Stadium	December 16, 2000	W	27-24
2	68,661	Denver	Husky Stadium	November 26, 2000	L	38-31
3	67,231	Oakland	Husky Stadium	November 11, 2001	W	34-27
4	66,507	Pittsburgh	Seahawks Stadium	November 2, 2003	W	23-16
5	66,437	San Francisco	Seahawks Stadium	October 12, 2003	W	20-19
6	66,420	San Francisco	Seahawks Stadium	October 14, 2002	L	28-21
7	66,400	Oakland	Kingdome	October 10, 1999	W	22-21
8	66,332	Kansas City	Kingdome	December 26, 1999	W	23-14
9	66,318	San Diego	Kingdome	December 12, 1999	L	19-16
10	66,314	Denver	Kingdome	November 14, 1999	W	20-17
	66,314	Tampa Bay	Kingdome	November 28, 1999	L	16-3

ROAD ATTENDANCE

	ATT.	OPPONENT	STADIUM	DATE	W/L	SCORE
1	88,734*	L.A. Raiders	Coliseum	January 8, 1983	L	30-14
2	82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
3	82,352	Washington	FedEx Field	November 4, 2001	L	27-14
4	80,728	Washington	FedEx Field	November 9, 2003	L	27-20
5	78,847	Kansas City	Arrowhead Stadium	October 23, 1994	L	38-23
6	78,605	Cleveland	Municipal Stadium	October 9, 1988	W	16-10
7	78,551	N.Y. Giants	Giants Stadium	September 22, 2002	L	9-6
8	78,119	N.Y. Giants	Giants Stadium	December 23, 2001	L	27-24
9	77,357	Kansas City	Arrowhead Stadium	November 25, 2001	L	19-7
10	77,904	L.A. Raiders	Coliseum	October 7, 1984	L	28-14

* Playoff Game

COLDEST GAMES

	TEMP.	OPPONENT	DATE	W/L	SCORE
1	20*	at Green Bay	January 4, 2004	L	33-27 (OT)
2	22	at Denver	December 10, 2000	L	31-24
3	26	at Pittsburgh	December 6, 1992	L	20-14
4	27	at Denver	December 19, 1999	L	36-30 (OT)
5	30	at Cincinnati	December 10, 1989	W	24-17
6	31	at New England	December 4, 1988	L	13-7
	31	at Kansas City	December 24, 1995	L	26-3
8	32	at Kansas City	December 2, 1979	L	37-21
9	34	at Pittsburgh	December 4, 1977	L	30-20
	34	at Denver	November 23, 1980	L	36-20
	34	at Cincinnati	November 18, 1984	W	26-6
	34	at Kansas City	November 20, 1988	L	27-24

* Playoff Game

WARMEST GAMES

	TEMP.	OPPONENT	DATE	W/L	SCORE
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
4	93	at Philadelphia	September 10, 1989	L	31-7
5	89	at Miami	September 3, 2000	L	23-0
6	88	at Cincinnati	September 8, 1985	W	28-24
7	85	at Denver	September 13, 1987	L	40-17
8	84	at San Diego	September 1, 1996	L	29-7
9	83	at Denver	October 1, 1978	L	28-7
10	82	at Miami	September 9, 1979	L	19-10
	82	at Arizona	October 29, 1995	L	20-14
	82	at N.Y. Giants	September 29, 2002	L	9-6

RECORD BY MONTH
REGULAR SEASON

YEAR	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	RECORD
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
Total	0-1	45-58	52-58	55-60	51-52	2-2	205-231(470)

INCLUDING PLAYOFFS

YEAR	AUG	SEPT	OCT	NOV	DEC	JAN	RECORD	PLAYOFFS
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1 *	0-1 *	9-8 *	2-1
1984		4-1	3-1	4-0	2-3 *		13-5 *	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1 *	9-7 *	0-1
1988		2-2	3-2	2-2	2-2 *		9-8 *	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2 *	9-8 *	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1 *	10-7 *	0-1
Total	0-1	45-58	52-58	55-60	54-54*	2-6*	208-237 *	3-6

* includes playoffs

PRIME TIME RECORD

(26-18)

ABC'S MONDAY NIGHT FOOTBALL (12-7)

DATE	W/L	SCORE	OPPONENT
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	N.Y. Jets
November 17, 1980	L	19-17	Oakland
November 16, 1981	W	44-23	San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	San Diego
December 8, 1986	W	37-0	L.A. Raiders
November 9, 1987	L	30-14	at New York Jets
November 30, 1987	L	37-14	L.A. Raiders
November 28, 1988	W	35-27	L.A. Raiders
December 4, 1989	W	17-16	Buffalo
October 1, 1990	W	31-16	Cincinnati
November 30, 1992	W	16-13 (OT)	Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	San Francisco

THURSDAY-SUNDAY NIGHT (14-11)

DATE	NETWORK	W/L	SCORE	OPPONENT
Friday, December 20, 1985	ABC	L	27-24	Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	Denver
Sunday, December 11, 1988	ESPN	W	42-14	Denver
Sunday, December 17, 1989	ESPN	W	23-17	L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	Denver
Sunday, October, 13, 1991	ESPN	L	23-20	L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	Kansas City
Sunday, September 12, 1993	TNT	L	17-13	L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	Oakland
Sunday, October 2, 1999	ESPN	W	22-21	Oakland
Sunday, November 14, 1999	ESPN	W	20-17	Denver
Saturday, December 23, 2000	ESPN	L	42-23	Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	San Francisco

*Thanksgiving Day Game

RECORDS BY TELEVISION NETWORK

ABC (12-8)

ESPN (13-8)

NBC (1-0)

TNT (0-2)

RECORD BY STARTING QB

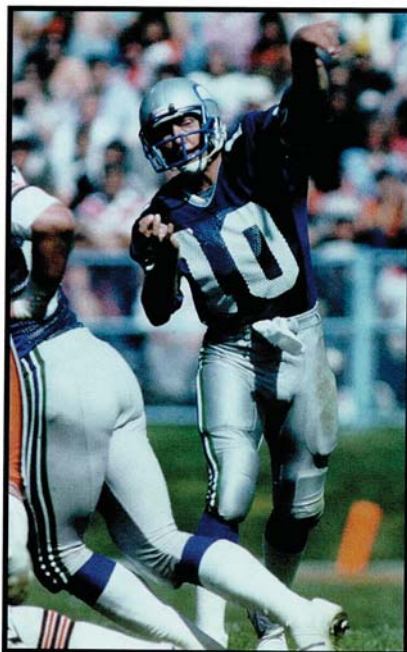
BY YEAR

YEAR	QUARTERBACK	RECORD
1976	Jim Zorn	2-12
1977	Jim Zorn	4-6
	Steve Myer	1-3
1978	Jim Zorn	9-7
1979	Jim Zorn	9-7
1980	Jim Zorn	4-12
1981	Jim Zorn	4-9
	Dave Krieg	2-1
1982	Jim Zorn	4-3
	Dave Krieg	0-2
1983	Jim Zorn	4-4
	Dave Krieg	5-3
1984	Dave Krieg	12-4
1985	Dave Krieg	8-8
1986	Dave Krieg	10-4
	Gale Gilbert	0-2
1987	Dave Krieg	7-5
	Jeff Kemp	1-0
	Bruce Mathison	1-1
1988	Dave Krieg	6-3
	Kelly Stouffer	3-3
	Jeff Kemp	0-1
1989	Dave Krieg	7-7
	Kelly Stouffer	0-2
1990	Dave Krieg	9-7
1991	Dave Krieg	4-5
	Jeff Kemp	2-3
	Dan McGwire	1-0
	Kelly Stouffer	0-1
1992	Stan Gelbaugh	0-8
	Kelly Stouffer	2-5
	Dan McGwire	0-1
1993	Rick Mirer	6-10
1994	Rick Mirer	5-8
	Dan McGwire	1-2
1995	Rick Mirer	7-6
	John Friesz	1-2
1996	Rick Mirer	2-7
	John Friesz	4-2
	Stan Gelbaugh	1-0
1997	Warren Moon	7-7
	John Friesz	0-1
	Jon Kitna	1-0
1998	Warren Moon	4-6
	Jon Kitna	3-2
	John Friesz	1-0
1999	Jon Kitna	8-7
	Glenn Foley	1-0

2000	Jon Kitna	6-6
	Brock Huard	0-4
2001	Matt Hasselbeck	5-7
	Trent Dilfer	4-0
2002	Matt Hasselbeck	5-5
	Trent Dilfer	2-4
2003	Matt Hasselbeck	10-6

BY WINNING %

QUARTERBACK	RECORD	WIN %
Glenn Foley	1-0	1.000
Dave Krieg	70-49	.588
Trent Dilfer	6-4	.600
Jon Kitna	18-15	.545
John Friesz	6-5	.545
Matt Hasselbeck	20-18	.526
Bruce Mathison	1-1	.500
Warren Moon	11-13	.458
Jeff Kemp	3-4	.429
Jim Zorn	40-60	.400
Dan McGwire	2-3	.400
Rick Mirer	20-31	.392
Kelly Stouffer	5-11	.313
Steve Myer	1-3	.250
Stan Gelbaugh	1-8	.111
Gale Gilbert	0-2	.000
Brock Huard	0-4	.000



Jim Zorn was the Seahawks first starting QB.

ALL-TIME HONORS

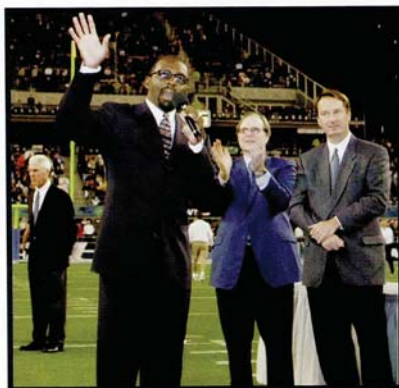
CAPTAINS

	OFFENSE	DEFENSE	SPECIAL TEAMS
1976	Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977	Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978	Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979	Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980	Steve Largent, WR	Keith Simpson, S	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, FB
1987	Steve Largent, WR	Kenny Easley, S	Paul Moyer, S
	Curt Warner, RB		
1988	Steve Largent, WR	Jacob Green, DE	Game-to-Game
		Eugene Robinson, S	
1989	Steve Largent, WR	Jacob Green, DE	Game-to-Game
1990	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1991	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1992	John L. Williams, FB	Eugene Robinson, S	James Jones, TE
1993	John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB
			Trey Junkin, TE
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB
			Trey Junkin, TE
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE
1996	Rick Mirer, QB	Winston Moss, LB	Rick Tuten, P
	Chris Warren, RB	Terry Wooden, LB	
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB	Darryl Williams, S	Jay Bellamy, S
	Kevin Glover, C	Michael Sinclair, DE	
1999*	Jon Kitna, QB	Chad Brown, LB	Fabien Bownes, WR
	Ricky Watters, RB	Cortez Kennedy, DT	James Logan, LB
season captains discontinued in 1999 and 2000			
2001	OFFENSE Matt Hasselbeck, QB	DEFENSE Robbie Tobeck, C	Ricky Watters, RB
	DEFENSE Chad Brown, LB	Levon Kirkland, LB	Marcus Robertson, S
2002	OFFENSE Trent Dilfer, QB	Robbie Tobeck, C	Mack Strong, FB
	DEFENSE Chad Brown, LB	Chad Eaton, DT	Marcus Robertson, S
2003	OFFENSE Matt Hasselbeck, QB	DEFENSE John Randle, DT	SPECIAL TEAMS Alex Bannister, WR

* playoff captains

RING OF HONOR

1989	Steve Largent	WR
1991	Jim Zorn	QB
1992	Dave Brown	CB
1992	Pete Gross	broadcaster
1994	Curt Warner	RB
1995	Jacob Green	DE
2002	Kenny Easley	S



Kenny Easley (1981-87)

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

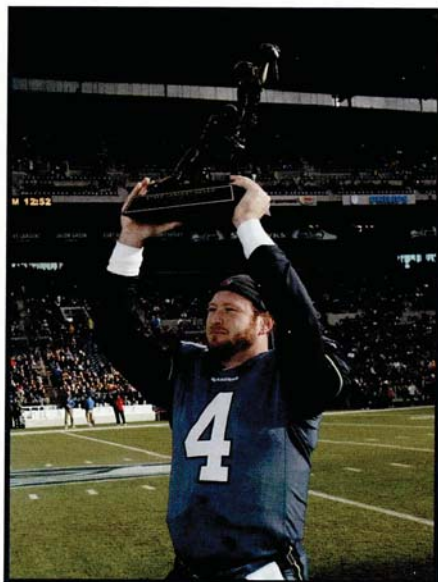
1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR			

Discontinued in 1999

STEVE LARGENT AWARD

(presented to the player who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR
1990	Jacob Green	DE
1991	Rufus Porter	LB
1992	Jeff Bryant	DE
	Joe Nash	DT
1993	Eugene Robinson	S
1994	Brian Blades	WR
1995	Terry Wooden	LB
1996	Cortez Kennedy	DT
1997	Winston Moss	LB
1998	Michael Sinclair	DE
1999	Chad Brown	LB
2000	Ricky Watters	RB
2001	Mack Strong	FB
2002	Mack Strong	FB
2003	Trent Dilfer	QB



MAN OF THE YEAR

1976	Norm Evans	T	1992	Eugene Robinson	S
1980	Jim Zorn	QB	1993	Eugene Robinson	S
1981	Manu Tuiasosopo	DT	1994	Brian Blades	WR
1982	Dave Brown	CB	1995	Eugene Robinson	S
1983	Paul Johns	WR	1996	Todd Peterson	K
1984	Jeff West	P	1997	Rick Tuten	P
1985	Mike Tice	TE	1998	Sam Adams	DT
1986	Mike Tice	TE	1999	Jon Kitna	QB
1987	Mike Tice	TE	2000	Jon Kitna	QB
1988	Steve Largent	WR	2001	Brock Huard	QB
1989	Norm Johnson	K	2002	Trent Dilfer	QB
1990	Jacob Green	DE	2003	Matt Hasselbeck	QB
1991	Eugene Robinson	S			

PRO BOWL

Year	Player	Nominations	Year	Player	Nominations
1978	Steve Largent, WR	1	1991	Cortez Kennedy, DT	1
1979	Steve Largent, WR	2		John L. Williams, FB	2
1981	Steve Largent, WR	3	1992	Cortez Kennedy, DT, starter	2
1982	Kenny Easley, S	1		Eugene Robinson, S	1
1983	Kenny Easley, S, starter	2	1993	Cortez Kennedy, DT, starter	3
	Curt Warner, RB, starter	1		Eugene Robinson, S	2
1984	Dave Brown, CB	1		Chris Warren, RB	1
	Kenny Easley, S, unanimous	3	1994	Cortez Kennedy, DT, starter	4
	Norm Johnson, K, starter	1		Rick Tuten, P	1
	Dave Krieg, QB	1		Chris Warren, RB	2
	Steve Largent, WR	4	1995	Cortez Kennedy, DT	5
	Joe Nash, DT, starter	1		Chris Warren, RB, starter	3
	Fredd Young, special teams	1	1996	Cortez Kennedy, DT, starter	6
1985	Kenny Easley, S, starter	4		Michael Sinclair, DE	1
	Steve Largent, WR, starter	5	1997	Darryl Williams, S, starter	1
	Fredd Young, special teams	2		Michael Sinclair, DE	2
1986	Bobby Joe Edmonds, KR	1		Warren Moon, QB	1, 9 total
	Jacob Green, DE	1	1998	Cortez Kennedy, DT	7
	Steve Largent, WR, starter	6		Michael Sinclair, DE	3
	Curt Warner, RB, starter	2		Chad Brown, LB, starter	1
	Fredd Young, LB, starter	3		Shawn Springs, CB	1
1987	Kenny Easley, S, starter	5	1999	Cortez Kennedy, DT	8
	Jacob Green, DE	2		Chad Brown, LB	2, 3 total
	Steve Largent, WR, starter	7		Walter Jones, T	1
	Curt Warner, RB, starter	3	2001	John Randle, DT, starter	1, 7 total
	Fredd Young, LB, starter	4		Walter Jones, T	2
1988	Dave Krieg, QB	2	2002	Walter Jones, T, starter	3
	Rufus Porter, special teams	1	2003	Shaun Alexander, RB	1
1989	Brian Blades, WR	1		Alex Bannister, WR	1
	Dave Krieg, QB	3		Matt Hasselbeck, QB	1
	Rufus Porter, special teams	2		Steve Hutchinson, G	1
1990	John L. Williams, FB	1		Walter Jones, T	4

RETIRED JERSEYS

#12 Seattle's fans, the 12th Man (1984)

#80 Steve Largent (1995)

NFL COACH OF THE YEAR

- 1978 Jack Patera (AP, The Sporting News, Washington DC Touchdown Club, Seattle Gold Helmet Committee)
- 1983 Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, Football News)
- 1984 Chuck Knox (AP, The Sporting News, Seattle Gold Helmet Committee)
- 1992 Tom Catlin, Assistant Head Coach/Defense (Sports Illustrated)

NFL DEFENSIVE PLAYER OF THE YEAR

- 1984 Kenny Easley, S (AP, Pro Football Weekly, Kansas City 101 Club)
- 1992 Cortez Kennedy, DT (AP, Pro Football Writers, NEA, College & Pro Football Newsweekly)

PRO FOOTBALL HALL OF FAME

- 1995 Steve Largent, WR (elected in first year of eligibility)

NATIONAL HONORS

- 1976 Steve Niehaus, DT (NFC Defensive Rookie of the Year); Jim Zorn, QB (NFC Offensive Rookie of the Year)
- 1978 John Thompson, General Manager (The Sporting News NFL Executive of the Year)
- 1981 Kenny Easley, S (AFC Defensive Rookie of the Year)
- 1983 Kenny Easley, S (Football News AFC Defensive Player of the Year); Chuck Knox, Head Coach (UPI AFC Coach of the Year, Football News NFL Coach of the Year); Curt Warner, RB (UPI AFC Offensive Player of the Year, UPI AFC Rookie of the Year)
- 1984 Kenny Easley, S (AP & Pro Football Weekly NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year); Chuck Knox, Head Coach (Football Digest NFL Coach of the Year, UPI & PFWA AFC Coach of the Year); Fredd Young, Special Teams (AFC Special Teams Player of the Year)
- 1985 Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year); Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year); Curt Warner, RB (Sports Illustrated Comeback Player of the Year)
- 1986 Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year); Curt Warner (UPI AFC Offensive Player of the Year)
- 1987 Curt Warner, RB (NFL Alumni Association Running Back of the Year)
- 1988 Steve Largent, WR (NFL Man of the Year)
- 1993 Rick Mirer, QB (NFL Offensive Rookie of the Year, UPI AFC Offensive Rookie of the Year)
- 1995 Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)

AP ALL-PRO

YEAR	1ST TEAM	2ND TEAM
1978		Steve Largent Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson Joe Nash Kenny Easley	Steve Largent Dave Brown
1985	Steve Largent Kenny Easley	
1986	Bobby Joe Edmonds	Curt Warner
1987	Fredd Young	Steve Largent Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson
1994	Cortez Kennedy	Chris Warren Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown
2001	Walter Jones	
2003	Steve Hutchinson	

NFL PLAYER OF THE MONTH

- 1986 Curt Warner, RB (October), Dave Krieg, QB (December)
- 1989 John L. Williams, FB (December)
- 1996 Michael McCrary, DE (December)
- 1998 Chad Brown, LB (November)
- 1999 Jon Kitna, QB (October), Jeff Feagles, P (December)

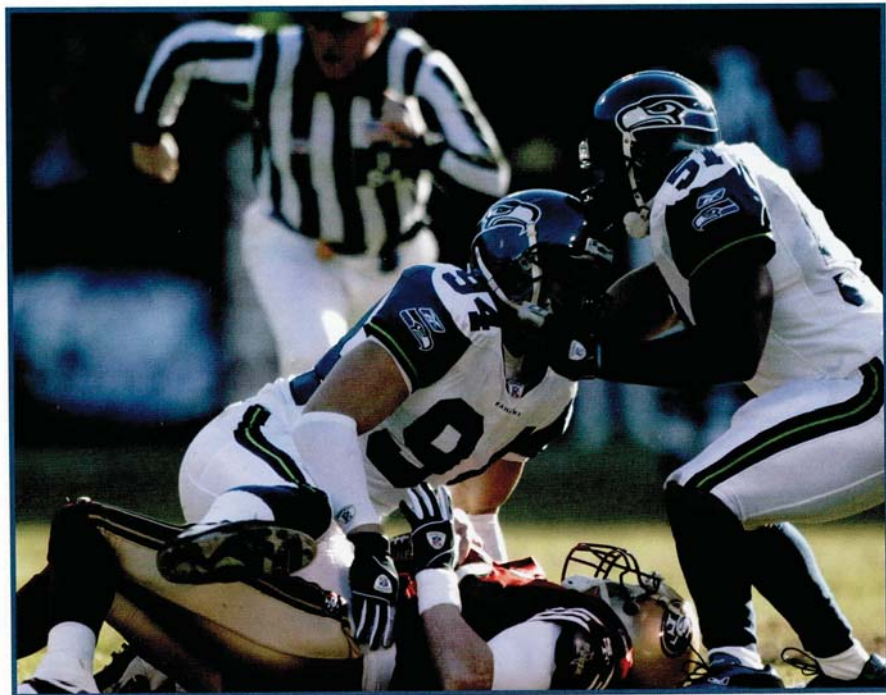
NFL ROOKIE OF THE MONTH

- 1997 Walter Jones, T (October)
- 2002 Rocky Bernard, DT (September)

NFL PLAYER OF THE WEEK

- 1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10),
Dave Krieg, QB (Week 13)
- 1985 Dave Krieg, QB & Daryl Turner, WR (Week 2), Terry Taylor, CB (Week 9)
- 1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
- 1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
- 1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
- 1989 Steve Largent, WR (Week 14)
- 1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
- 1991 Rufus Porter, LB (Week 13)
- 1992 Cortez Kennedy, DT (Week 3)
- 1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5),
Eugene Robinson (Week 11)
- 1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
- 1995 *Joey Galloway, WR (Week 11), Robert Blackmon, S (Week 12),
Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
- 1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary,
Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
- 1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4),
Warren Moon, QB (Week 9 & Week 11)
- 1998 Jon Kitna, QB (Week 13)
- 1999 *Charlie Rogers, PR, Special Teams (Week 3), Shawn Springs, CB (Week 8)
- 2000 Jon Kitna, QB (Week 11)
- 2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)
- 2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12),
Ken Lucas CB (Week 15)
- 2003 *Ken Hamlin, S (Week 2), Bobby Engram, WR, Special Teams (Week 11),
Chad Brown, LB (Week 17)

* rookie



Chad Brown earned NFC Defensive Player of the Week 17 with 10 tackles and 2.0 sacks.

HALL OF FAME

STEVE LARGENT WR 1976-89



PRO FOOTBALL HALL OF FAME: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL RECORDS: Concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100, since broken by Rice (154); consecutive games with a reception,

177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to have the career lead in receptions, yards, and touchdowns all at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40 career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41). Still ranks ninth in total touchdowns with 101 (has one rushing), fifth with 40 100-yard games, and is 13th in combined yards with 13,396.

PRO CAREER: Finished in the AFC's (or NFC's in 1976) top 10 in receptions ten times in his first 12 seasons, failing only in 1977 and 1982, and in the top five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top 10 in receiving yards seven times, including a first place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because of a wrist injury. Set the Pro Bowl career yardage record with 236, since surpassed by Jerry Rice with 317, and ranks third in receptions with 17, trailing Walter Payton (18) and Rice (28). Originally drafted on the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

SEAHAWKS RECORDS: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Played in more games (200) with more starts (197) than any other player in team history. He was the first player voted into the team's Ring of Honor in 1989.

PERSONAL: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following his first-year of his fourth-term and sought election as the governor of Oklahoma in November 2002. Attended Putnam City High School in Oklahoma City, Oklahoma, where he lettered in football and baseball. Steve and his wife, Terry, have three sons, Kyle, Kelly, and Kramer, and a daughter, Casie.



STEVE LARGENT



WIDE RECEIVER
5-11 191

80

TULSA
14 SEAHAWKS SEASONS
TRADE (HOUSTON) 1976
CAREER GAMES/STARTS: 200/197
SEPTEMBER 28, 1954
TULSA, OKLAHOMA

The inaugural inductee to the Ring of Honor in 1989, Steve Largent concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1000-yard seasons, 8. Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame in 1995 and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (or NFC's in 1976) top 10 in receptions 10 times in his first 12 seasons. Led the AFC in receptions in 1978 with 71 and finished second in 1981 and 1987 respectively. Largent finished in the top 10 in receiving yards seven times, including a first place finish in 1985, and second in 1978, miss-

ing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team All-NFL (AP) in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. Played in more games (200) with more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S NFL RECORD

Club	G/S	Receiving					Rushing			
		No	Yds	Avg	LG	TD	Att	Yds	Avg	TD
1976 Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977 Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978 Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979 Seattle	15/15	66	1,237	*18.7	55	9	0	0	0.0	0
1980 Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981 Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982 Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983 Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984 Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985 Seattle	16/16	79	*1,287	16.3	43	6	0	0	0.0	0
1986 Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987 Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988 Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989 Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals	200/197	*819	*13,089	16.0	74	*100	17	83	4.9	1
Seahawks Totals	200/197	819	13,089	16.0	74	100	17	83	4.9	1

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1, Career: 7/7

*Team Record

SINGLE GAME HIGHS

Receptions:	*15	vs. Detroit	(10/18/87)
Yards:	*261	vs. Denver	(10/18/87)
Longest:	74	vs. San Diego	(11/27/77)
Most TDs:	3, 3 Times	last vs. Detroit	(10/18/87)

*Team Record

ADDITIONAL STATISTICS

Passing: 7 attempts, 2 complete for 29 yards Punt Returns: 8 for 68 yards, 8.5 average, 12 long, 1 fair catch Kickoff Returns: 8 for 156 yards, 19.5 average, 30 long Scoring: 1 TD rushing (1981), 1 PAT (1985)

JIM ZORN

QUARTERBACK
6-2 200

10

CAL POLY-POMONA
9 SEAHAWKS SEASONS
FREE AGENT 1976
SEATTLE GAMES/STARTS: 126/100
CAREER GAMES/STARTS: 140/(N/A)
WHITTIER, CALIFORNIA



RING OF HONOR

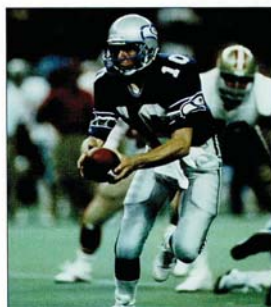
Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn was only the third player to throw for 10,000 yards in his first four seasons. In 1978,

he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and First-team All-NFL by the NEA. Zorn along with current protégé Matt Hasselbeck are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

ZORN'S NFL RECORD

Year	Club	G	Att	Comp	Passing			Int	LG	Sacked	Rate
					Yds	Pet	TD				
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,666	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3
Career Totals		140	3,149	1,669	21,115	.530	111	141	82	220/1,630	67.3
Seahawks Totals		126	2,990	1,593	20,122	.533	107	133	82	202/1,498	67.9

Year	Club	G/S	Rushing				TD
			Att	Yds	Avg	LG	
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		140	322	1,504	4.7	41	17
Seahawks Totals		126	308	1,491	4.8	41	17



SINGLE GAME HIGHS

Attempts:	49	vs. Philadelphia	(12/12/76)
Completions:	31	vs. Kansas City	(9/27/81)
Yards:	384	vs. New Orleans	(11/18/79)
Longest:	82	vs. Cincinnati	(9/25/77) to David Sims
Most TDs:	4, 4 Times	last vs. New England	(9/21/80)
Interceptions:	6	vs. Detroit	10/24/76)

DAVE BROWN

CORNERBACK
6-1 197

22



MICHIGAN
 11 SEAHAWKS SEASONS
 VETERAN ALLOCATION (PIT)
 SEATTLE GAMES/STARTS: 159/159
 CAREER GAMES/STARTS: 172/159
 AKRON, OHIO

Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks secondary from 1976-1986. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown would play his first year in a Hawks uniform at the free safety position leading the team with four interceptions. The following season #22 would shift over to the right-side cornerback position where he would be the "cornerstone" of the Seahawks defense for the next ten years picking off another 46 passes, retiring as the all-

time Seahawks leader in the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and First-team All-NFL by NFL Films. Two of those interceptions were part of a NFL record four interception return for touchdowns on November 4, 1984 against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. Brown retired as the Seahawks leader in interception return yards (643), interception return for touchdowns (5), and the aforementioned interceptions (50).

BROWN'S NFL RECORD

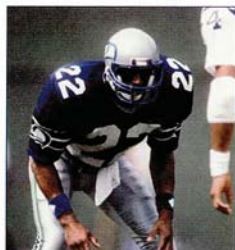
Club	G/S	Tkl	QB	Int	Yds	Avg	LG	TD	FF	FR
1975 Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976 Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977 Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978 Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979 Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980 Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981 Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982 Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983 Seattle	16/16	54	0	6	83	11.2	37	0	6	2
1984 Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985 Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986 Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals	172/159	690	2.0	50	643	12.9	90	5	10	11
Seahawks Totals	159/159	684	2.0	*50	*643	12.9	90	*5	10	11

Punt Returns

Club	No	Yds	Avg	LG	TD
1975 Pittsburgh	22	217	9.9	48	0
1976 Seattle	11	74	6.7	19	0
Career TOTALS	33	291	8.8	48	0

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2,
 Career, 8/5

*Team Record



SINGLE GAME HIGHS

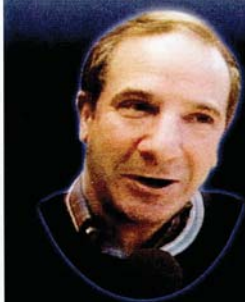
Interceptions:	2, 5 Times	last vs. Kansas City	(11/4/84)
Longest Interception Return:	90	vs. Kansas City	(11/4/84)
Most Yards Returned:	*148	vs. Kansas City	(11/4/84)
Most Touchdowns:	*2	vs. Kansas City	(11/4/84)

*Team Record

PETE GROSS

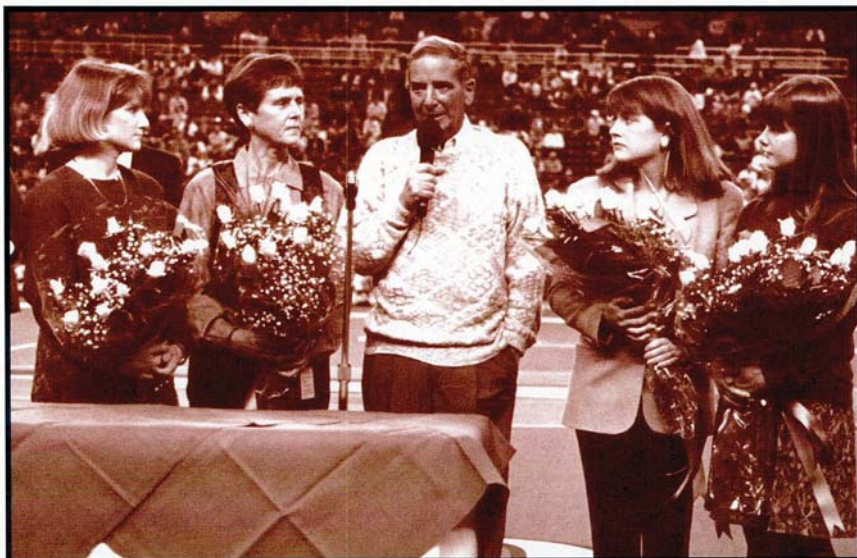
**RADIO
PLAY-BY-PLAY**

**17 SEAHAWKS SEASONS
WHITTIER, CALIFORNIA**



Inducted into the Seahawks Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks franchise, fans will never forget his numerous “touchdown Seahawks” calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just three days after his induction to the Ring. He was inducted into the Ring during a Monday Night game versus the Denver

Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross’ legacy remains; the Seahawks are actively involved with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and annually hold the “Pete Gross House Luncheon” to raise funds for the continued upkeep of the facility.

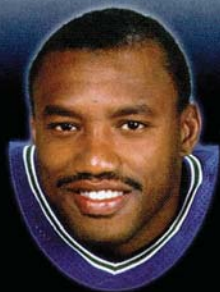


Gross was inducted into the Seahawks Ring of Honor during the Seahawks Monday Night game versus Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross died three days later.

CURT WARNER

RUNNING BACK
5-11 205

28

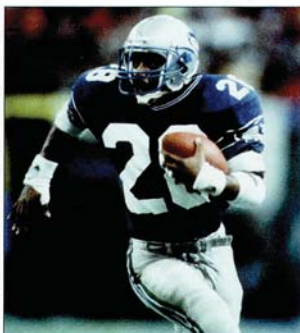


PENN STATE
7 SEAHAWKS SEASONS
DRAFT (1ST ROUND-1983)
SEATTLE GAMES/STARTS: 93/92
CAREER GAMES/STARTS: 100/94
WYOMING, WEST VIRGINIA

Curt Warner was inducted into the Ring of Honor in November 27, 1994, after a career that spanned seven years from 1983-1989 and saw him hold every Seahawks rushing record when he was done. Immediately thrust into the Seahawks lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a then Seahawks record 207 yard effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington, D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and UPI, Second-team All-NFL by the AP and Football Digest and First-team All-Rookie by Pro Football Digest and Pro Football Weekly. After suffering a season ending injury in the first game of 1984 Curt would bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by Sports Illustrated. Warner would not look back his final three seasons leading the team in

rushing each year averaging 1,164 a season and 10 touchdowns including a then Seahawks record four vs. Denver in 1988. Warner would be named to two more Pro Bowls ('86, '87) bringing his career total to three, was named AFC Offensive Player of the Year by the UPI in 1986, and First-team All-NFL by Sports Illustrated in 1987.

Curt finished his career with 6,705 yards rushing on 1,649 carries with 62 touchdowns. He is currently second all-



time in Seahawks history in both rushing yards and touchdowns and first in rushing attempts.

WARNER'S NFL RECORD

Club	G/S	Att	Rushing				Receiving				
			Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
1983 Seattle	16/16	*335	1,449	4.3	60	13	42	325	7.7	28	1
1984 Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985 Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986 Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987 Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988 Seattle	16/16	266	1,025	3.9	29	10	21	154	7.0	17	2
1989 Seattle	16/15	194	631	3.3	34	3	23	253	6.7	24	1
1990 LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals	100/94	1,698	6,844	4.0	60	56	193	1,467	7.6	30	7
Seahawks Totals	93/92	1,649	6,705	4.1	60	55	193	1,467	7.6	30	7

*Team Record

SINGLE GAME HIGHS

Rushes: 32, vs. KC (11/27/83) OT
Yards: 207, vs. KC (11/27/83) OT
Longest, no TD: 60, vs. KC (9/4/83)
Longest, TD: 60, vs. Denver (12/20/86)
TDs: 4, vs. Denver (12/11/88)

Receptions: 6, 4 Times, Last vs. KC (11/9/86)
Yards: 72, vs. KC (9/4/83)
TDs: 1, 6 Times, Last vs. L.A. Raiders (11/28/88)

JACOB GREEN

DEFENSIVE END
6-3 252

79



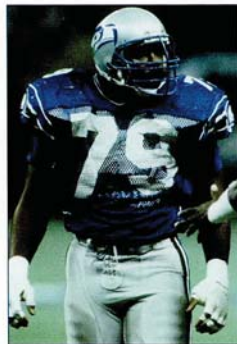
TEXAS A&M
12 SEAHAWKS SEASONS
DRAFT (1ST ROUND-1980)
SEATTLE GAMES/STARTS: 178/176
CAREER GAMES/STARTS: 180/176
PASADENA, TEXAS

Jacob Green became the second Seahawks defensive player to be inducted into the Ring of Honor September 3, 1995. Green was a fixture at the left defensive end position for 11 years (1980-1991). From the time the NFL made it an official statistic in 1982, until his retirement, Jacob was the third most productive sack artist in the game trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the sea-

son, a 73-yard touchdown at Cleveland. The following year, Jacob equaled a team record four fumble recoveries and registered a then playoff record 2.5 sacks in a wild card game against the Los Angeles Raiders. Jacob's career was highlighted by two Pro Bowl selections in both 1986 and 1987. Green can be found scattered all over the Seahawks record book having played in the most games (218), second most starts (176), most fumble recoveries (17), fourth most tackles (779), and most career sacks (116.0).

GREEN'S NFL RECORD

Club	G/S	Tkl	QB	Int	FF	FR
1980 Seattle	14/13	58	6.5	0	0	0
1981 Seattle	16/16	74	12.0	0	6	1
1982 Seattle	9/9	36	3.0	0	1	0
1983 Seattle	16/16	61	16.0	1	1	2
1984 Seattle	16/16	69	13.0	0	4	4
1985 Seattle	16/16	92	13.5	1	*7	2
1986 Seattle	16/16	64	12.0	0	1	1
1987 Seattle	12/12	48	9.5	0	3	1
1988 Seattle	16/16	54	9.0	0	1	2
1989 Seattle	15/14	47	3.0	0	1	1
1990 Seattle	16/16	60	12.5	0	3	1
1991 Seattle	16/16	56	6.0	1	0	0
1992 San Francisco	2/0	1	0.0	0	0	0
Career Totals	180/176	718	116.0	3	28	15
Seahawks Totals	178/176	719	*116.0	3	*28	15



*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1, Career: 7/7

ADDITIONAL STATISTICS

Scoring: 2 TDs on interception returns (1983, 1985)
 2 TDs on fumble returns (1985, 1988)
Blocked Kicks: PAT (1986, 1989)
 FG (1985, 1988)

KENNY EASLEY



SAFETY
6-3 198

45

UCLA
7 SEAHAWKS SEASONS
DRAFT (1ST ROUND-1981)
SEATTLE GAMES/STARTS: 89/87
CAREER GAMES/STARTS: 89/87
CHESAPEAKE, VIRGINIA

Kenny Easley was inducted into the Ring of Honor October 14, 2002, with a sell out crowd and millions watching the Monday Night Football halftime ceremony at home. Kenny Easley redefined the strong safety position in seven years from 1981-87. Voted by the Associated Press as the NFL Defensive Player of the Year in 1984, Kenny had 32 interceptions in his storied career. This fierce hitter registered 107 tackles, three interceptions and returned an interception 82 yards vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players' Association. The following season, Kenny would earn his first of five Pro Bowl appearances including being named a starter from

1983-1985, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth rated defense that culminated into a Seahawks record 12 wins in the regular season and a Wild Card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes including three against San Diego on October 29th. Easley would be named First-team All-NFL by the Associated Press for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, seven sacks, 10 forced fumbles, nine fumble recoveries, and 32 interceptions.

EASLEY'S NFL RECORD

Club	G/S	Tkl	QB	Int	Yds	Avg	LG	TD	FF	FR
1981 Seattle	14/14	107	0.0	3	155	51.7	82	1	0	3
1982 Seattle	8/8	55	1.0	4	48	12.0	44	0	1	1
1983 Seattle	16/15	82	3.0	7	96	13.2	38	0	1	3
1984 Seattle	16/16	75	0.0	*10	126	12.6	58	2	3	1
1985 Seattle	13/13	79	2.0	2	22	11.0	16	0	3	0
1986 Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987 Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals	89/87	498	7.0	32	498	15.6	82	3	10	9
Seahawks Totals	89/87	498	7.0	32	498	15.6	82	3	10	9

Punt Returns

Club	No	Yds	Avg	LG	TD
1982 Seattle	1	15	15.0	15	0
1983 Seattle	1	6	6.0	6	0
1984 Seattle	16	194	12.1	42	0
1985 Seattle	8	87	10.9	25	0
Career TOTALS	26	302	11.6	42	0

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, Career, 5/5

*Team Record



SINGLE GAME HIGHS

Interceptions:	*3	vs. San Diego	(10/29/84)
Longest Interception Return:	82	vs. Cleveland	(12/20/81)
Most Yards Returned:	125	vs. Cleveland	(12/20/81)
Most Touchdowns:	1, 3 Times	Last vs. Kansas City	(11/4/84)

*Team Record



INDIVIDUAL RECORDS

SERVICE

Most Seasons

- 15 Joe Nash, 1982-96
- 14 Steve Largent, 1976-89
- 12 Jacob Green, 1980-91
- Dave Krieg, 1980-91
- Jeff Bryant, 1982-93

Most Games Played

- 218 Joe Nash, 1982-96
- 200 Steve Largent, 1976-89
- 178 Jacob Green, 1980-91

Most Consecutive Games Played

- 125 Joe Nash, 1988-95
- 120 Eugene Robinson, 1985-94
- 116 Cortez Kennedy, 1990-97

Most Games Started

- 197 Steve Largent, 1976-89
- 176 Jacob Green, 1980-91
- 169 Joe Nash, 1982-96

Most Consecutive Games Started

- 100 Cortez Kennedy, 1990-97
- 92 Jacob Green, 1980-87
- Eugene Robinson, 1985-94

SCORING

POINTS

Most Points, Career

- 810 Norm Johnson, 1982-90 (159 FG, 333 PAT)
- 608 Steve Largent, 1976-89 (101 TDs: 1-R, 100-P, 2 PAT)
- 555 Todd Peterson, 1995-99 (126 FG, 177 PAT)

Most Points, Season

- 134 Todd Peterson, 1999 (34 FG, 32 PAT)
- 114 Josh Brown, 2003 (22 FG, 48 PAT)
- 111 Todd Peterson, 1996 (28 FG, 27 PAT)

Most Points, Rookie, Season

- 114 Josh Brown, 2003 (22 FG, 48 PAT)
- 102 John Kasay, 1991 (25 FG, 27 PAT)
- 84 Curt Warner, 1983 (14 TDs: 13-R, 1-P)

Most Points, Game

- 30 Shaun Alexander, vs. Minnesota 9/29/02 (4-R, 1-P)
- 24 Daryl Turner, vs. San Diego 9/15/85 (4-P) Curt Warner, vs. Denver 12/11/88 (4-R)
- 19 By Norm Johnson, 2 Times (Last: vs. L.A. Raiders 12/18/88 [5 FG, 4 PAT])

Most Consecutive Games Scoring

- 80 Todd Peterson, 1995-1999
- 48 Norm Johnson, 1985-89
- 45 Norm Johnson, 1982-85

TOUCHDOWNS

Most Touchdowns, Career

- 101 Steve Largent, 1976-89 (1-R, 100-P)
- 62 Curt Warner, 1983-89 (55-R, 7-P)
- 52 Shaun Alexander, 2000-03 (46-R, 6-P)

Most Touchdowns, Season

- 18 Shaun Alexander, 2002 (16-R, 2-P)
- 16 Chris Warren, 1995 (15-R, 1-P) Shaun Alexander, 2001 (14-R, 2-P) Shaun Alexander, 2003 (14-R, 2-P)
- 15 David Sims, 1978 (14-R, 1-P) Sherman Smith, 1979 (11-R, 4-P) Derrick Fenner, 1990 (14-R, 1-P)

Most Touchdowns, Rookie, Season

- 14 Curt Warner, 1983 (13-R, 1-P)
- 10 Daryl Turner, 1984 (10-P)
- 9 Joey Galloway, 1995 (1-R, 7-P, 1-PR)

Most Touchdowns, Game

- 5 Shaun Alexander, vs. Minnesota 9/29/02 (4-R, 1-P)
- 4 Daryl Turner, vs. San Diego 9/15/84 (4-P) Curt Warner, vs. Denver 12/11/88 (4-R)
- 3 By 17 Players (Last: Shaun Alexander, vs. Oakland 11/11/01 [3-R, 0-P])

Most Consecutive Games Scoring Touchdowns

- 7 David Sims, 1978
- Chris Warren, 1993-94
- 6 Joey Galloway, 1998
- 5 Curt Warner, 1983
- Steve Largent, 1984
- Shaun Alexander, 2002-2003
- Shaun Alexander, 2003-current

POINTS AFTER TOUCHDOWNS

Most Points After Touchdown Attempted, Career

- 338 Norm Johnson, 1982-90
- 177 Todd Peterson, 1995-99
- 148 Efrén Herrera, 1978-81

Most Points After Touchdown Attempted, Season

- 51 Norm Johnson, 1984
- 50 Norm Johnson, 1983
- 48 Josh Brown, 2003

Most Points After Touchdown Attempted, Game

- 8 John Leypoldt, vs. Buffalo 10/20/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 5 Players (Last: Rian Lindell, Minnesota 9/29/02)

Most Points After Touchdown, Career

- 333 Norm Johnson, 1982-90
- 177 Todd Peterson, 1995-99
- 139 Efrén Herrera, 1978-81

Most Points After Touchdown, Season

- 50 Norm Johnson, 1984
- 49 Norm Johnson, 1983
- 48 Josh Brown, 2003

Most Points After Touchdown, Game

- 8 John Leypoldt, vs. Buffalo 10/20/77
- 7 Norm Johnson, vs. San Diego 9/15/85
- 6 By 5 Players (Last: Rian Lindell, Minnesota 9/29/02)

Most Consecutive Points After Touchdown

- 177 Todd Peterson, 1995-99
- 165 Norm Johnson, 1985-90
- 96 Rian Lindell, 2000-

Highest Points After Touchdown % (100 or more PATs)

100.00	Todd Peterson, 1995-99 (177-177)
98.52	Norm Johnson 1982-89 (333-338)
93.92	Efren Herrera 1978-81 (139-148)

Most Points After Touchdown, No Misses, Season

48	Josh Brown, 2003
42	Norm Johnson, 1986
41	Todd Peterson, 1998
40	Norm Johnson, 1987
	Todd Peterson, 1995

Most Points After Touchdown, No Misses, Game

8	John Leypoldt, vs. Buffalo 10/20/77
7	Norm Johnson, vs. San Diego 9/15/85
6	By 5 Players
	(Last: Rian Lindell, Minnesota 9/29/02)

TWO-POINT CONVERSIONS

(Two-point conversion rule was adopted in 1994)

Most Two-Point Conversion Attempts, Career

5	Chris Warren, 1990-97
4	Lamar Smith, 1994-97
3	Rick Tuten, 1991-97
	Warren Moon, 1997

Most Two-Point Conversion Attempts, Season

3	Lamar Smith, 1996
	Chris Warren, 1996
	Warren Moon, 1997

Most Two-Point Conversion Attempts, Game

2	Warren Moon, vs. Oakland 10/26/97
1	By 23 Players

Most Two-Point Conversions Made, Career

4	Lamar Smith, 1994-97
2	Chris Warren, 1990-97
1	By 5 Players

Most Two-Point Conversions Made, Season

3	Lamar Smith, 1996
1	By 8 Players
	(Last: Matt Hasselbeck, vs KC 11/24/02-R)

Most Two-Point Conversions Made, Game

1	By 13 Players (Last: Matt Hasselbeck vs KC, 11/24/02)
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FIELD GOALS**Most Field Goals Attempted, Career**

228	Norm Johnson, 1982-90
154	Todd Peterson, 1995-99
105	John Kasay, 1991-94
92	Efren Herrera, 1978-81

Most Field Goals Attempted, Season

40	Todd Peterson, 1999
35	Norm Johnson, 1986
34	Todd Peterson, 1996

Most Field Goals Attempted, Game

6	Norm Johnson, vs. Kansas City 9/20/87
	Todd Peterson, vs. San Diego, 12/12/99
	Todd Peterson, at Pittsburgh, 9/26/99
5	By 5 Players (Last: Todd Peterson, vs. Buffalo 12/8/96)

Most Field Goals, Career

159	Norm Johnson, 1982-90
126	Todd Peterson, 1995-99
82	John Kasay, 1991-94

Most Field Goals, Season

34	Todd Peterson, 1999
28	Todd Peterson, 1996
25	John Kasay, 1991

Most Field Goals, Rookie, Season

25	John Kasay, 1991
23	Todd Peterson, 1995
22	Josh Brown, 2003

Most Field Goals, Game

5	Norm Johnson, vs. Kansas City 9/20/87 (6 attempts)
	Norm Johnson, vs. L.A. Raiders 12/18/88 (5 attempts)
	Todd Peterson, at Pittsburgh 9/26/99 (6 attempts)
4	11 Times
	(Last: Todd Peterson, vs. Buffalo 10/24/99)

Most Field Goals, One Quarter

3	Norm Johnson, vs. L.A. Raiders 12/18/88 (2nd)
	Norm Johnson, vs. Kansas City 10/8/89 (2nd)

Most Consecutive Games Scoring Field Goals

13	Todd Peterson, 1996-97
11	Todd Peterson, 1995-96
10	Efren Herrera, 1978-79
	Rian Lindell, 2002-

Most Consecutive Field Goals

16	Todd Peterson, 1999
14	Todd Peterson, 1996
13	Efren Herrera, 1979-80
	John Kasay, 1991
	Todd Peterson, 1996-97

Longest Field Goal

58	Josh Brown, at Green Bay 10/5/03
55	John Kasay, at Kansas City 1/2/94
54	By 6 Players
	(Last: Rian Lindell, at San Diego 12/30/01)

Longest Field Goal Attempted

60	Efren Herrera, vs. Kansas City 11/9/80
58	Todd Peterson, at Kansas City 9/28/97 (OT)
	Josh Brown, at Green Bay 10/5/03
57	Rian Lindell, vs. San Francisco 10/14/02

Highest Field Goal %, Career (Minimum 25 Atts)

81.81	Todd Peterson, 1995-99 (154-126)
78.10	John Kasay, 1991-94 (105-82)
74.35	Rian Lindell, 2000-02 (78-58)

Highest FG %, Season (Minimum 1 att per game)

88.24	Rian Lindell, 2000 (17-15)
85.00	Todd Peterson, 1999 (40-34)
83.33	Norm Johnson, 1984 (24-20)
	John Kasay, 1994 (24-20)

Most Field Goals, No Misses, Game

5	Norm Johnson, vs. L.A. Raiders 12/18/88
4	By 10 Players
	(Last: Todd Peterson, vs. Buffalo 10/24/99)

Most FG Attempts, 50 or More Yards, Career

26	Norm Johnson, 1982-90
15	Todd Peterson, 1995-99
12	Rian Lindell, 2000-2002

Most Field Goals, 50 or More Yards, Career

- 10 Norm Johnson, 1982-90
- 7 Todd Peterson, 1995-99
- 7 Rian Lindell, 2000-2002

Most Field Goals, 50 or More Yards, Season

- 5 Norm Johnson, 1986
- 3 John Kasay, 1993
- Todd Peterson, 1998
- Rian Lindell, 2000
- Rian Lindell, 2001

Most Field Goals, 50 or More Yards, Game

- 2 Norm Johnson, vs. L.A. Raiders 12/8/86
- John Kasay, vs. San Diego 10/23/91
- 1 24 Times
- (Last: Josh Brown, at GB 10/5/03)

SAFETIES**Most Safeties, Career**

- 2 Rod Stephens, 1989-94
- 1 By 8 Players

Most Safeties, Season

- 2 Rod Stephens, 1993
- (ties NFL record)
- 1 By 8 Players
- (Last: James Williams, 2000)

Most Safeties, Game

- 1 By 10 Players
- (Last: James Williams, vs. Oakland 12/16/00)

RUSHING**ATTEMPTS****Most Attempts, Career**

- 1,649 Curt Warner, 1983-89
- 1,559 Chris Warren, 1990-97
- 1,148 John L. Williams, 1986-93

Most Attempts, Season

- 335 Curt Warner, 1983
- 333 Chris Warren, 1994
- 326 Shaun Alexander, 2003

Most Attempts, Rookie, Season

- 335 Curt Warner, 1983
- 129 John L. Williams, 1986
- 119 Sherman Smith, 1976

Most Attempts, Game

- 36 Chris Warren, at New England 9/19/93
- 35 Shaun Alexander, vs. Oakland 11/11/01
- 33 Lamar Smith, at Detroit 11/17/96
- Shaun Alexander, vs. Denver 10/14/01

YARDS GAINED**Most Yards Gained, Career**

- 6,706 Chris Warren, 1990-97
- 6,705 Curt Warner, 1983-89
- 4,579 John L. Williams, 1986-93

Most Seasons, 1,000 or More Yards Rushing

- 4 Curt Warner, 1983, 1985, 1986, 1988
- Chris Warren, 1992, 1993, 1994, 1995
- 3 Shaun Alexander, 2001, 2002, 2003

Most Yards Gained, Season

- 1,545 Chris Warren, 1994
- 1,481 Curt Warner, 1986
- 1,449 Curt Warner, 1983

Most Yards Gained, Rookie, Season

- 1,449 Curt Warner, 1983
- 538 John L. Williams, 1986
- 537 Sherman Smith, 1976

Most Yards Gained, Game

- 266 Shaun Alexander, vs. Oakland 11/11/01
- 207 Curt Warner, vs. Kansas City 11/27/83 (OT)
- 192 Curt Warner, vs. Denver 12/20/86

Most Games, 100 or More Yards Rushing, Career

- 24 Chris Warren, 1990-97
- 23 Curt Warner, 1983-89
- 15 Shaun Alexander, 2000-2003

Most Games, 100 or More Yards Rushing, Season

- 8 Chris Warren, 1995
- 7 Curt Warner, 1986
- Chris Warren, 1994
- Shaun Alexander, 2003

Most Consecutive Games, 100 or More Yards, Rushing

- 2 Curt Warner, 1983 (2 times), 1986
- Chris Warren, 1993-94, 1994 (2 times), 1995 (4 times)
- Ricky Watters, 1998, 1999
- Shaun Alexander, 2001, 2002, 2003

Most Games, 2 or More Players with 100 or More Yards Rushing

- vs. L.A. Raiders 11/28/88
- (Curt Warner 130 and John L. Williams 106)
- vs. Denver 12/11/88
- (Curt Warner 126 and John L. Williams 109)

Longest Run From Scrimmage

- 88 Shaun Alexander, vs. Oakland 11/11/01 (TD)
- 86 Joey Galloway, at Jacksonville 11/12/95 (TD)
- 77 Steve Broussard, vs. Tennessee 10/5 (TD)

AVERAGE GAIN**Highest Average Gain, Career (100 or More Attempts)**

- 4.87 Jim Zorn, 1976-84 (307-1,494)
- 4.56 Lamar Smith, 1994-97 (282-1,286)
- 4.30 Chris Warren, 1990-97 (1,559-6,706)

Highest Average Gain, Season (100 or More Attempts)

- 4.87 Sherman Smith, 1978 (165-805)
- 4.68 Sherman Smith, 1977 (163-763)
- 4.64 Curt Warner, 1986 (319-1,481)

Highest Average Gain, Game (10 or More Attempts)

- 8.86 Sherman Smith, vs. Atlanta 11/7/76
- (14-124)
- 8.64 Lawrence McCutcheon, vs. Dallas 11/27/80
- (11-95)
- 8.07 Eric Lane, vs. Minnesota 9/30/84 (14-113)

TOUCHDOWNS**Most Touchdowns, Career**

- 55 Curt Warner, 1983-89
- 46 Shaun Alexander, 2000-2003
- 44 Chris Warren, 1990-97

Most Touchdowns, Season

- 16 Shaun Alexander, 2002
- 15 Chris Warren, 1995
- 14 David Sims, 1978
- Derrick Fenner, 1990
- Shaun Alexander, 2001, 2003

Most Touchdowns, Rookie, Season

- 13 Curt Warner, 1983
- 5 David Sims, 1977
- 4 Sherman Smith, 1976
- Jim Zorn, 1976

Most Touchdowns, Game

- 4 Curt Warner, vs. Denver 12/11/88
- Shaun Alexander, vs. Minnesota 9/29/02
- 3 By 9 Players
- (Last: Shaun Alexander, vs. Oakland 11/11/01)

Most Consecutive Games Rushing for Touchdown

- 6 Chris Warren, 1993-94
- 5 Curt Warner, 1983
- Shaun Alexander, 2002-2003
- Shaun Alexander, 2003-current
- 4 David Sims, 1978
- Derrick Fenner, 1990
- Ricky Watters, 1998

PASSING

PASS RATING

Highest Pass Rating, Career (Minimum 500 Attempts)

- 83.9 Matt Hasselbeck, 2001-2003
- 82.3 Dave Krieg, 1980-91
- 81.3 Warren Moon, 1997-98

Highest Pass Rating, Season (Minimum 160 Attempts)

- 95.0 Dave Krieg, 1983
- 94.6 Dave Krieg, 1988
- 91.0 Dave Krieg, 1986

Highest Pass Rating, Rookie, Season (100 attempts)

- 67.0 Rick Mirer, 1993
- 49.5 Jim Zorn, 1976

ATTEMPTS

Most Passes Attempted, Career

- 3,576 Dave Krieg, 1980-91
- 2,992 Jim Zorn, 1976-84
- 1,523 Rick Mirer, 1993-96

Most Passes Attempted, Season

- 532 Dave Krieg, 1985
- 528 Warren Moon, 1997
- 513 Matt Hasselbeck, 2003

Most Passes Attempted, Rookie, Season

- 486 Rick Mirer, 1993
- 436 Jim Zorn, 1976
- 173 Kelly Stouffer, 1988

Most Passes Attempted, Game

- 55 Matt Hasselbeck, at San Francisco 12/1/02
- 53 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 51 Dave Krieg, vs. Atlanta 10/13/85

COMPLETIONS

Most Passes Completed, Career

- 2,096 Dave Krieg, 1980-91
- 1,593 Jim Zorn, 1976-84
- 814 Rick Mirer, 1993-96

Most Passes Completed, Season

- 313 Warren Moon, 1997
- Matt Hasselbeck, 2003
- 286 Dave Krieg, 1989
- 285 Jim Zorn, 1979
- Dave Krieg, 1985

Most Passes Completed, Rookie, Season

- 274 Rick Mirer, 1993
- 208 Jim Zorn, 1976
- 98 Kelly Stouffer, 1988

Most Passes Completed, Game

- 36 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 33 Dave Krieg, vs. Atlanta 10/13/85
- 31 Jim Zorn, vs. Kansas City 9/27/81
- Dave Krieg, vs. Denver 11/20/83

Most Consecutive Passes Completed

- 17 Warren Moon, vs. Oakland 11/1/98
- 15 Jim Zorn, vs. Cleveland 10/12/80
- 14 Jim Zorn, vs. N.Y. Jets 11/26/79
- Dave Krieg, vs. L.A. Raiders 9/16/90

COMPLETION PERCENTAGE

Highest Completion %, Career (100 Attempts)

- 59.98 Matt Hasselbeck, 2001-2003 (1,282-769)
- 58.61 Dave Krieg, 1980-91 (3,576-2,096)
- 58.27 Warren Moon, 1997-98 (786-458)

Highest Completion Percentage, Season (100Att.)

- 65.61 Dave Krieg, 1991 (285-187)
- 63.72 Matt Hasselbeck, 2002 (419-267)
- 61.01 Matt Hasselbeck, 2003 (513-313)

Highest Completion %, Rookie, Season (Qualifiers)

- 56.38 Rick Mirer, 1993 (486-274)
- 47.38 Jim Zorn, 1976 (439-208)

Highest Completion %, Game (20 Attempts)

- 86.36 Dave Krieg, vs. Denver 12/11/88 (22-19)
- 80.65 Dave Krieg, vs. Pittsburgh 10/20/91 (31-25)
- 79.31 Jim Zorn, vs. Cleveland 10/12/80 (29-23)
- Dave Krieg, vs. San Diego 10/29/84 (29-23)

YARDS GAINED

Most Yards Gained, Career

- 26,132 Dave Krieg, 1980-91
- 20,122 Jim Zorn, 1976-84
- 9,094 Rick Mirer, 1993-96

Most Seasons, 3,000 or More Yards Passing

- 4 Dave Krieg, 1984, 1985, 1989, 1990
- 3 Jim Zorn, 1978-80
- 2 Matt Hasselbeck, 2002-2003

Most Consecutive Seasons, 3,000 or More Yards Passing

- 3 Jim Zorn, 1978-80
- 2 Dave Krieg, 1984-85 & 1989-90
- Matt Hasselbeck, 2002-2003

Most Yards Gained, Season

- 3,841 Matt Hasselbeck, 2003
- 3,678 Warren Moon, 1997
- 3,671 Dave Krieg, 1984

Most Yards Gained, Rookie, Season

- 2,833 Rick Mirer, 1993
- 2,571 Jim Zorn, 1976
- 1,106 Kelly Stouffer, 1988

Most Yards Gained, Game

- 449 Matt Hasselbeck, at San Diego 12/29/02 (OT)
- 427 Matt Hasselbeck, at San Francisco 12/1/02
- 418 Dave Krieg, vs. Denver 11/20/83

Most Games, 400 or More Yards Passing, Career

- 4 Dave Krieg, 1980-91
- 2 Matt Hasselbeck, 2001-2002
- 1 Warren Moon, 1997

Most Games, 300 or More Yards Passing, Career

- 11 Dave Krieg, 1980-91
- 9 Jim Zorn, 1976-84
- 8 Matt Hasselbeck, 2001-2003

Most Games, 300 or More Yards Passing, Season

- 4 Matt Hasselbeck, 2002
 Matt Hasselbeck, 2003
 3 Jim Zorn, 1979
 Dave Krieg, 1984
 2 By 3 Players

(Last: Dave Krieg, 1985)

Most Consecutive Games, 300 or More Yards Passing,

- 2 Jim Zorn, 1979, 1981
 Matt Hasselbeck, 2 times in 2002, 2003

Longest Pass Completion

- 83 Trent Dilfer (to Koren Robinson) at
 St. Louis 10/20/02
 82 Jim Zorn (to David Sims) vs. Cincinnati
 9/25/77 (TD)
 81 John Friesz (to Joey Galloway) at San
 Diego 10/25/98

AVERAGE GAIN**Highest Average Gain, Career (100 Attempts)**

- 7.57 Trent Dilfer, 2001-02 (290-2,196)
 7.31 Dave Krieg, 1980-91 (3,576-26,132)
 7.14 John Friesz, 1995-98 (416-2,971)

Highest Average Gain, Season (Qualifiers)

- 8.80 Dave Krieg, 1983 (243-2,139)
 8.31 Trent Dilfer, 2001 (122-1,014)
 7.79 Dave Krieg, 1986 (375-2,921)

Highest Avg. Gain, Rookie, Season (Qualifiers)

- 5.85 Jim Zorn, 1976 (439-2,571)
 5.83 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (20 Attempts)

- 14.52 Dave Krieg, vs. San Diego 12/14/86
 (21-305)
 13.30 Dave Krieg, vs. Kansas City 11/11/90
 (23-306)
 12.87 Jim Zorn, vs. Buffalo 10/30/77
 (23-296)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 195 Dave Krieg, 1980-91
 107 Jim Zorn, 1976-84
 50 Matt Hasselbeck, 2001-2003

Most Touchdown Passes, Season

- 32 Dave Krieg, 1984
 27 Dave Krieg, 1985
 26 Matt Hasselbeck, 2003

Most Touchdown Passes, Game

- 5 By 5 Players
 (Last: Matt Hasselbeck, at Balt 11/22/03)

Most Games, 5 or More TD Passes, Career

- 3 Dave Krieg, 1980-91
 1 Warren Moon, 1997
 Matt Hasselbeck, 2003

Most Games, 4 or More TD Passes, Career

- 7 Dave Krieg, 1980-91
 4 Jim Zorn, 1976-84
 2 Warren Moon, 1997

Most Games, 5 or More TD Passes, Season

- 1 By 5 Players
 (Last: Matt Hasselbeck, 2003)

Most Games, 4 or More TD Passes, Season

- 2 Warren Moon, 1997

Most Consecutive Games, 4 or More TD Passes

- 1 15 Times
 (Last: Matt Hasselbeck, at Balt. 11/23/03)

Most Consecutive Games, Touchdown Passes

- 28 Dave Krieg, 1983-85
 (3rd in NFL history)
 13 Warren Moon, 1997-98
 10 By 3 Players
 (Last: Dave Krieg, 1988-89)

HIGHEST %, TOUCHDOWN PASSES**Highest %, TD Passes, Career (100 Attempts)**

- 5.45 Dave Krieg, 1980-91 (3,576-195)
 4.58 Warren Moon, 1997 (786-36)
 4.34 Jon Kitna, 1997-2000 (1,130-49)

Highest %, TD Passes Season (Qualifiers)

- 7.89 Dave Krieg, 1988 (228-18)
 7.82 Dave Krieg, 1987 (294-23)
 7.41 Dave Krieg, 1983 (243-18)

Highest %, TD Passes, Rookie, Season (Qualifiers)

- 2.73 Jim Zorn, 1976 (439-12)
 2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED**Most Consecutive Passes Attempted, None Intercepted**

- 153 Jim Zorn, 1979
 137 Dave Krieg, 1988
 132 Rick Mirer, 1994

Most Passes Had Intercepted, Career

- 148 Dave Krieg, 1980-91
 133 Jim Zorn, 1976-84
 56 Rick Mirer, 1993-96

Most Passes Had Intercepted, Season

- 27 Jim Zorn, 1976
 24 Dave Krieg, 1984
 20 By 6 Players
 (Last: Rick Mirer, 1995)

Most Passes Had Intercepted, Game

- 6 Jim Zorn, vs. Detroit 10/24/76
 5 Jim Zorn, vs. Kansas City 11/9/80
 Dave Krieg, at Kansas City 12/9/84
 Jon Kitna, vs. Tampa Bay 11/28/99

Most Attempts, No Interceptions, Game

- 47 Jim Zorn, vs. Kansas City 9/27/81
 Trent Dilfer, vs. Arizona 9/15/02
 46 Warren Moon, vs. Oakland 10/26/97
 44 Dave Krieg, vs. Denver 11/25/84
 Matt Hasselbeck, vs. Washington 11/3/02

LOWEST %, PASSES INTERCEPTED**Lowest %, Passes Had Intercepted, Career (100 Att)**

- 2.57 Matt Hasselbeck, 2001-03 (1,282-33)
 2.88 John Friesz, 1995-98 (416-12)
 3.05 Warren Moon, 1997-98 (786-24)

Lowest %, Passes Had Intercepted, Season (Qualifiers)

- 1.84 Rick Mirer, 1994 (381-7)
 2.27 Jim Zorn, 1981 (397-9)
 2.38 Matt Hasselbeck, 2002 (419-10)

Lowest %, Passes Had Intercepted, Rookie Season

- 3.50 Rick Mirer, 1993 (486-17)
 6.15 Jim Zorn, 1976 (439-27)

RECEIVING

Most Pass Receptions, Career

- 819 Steve Largent, 1976-89 (3rd in NFL history)
- 581 Brian Blades, 1988-98
- 471 John L. Williams, 1986-93

Most Seasons, 80 or More Pass Receptions

- 2 Brian Blades, 1993-94

Most Seasons, 70 or More Pass Receptions

- 6 Steve Largent, 1978, 1981, 1983-86
- 5 Brian Blades, 1989, 1991, 1993-95
- 3 John L. Williams, 1989-90, 1992

Most Seasons, 50 or More Pass Receptions

- 10 Steve Largent, 1976, 1978-81, 1983-87
- 6 John L. Williams, 1988-93
- 5 Brian Blades, 1989, 1991, 1993-95

Most Pass Receptions, Season

- 81 Brian Blades, 1994
- 80 Brian Blades, 1993
- 79 Steve Largent, 1985

Most Pass Receptions, Rookie, Season

- 67 Steve Largent, 1975
- 54 Steve Largent, 1976
- 53 Darrell Jackson, 2000

Most Pass Receptions, Game

- 15 Steve Largent, vs. Detroit 10/18/87
- 12 By 4 Players (Last: Brian Blades, vs. New Orleans 9/1/91)

Most Consecutive Games, Pass Receptions

- 177 Steve Largent, 1977-89
- 71 Joey Galloway, 1995-99
- 52 Brian Blades, 1992-95

YARDS GAINED

Most Yards Gained, Career

- 13,089 Steve Largent, 1976-89 (4th in NFL history)
- 7,623 Brian Blades, 1988-98
- 4,457 Joey Galloway, 1995-99

Most Yards Gained, Season

- 1,287 Steve Largent, 1985
- 1,240 Koren Robinson, 2002
- 1,237 Steve Largent, 1979

Most Yards, Rookie, Season

- 1,039 Joey Galloway, 1995
- 715 Daryl Turner, 1984
- 713 Darrell Jackson, 2000

Most Yards Gained, Game

- 261 Steve Largent, vs. Detroit 10/18/87
- 191 Steve Largent, vs. Denver 11/25/84
- 180 John L. Williams, at L.A. Raiders 12/18/88

Most Games, 100+ Yards, Receiving, Career

- 40 Steve Largent, 1976-89
- 17 Brian Blades, 1988-98
- 12 Joey Galloway, 1995-98

Most Games, 100+ Yards, Receiving, Season

- 6 Steve Largent, 1979
- 5 Steve Largent, 1984
- Brian Blades, 1989
- Darrell Jackson, 2001
- Koren Robinson, 2002

Most Consecutive Games, 100+ Yards Receiving

- 2 By 8 Players (Last: Darrell Jackson 2003)

Longest Pass Reception

- 83 Koren Robinson (from Trent Dilfer) at St. Louis 10/20/02
- 82 David Sims (from Jim Zorn) vs. Cincinnati 9/25/77 (TD)
- 81 Joey Galloway (from John Friesz) at San Diego 10/25/98 (TD)

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (100 Receptions)

- 18.53 Daryl Turner, 1984-87 (101-1,872)
- 15.98 Steve Largent, 1976-89 (819-13,089)
- 15.75 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (50 Receptions)

- 18.74 Steve Largent, 1979 (66-1,237)
- 17.31 Joey Galloway, 1996 (57-987)
- 17.10 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (5 Receptions)

- 27.80 Steve Largent, vs. Oakland 9/16/79 (5-139)
- 25.71 John L. Williams, vs. L.A. Raiders 12/18/88 (7-180)
- 25.00 Darrell Jackson, at Oakland 9/30/01 (5-125)

TOUCHDOWNS

Most Touchdowns, Career

- 100 Steve Largent, 1976-89
- 37 Joey Galloway, 1995-99
- 36 Daryl Turner, 1984-87

Most Touchdowns, Season

- 13 Daryl Turner, 1985
- 12 Steve Largent, 1984
- Joey Galloway, 1997

Most Touchdowns, Rookie, Season

- 10 Daryl Turner, 1984
- 8 Brian Blades, 1988
- 7 Joey Galloway, 1995

Most Touchdowns, Game

- 4 Daryl Turner, vs. San Diego 9/15/85
- 3 By 4 Players (Last: Joey Galloway, vs. Oakland 10/26/97)

Most Consecutive Games, Touchdowns

- 5 Steve Largent, 1984
- Joey Galloway, 1998
- 4 By 3 Players (Last: Daryl Turner, 1985)

INTERCEPTIONS

Most Interceptions By, Career

- 50 Dave Brown, 1976-86
- 42 Eugene Robinson, 1985-95
- 41 John Harris, 1978-85

Most Interceptions By, Season

- 10 John Harris, 1981
- Kenny Easley, 1984
- 9 Eugene Robinson, 1993

Most Interceptions By, Rookie, Season

- 4 John Harris, 1978
- 3 By 4 Players (Last: Carlton Gray, 1993)

RECORDS
Most Interceptions By, Game

- 3 Kenny Easley, vs. San Diego 10/29/84
- Eugene Robinson, at Pittsburgh 12/6/92
- Darryl Williams, vs. San Diego 9/21/97

Most Consecutive Games, Passes Intercepted

- 4 John Harris, 1980
- Eugene Robinson, 1991
- 3 By 6 Players (Last: Darryl Williams 1997)

YARDS RETURNED**Most Yards Returned, Career**

- 643 Dave Brown, 1976-86
- 586 Eugene Robinson, 1985-95
- 528 Kenny Easley, 1981-87

Most Yards Returned, Season

- 179 Dave Brown, 1984
- 172 Darryl Williams, 1997
- 157 Eddie McMillan, 1977

Most Yards Returned, Game

- 148 Dave Brown, vs. Kansas City 11/4/84
- 125 Kenny Easley, vs. Cleveland 12/20/81
- 91 Sammy Green, vs. San Francisco 10/7/79

Longest Return

- 91 Sammy Green, vs. San Francisco 10/7/79 (TD)
- 90 Dave Brown, vs. Kansas City 11/4/84 (TD)
- 84 Jay Bellamy, vs. St. Louis 9/10/2000 (TD)

TOUCHDOWNS**Most Touchdowns, Career**

- 5 Dave Brown, 1976-86
- 3 Keith Simpson, 1978-85
- Kenny Easley, 1981-87

Most Touchdowns, Season

- 2 By 6 Players
- (Last: Shawn Springs, Darrin Smith 1998)

Most Touchdowns, Game

- 2 Dave Brown, vs. Kansas City 11/4/84 (Ties NFL record)
- 1 44 Times
- (Last: Reggie Tongue vs. Minn 9/29/02)

PUNTING**Most Punts, Career**

- 554 Rick Tuten, 1991-97
- 385 Jeff Feagles, 1998-02
- 299 Jeff West, 1981-85

Most Punts, Season

- 108 Rick Tuten, 1992
- 95 Jeff West, 1984
- 91 Rick Tuten, 1994

Most Punts, Rookie, Season

- 80 Rick Engles, 1976
- 79 Vince Gamache, 1986
- 47 Ruben Rodriguez, 1987
- Jimmy Colquitt, 1985

Most Punts, Game

- 12 Rick Tuten, vs. Denver 11/28/93
- 11 By 3 Players (Last: Rick Tuten, vs. Philadelphia 12/13/92 [OT])

Longest Punt

- 73 Rick Tuten, at Buffalo 10/15/95
- 68 Ruben Rodriguez, vs. Denver 9/4/88
- Jeff Feagles, at Cleveland 9/9/01
- 66 Rick Tuten, vs. Buffalo 12/8/96

AVERAGE YARDAGE**Highest Average, Punting, Career (100 Punts)**

- 43.81 Rick Tuten, 1991-97 (554-24,268)
- 42.15 Jeff Feagles, 1998-02 (385-16,227)
- 40.28 Ruben Rodriguez, 1987-89 (192-7,733)

Highest Average, Punting, Season

- 45.00 Rick Tuten, 1995 (83-3,735)
- 44.52 Rick Tuten, 1993 (90-4,007)
- 44.07 Rick Tuten, 1992 (108-4760)
- Jeff Feagles, 1998 (81-3570)

Highest Average, Punting, Rookie, Season

- 40.00 Ruben Rodriguez, 1987 (47-1,880)
- 38.58 Vince Gamache, 1986 (79-3,048)
- 38.34 Rick Engles, 1976 (80-3,067)

Highest Average Punting, Game (Minimum 4 Punts)

- 55.20 Rick Tuten, vs. Buffalo 12/8/96 (5-276)
- 52.83 Rick Tuten, at Buffalo 10/15/95 (6-317)
- 52.50 Rick Tuten, at San Diego 10/4/92 (6-315)

Highest Net Punting Average, Season

- 38.7 Rick Tuten, 1992
- 37.3 Rick Tuten, 1993
- 37.1 Tom Rouen, 2003

INSIDE THE 20**Most Punts Inside the 20, Career**

- 147 Rick Tuten, 1991-97
- 133 Jeff Feagles, 1998-02
- 73 Jeff West, 1981-85

Most Punts Inside the 20, Season

- 34 Jeff Feagles, 1999
- 33 Rick Tuten, 1994
- 29 Rick Tuten, 1992
- Tom Rouen, 2003

Most Punts Inside the 20, Game

- 6 Rick Tuten, vs. Minnesota 11/10/96
- Jeff Feagles, vs. Kansas City 12/26/99
- Jeff Feagles, at New York Giants 12/23/01
- 5 4 Times
- (Last: Tom Rouen, vs. New Orleans 9/7/03)

TOUCHBACKS**Most Touchbacks, Career**

- 45 Rick Tuten, 1991-97
- 30 Jeff Feagles, 1998-02
- 28 Jeff West, 1981-85

Most Touchbacks, Season

- 12 Jeff Feagles, 1998
- 10 Jeff West, 1983
- 8 By 4 Players (Last: Rick Tuten, 1995)

Most Touchbacks, Game

- 3 By 4 Players
- (Last: Ruben Rodriguez, vs. S.D. 10/29/89)

HAD BLOCKED**Most Punts Had Blocked, Career**

- 6 Herman Weaver, 1977-80
- 3 Rick Engles, 1976-77
- 2 By 4 Players

Most Punts Had Blocked, Season

- 3 Herman Weaver, 1979
- 2 By 4 Players
- (Last: Tom Rouen, 2003)

Most Punts Had Blocked, Game

- 2 Herman Weaver vs. Kansas City 9/30/79
- 1 By 15 Players
- (Last: Tom Rouen vs. Cleveland 11/30/03)

PUNT RETURNS

Most Punt Returns, Career

- 94 Chris Warren, 1990-97
- 89 Bobby Joe Edmonds, 1986-88
- 76 Joey Galloway, 1995-98

Most Punt Returns, Season

- 41 Will Lewis, 1980
- 36 Joey Galloway, 1995
- 35 Bobby Joe Edmonds, 1988

Most Punt Returns, Rookie, Season

- 36 Joey Galloway, 1995
- 34 Rufus Crawford, 1978
- Bobby Joe Edmonds, 1986

Most Punt Returns, Game

- 7 Walter Packer, vs. N.Y. Jets 11/13/77
- 6 Bobby Joe Edmonds, vs. L.A. Raiders 12/8/86
- 5 By 14 Players
(Last: Charlie Rogers, vs. Philadelphia 9/23/01)

FAIR CATCHES

Most Fair Catches, Career

- 60 Chris Warren, 1990-97
- 58 Bobby Engram, 2001-2003
- 40 Charlie Rogers, 1999-01

Most Fair Catches, Season

- 25 Chris Warren, 1992
- 23 Bobby Engram, 2002
- 22 Bobby Engram, 2003

Most Fair Catches, Game

- 5 James Jefferson, vs. Denver 10/22/89
- Chris Warren, vs. Pittsburgh 10/20/91
- Chris Warren, vs. Denver 11/30/92 (OT)

YARDS GAINED

Most Yards Gained, Career

- 1,010 Bobby Joe Edmonds, 1986-88
- 925 Charlie Rogers, 1999-01
- 843 Paul Johns, 1981-84

Most Yards Gained, Season

- 419 Bobby Joe Edmonds, 1986
- 363 Charlie Rogers, 2000
- 360 Joey Galloway, 1995

Most Yards Gained, Rookie, Season

- 419 Bobby Joe Edmonds, 1986
- 360 Joey Galloway, 1995
- 349 Will Lewis, 1980

Most Yards Gained, Game

- 106 Charlie Rogers, at Pittsburgh 9/26/99
- 105 Joey Galloway, vs. N.Y. Giants 11/5/95
- 103 Bobby Joe Edmonds, vs. Philadelphia 11/23/86

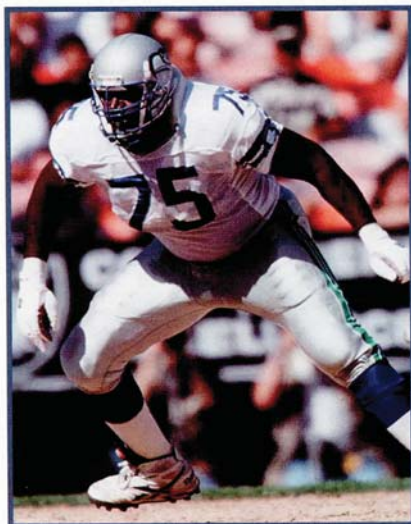
Longest Punt Return

- 94 Charlie Rogers, at Pittsburgh 9/26/99 (TD)
- 89 Joey Galloway, vs. N.Y. Giants 11/5/95 (TD)
- 88 Joey Galloway, vs. Denver 9/8/96 (TD)

AVERAGE YARDAGE

Highest Average, Career (Minimum 50 Returns)

- 12.67 Charlie Rogers, 1999-01 (73-925)
- 11.39 Paul Johns, 1981-84 (74-843)
- 11.35 Bobby Joe Edmonds, 1986-88 (89-1,010)



Howard Ballard (1994-98)

Highest Average, Season (min. 1 per game)

- 14.45 Charlie Rogers, 1999 (22-318)
- 12.55 Bobby Joe Edmonds, 1987 (20-251)
- 12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Rookie, Season (Qualifiers)

- 14.45 Charlie Rogers, 1999 (22-318)
- 13.96 Charlie Rogers, 2000 (26-363)
- 12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Game (Minimum 3 Returns)

- 32.00 Paul Johns, vs. L.A. Raiders 10/16/83 (3-96)
- 29.33 Joey Galloway, vs. Denver 9/8/96 (3-88)
- 26.33 Paul Johns, vs. NE 9/16/84 (3-79)

TOUCHDOWNS

Most Touchdowns, Career

- 4 Joey Galloway, 1995-98
- 2 Paul Johns, 1981-84
- Bobby Engram, 2001-2003
- 1 By 4 Players

Most Touchdowns, Season

- 2 Joey Galloway, 1998
- 1 By 6 Players (Last: Bobby Engram, 2003)

Most Touchdowns, Rookie, Season

- 1 Will Lewis, 1980
- Bobby Joe Edmonds, 1986
- Joey Galloway, 1995
- Charlie Rogers, 1999

Most Touchdowns, Game

- 1 By 7 Players
(Last: Bobby Engram, vs. Det 11/16/03)

KICKOFF RETURNS

Most Kickoff Returns, Career

- 175 Steve Broussard, 1995-98
- 134 Charlie Rogers, 1999-01
- 101 Bobby Joe Edmonds, 1986-88



Mike Curtis (1976)

Most Kickoff Returns, Season

- 66 Charlie Rogers, 2000
- 50 Steve Broussard, 1997
- 50 Charlie Rogers, 2001

Most Kickoff Returns, Game

- 8 Bobby Joe Edmonds, vs. L.A. Raiders 11/30/87
- 7 By 7 Players
(Last: Maurice Morris, at St. Louis 10/20/02)

YARDS GAINED**Most Yards Gained, Career**

- 4,060 Steve Broussard, 1995-98
- 3,214 Charlie Rogers, 1999-01
- 2,228 Bobby Joe Edmonds, 1986-88

Most Yards Gained, Season

- 1,629 Charlie Rogers, 2000
- 1,148 Zachary Dixon, 1983
- 1,120 Charlie Rogers, 2001

Most Yards Gained, Rookie, Season

- 829 Rufus Crawford, 1978
- 821 Maurice Morris, 2002
- 820 Al Hunter, 1977

Most Yards Gained, Game

- 231 Maurice Morris, at St. Louis 10/20/02
- 198 Charlie Rogers, vs. Indianapolis 10/15/00
- 196 Jon Vaughn, at San Diego 10/30/94

Longest Kickoff Return

- 97 James Jefferson, vs. K.C. 10/8/89 (TD)
- Maurice Morris, at St. Louis 10/20/02 (TD)
- 94 Zachary Dixon, vs. St. Louis 11/13/83 (TD)
- 93 Jon Vaughn, at San Diego 10/30/94 (TD)

HIGHEST YARDAGE**Highest Average, Career (50 Returns)**

- 23.98 Charlie Rogers, 1999-01 (134-3,214)
- 23.20 Steve Broussard, 1995-98 (175-4,060)
- 22.56 Maurice Morris, 2002-03 (81-1,828)

Highest Average, Season (1 per game)

- 25.83 Charlie Rogers, 1999 (18-465)
- 24.74 Steve Broussard, 1995 (43-1,064)
- 24.68 Charlie Rogers, 2000 (66-1,629)

Highest Average, Game (Minimum 3 Returns)

- 42.74 Charlie Rogers, vs. Buffalo 12/23/00 (4-171)
- 34.60 Zachary Dixon, vs. St. Louis 11/13/83 (5-173)
- 34.33 David Hollis, vs. K.C. 12/27/87 (3-103)

TOUCHDOWNS**Most Touchdowns, Career**

- 1 Zachary Dixon, 1983-84
- James Jefferson, 1989-93
- Jon Vaughn, 1993-94
- Steve Broussard, 1995-98
- Charlie Rogers, 1999-00
- Maurice Morris, 2002

Most Touchdowns, Season

- 1 Zachary Dixon, 1983
- James Jefferson, 1989
- Jon Vaughn, 1994
- Steve Broussard, 1998
- Charlie Rogers, 2000
- Maurice Morris, 2002

Most Touchdowns, Rookie, Season

- 1 James Jefferson, 1989
- Maurice Morris, 2002

Most Touchdowns, Game

- 1 Zachary Dixon, vs. St. Louis 11/13/83
- James Jefferson, vs. Kansas City 10/8/89
- Jon Vaughn, at San Diego 10/30/94
- Steve Broussard, vs. Washington 9/20/98
- Charlie Rogers, vs. Buffalo 12/23/00
- Maurice Morris, at St. Louis 10/20/02

COMBINED KICK RETURNS**Most Combined Kick Returns, Career**

- 207 Charlie Rogers, 1999-01 (73-P, 134-K)
- 190 Bobby Joe Edmonds, 1986-88 (89-P, 101-K)
- 180 Chris Warren, 1990-97 (94-P, 86-K)

Most Combined Kick Returns, Season

- 92 Charlie Rogers, 2000 (26-P, 66-K)
- 75 Bobby Joe Edmonds, 1988 (35-P, 40-K)
- 75 Charlie Rogers, 2001 (25-P, 50-K)

Most Combined Kick Returns, Game

- 10 Ronnie Harris, vs. Oakland 10/26/97
- Charlie Rogers, at Miami 9/3/00 (4-P, 6-K)
- Charlie Rogers, vs. Philadelphia 9/23/01 (5-P, 5-K)
- 9 By 4 Players
(Last: Charlie Roger, vs. Denver 11/26/00)

YARDS GAINED**Most Yards Returned, Career**

- 4,139 Charlie Rogers, 1999-01 (925-P, 3,214-K)
- 4,060 Steve Broussard, 1995-98 (4,060-K)
- 3,238 Bobby J. Edmonds, 1986-88(1,010-P, 2,228-K)

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
- 1,364 Charlie Rogers, 2001 (244-P, 1,120-K)
- 1,240 Bobby Joe Edmonds, 1988 (340-P, 900-K)

Most Yards Returned, Game

- 231 Maurice Morris, vs. St. Louis 10/20/02 (231-K)
- 215 Charlie Rogers, vs. Indianapolis 10/15/00 (17-P, 198-K)
- 206 Charlie Rogers, at NY Jets 1/2/00 (16-P, 190-K)

TOUCHDOWNS**Most Touchdowns, Career**

- 4 Joey Galloway, 1995-98 (4-P)
- 2 Paul Johns, 1981-84 (2-P)
- Charlie Rogers, 1999-00 (1-P, 1-K)
- Bobby Engram, 2001-2003 (2-P)
- 1 By 8 Players

Most Touchdowns, Season

- 2 Joey Galloway, 1998 (2-P)
- 1 By 10 Players
- (Last: Bobby Engram, 2003 [1-P])

Most Touchdowns, Game

- 1 By 12 Players
- (Last: Bobby Engram, vs. Detroit 11/16/03)

FUMBLES**Most Fumbles, Career**

- 108 Dave Krieg, 1980-91
- 49 Jim Zorn, 1976-84
- 38 Curt Warner, 1983-89

Most Fumbles, Season

- 18 Dave Krieg, 1989
- 16 Dave Krieg, 1990
- 13 Rick Mirer, 1993

Most Fumbles, Game

- 6 Dave Krieg, vs. Kansas City 11/5/89
- 5 Dave Krieg, vs. San Diego 11/25/90 (OT)
- 4 By 2 Players
- (Last: Dan McGwire, vs. Indianapolis 12/4/94)

FUMBLES RECOVERED**Most Fumbles Recovered, Career, Own and Opponents**

- 27 Dave Krieg, 1980-91 (27-own)
- 17 Jacob Green, 1980-91 (17-opponent)
- 15 Eugene Robinson, 1985-95 (14-opp, 1-own)

Most Fumbles Recovered, Season, Own and Opponents

- 9 Dave Krieg, 1989 (9-own)
- 5 By 4 Players
- (Last: Rick Mirer, 1993 [5-own])

Most Fumbles Rec., Game, Own and Opponents

- 3 Dave Krieg, vs. Chicago 12/20/87 (3-own)
- Dave Krieg, vs. Kansas City 11/5/89 (3-own)
- Rick Mirer, at Detroit 10/17/93 (3-own)

OWN FUMBLES RECOVERED**Most Own Fumbles Recovered, Career**

- 27 Dave Krieg, 1980-91
- 13 Curt Warner, 1983-89
- 12 Jim Zorn, 1976-84

Most Own Fumbles Recovered, Season

- 9 Dave Krieg, 1989
- 5 By 3 Players (Last: Rick Mirer, 1993)

Most Own Fumbles Recovered, Game

- 3 Dave Krieg, vs. Chicago 12/20/87 (3-own)
- Dave Krieg, vs. Kansas City 11/5/89 (3-own)
- Rick Mirer, at Detroit 10/17/93 (3-own)

OPPONENTS FUMBLES RECOVERED**Most Opponents' Fumbles Recovered, Career**

- 17 Jacob Green, 1980-91
- 14 Eugene Robinson, 1985-95
- 12 Chad Brown, 1997-2003

Most Opponents' Fumbles Recovered, Season

- 5 Nesby Glasgow, 1989
- 4 By 12 Players (Last: Chad Brown, 1997)

Most Opponents' Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City, 10/4/98
- 2 By 14 Players (Last: Chad Brown, at New Orleans 11/16/97)

YARDS RETURNING FUMBLES**Longest Fumble Return**

- 82 Antonio Edwards, at Denver 12/10/95 (TD)
- 79 Jacob Green, vs. N.Y. Jets 10/27/85 (TD)
- 71 Shawn Springs, at Oakland 9/8/02

TOUCHDOWNS**Most Touchdowns, Career (Total)**

- 2 Jacob Green, 1980-91 (2-opp)
- Shelton Robinson, 1982-85 (2-opp)
- Chad Brown, 1997 (2-opp)

Most Touchdowns, Season (Total)

- 2 Shelton Robinson, 1983 (2-opp)
- Chad Brown, 1997 (2-opp)
- 1 By 21 Players
- (Last: Koren Robinson, 2003 [1-team])

Most Touchdowns, Game (Total)

- 1 By 23 Players
- (Last: Koren Robinson, vs. Detroit 11/16/03)

COMBINED NET YARDS

Yards Gained Via Rushing, Receiving, Interception Return, Punt Return, Kickoff Return, and Fumble Return

ATTEMPTS**Most Attempts, Career**

- 1,943 Chris Warren, 1990-97
- 1,854 Curt Warner, 1983-89
- 1,628 John L. Williams, 1986-93

Most Attempts, Season

- 379 Curt Warner, 1983
- 374 Chris Warren, 1994
- 371 Ricky Watters, 1998

Most Attempts, Rookie, Season

- 379 Curt Warner, 1983
- 162 Sherman Smith, 1976
- John L. Williams, 1986

Most Attempts, Game

- 36 Chris Warren, at New England 9/19/93
- Shaun Alexander, Oakland 11/11/01
- 35 Lamar Smith, at Detroit 10/17/96
- Ricky Watters, vs. Indianapolis 12/20/98
- Shaun Alexander, Denver 10/14/01

YARDS GAINED**Most Yards Gained, Career**

- 13,396 Steve Largent, 1976-89
- 10,663 Chris Warren, 1990-97
- 8,673 John L. Williams, 1986-93

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000
- 1,925 Chris Warren, 1992
- 1,868 Chris Warren, 1994

Most Yards Gained, Rookie, Season

- 1,774 Curt Warner, 1983
- 1,583 Joey Galloway, 1995
- 1,172 Bobby Joe Edmonds, 1986

Most Yards Gained, Game

- 273 Shaun Alexander, vs. Oakland 11/11/01
 261 Steve Largent, vs. Detroit 10/18/87
 239 John L. Williams, at L.A. Raiders 12/18/88
 237 Joey Galloway, at Jacksonville 11/12/95

TACKLES**Most Tackles, Career**

- 984 Eugene Robinson, 1985-95
 813 Keith Butler, 1978-87
 779 Joe Nash, 1982-96

Most Tackles, Season

- 153 Terry Beeson, 1978
 150 Chad Brown, 1998
 147 Anthony Simmons, 2000

Most Tackles, Game

- 18 Terry Beeson, vs. Houston 11/2/77
 Sammy Green, vs. Minnesota 10/8/78
 16 By 10 Players (Last: Isaiah Kacyvenski, at Oakland 9/8/02)

SACKS**Most Sacks, Career**

- 116.0 Jacob Green, 1980-91
 73.5 Michael Sinclair, 1991-01
 63.0 Jeff Bryant, 1982-93

Most Sacks, Season

- 16.5 Michael Sinclair, 1998
 16.0 Jacob Green, 1983
 14.5 Jeff Bryant, 1984
 14.0 Cortez Kennedy, 1992

Most Sacks, Game

- 4.0 Jacob Green, vs. N.Y. Giants 10/19/86
 Michael Sinclair, vs. Denver 9/8/96
 Michael McCrary, at Oakland 12/22/96

FORCED FUMBLES**Most Forced Fumbles, Career**

- 28 Jacob Green, 1980-91
 24 Michael Sinclair, 1991-01
 14 Rufus Porter, 1988-94
 13 Joe Nash, 1982-96
 Bruce Scholtz, 1982-88

Most Forced Fumbles, Season

- 7 Jacob Green, 1985
 Michael Sinclair, 1998
 6 By 3 Players (Last: Michael Sinclair, 1997)

Most Forced Fumbles, Game

- 2 By 15 Players (Last: Reggie Tongue, vs. Cleveland 11/30/03)

BLOCKED KICKS**Most Blocked Punts, Career**

- 3 Kerry Justin, 1978-83, 1986-87
 2 By 4 Players

Most Blocked Punts, Season

- 2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

- 1 By 22 Players
 (Last: D.D. Lewis, vs. Pittsburgh 11/2/03)

Most Blocked Field Goals, Career

- 8 Joe Nash, 1982-96
 2 By 4 Players

Most Blocked Field Goals, Season

- 3 Joe Nash, 1989
 2 Mike White, 1982
 Joe Nash, 1984

Most Blocked Field Goals, Game

- 1 By 28 Players
 (Last: Lamar King at Green Bay 11/1/99)

Most Blocked PATs, Career

- 3 Mike White, 1981-82
 2 By 3 Players

Most Blocked PATs, Season

- 2 Mike White, 1981
 1 By 11 Players
 (Last: Terry Wooden, 1995)

Most Blocked PATs, Game

- 1 By 12 Players
 (Last: Terry Wooden, vs. San Diego 10/22/95)

Most Blocked Kicks (Field Goals and PATs), Career

- 10 Joe Nash, 1982-96 (8 FG, 2 PAT)
 5 Mike White, 1981-82 (2 FG, 3 PAT)
 Jeff Bryant, 1982-93 (3 FG, 2 PAT)

Most Blocked Kicks (Field Goals and PATs), Season

- 3 Mike White, 1982 (2 FG, 1 PAT)
 Joe Nash, 1989 (3 FG)
 2 By 4 Players
 (Last: Jeff Bryant and Joe Nash, 1985)

Most Blocked Kicks (Field Goals and PATs), Game

- 1 By 41 Players
 (Last: Lamar King at Green Bay 11/1/99 [FG])

Longest Return of Blocked Punt

- 32 Jessie Green, vs. N.Y. Jets 10/19/80
 26 Steve Raible, vs. Green Bay 10/10/76
 17 Atry Beamon, vs. Baltimore 9/18/77

Longest Return of Blocked Field Goal

- 62 Paul Moyer, vs. Cleveland 10/9/88 (no TD)
 Vernon Dean, vs. L.A. Rams 10/23/88 (TD)
 61 Robert Blackmon, vs. Houston 11/3/96 (TD)
 Shawn Springs, at Green Bay 11/1/99 (TD)



Steve Niehaus (1976-78)

TEAM RECORDS

ATTENDANCE

Largest Single Season Regular Season Home Attendance

530,520 1999 (66,315)
512,150 2003 (64,019)
508,367 2000 (63,545)

Largest Single Game Regular Season Home Attendance

68,681 vs. Oakland 12/16/00 (at Husky Stadium)
68,661 vs. Denver 11/26/00 (at Husky Stadium)
67,231 vs. Oakland 11/11/01 (at Husky Stadium)
66,420 vs. San Francisco 10/14/02

Largest Single Game Regular Season Road Attendance

*82,893 at Kansas City 10/2/00
82,352 at Washington 11/4/01
81,201 at L.A. Raiders 12/15/85

* Combined attendance from Arrowhead (79,451) and Kaufmann Stadium adjacent to Arrowhead (3,442).

GAMES WON

REGULAR SEASON

Most Consecutive Games Won

8 1984
6 2002-2003
5 1986
1997-98
1999

Most Consecutive Games Without Defeat

8 1984
6 2002-2003
5 1986
1997-98
1999

Most Games Won, Season

12 1984
10 1986
2003
9 7 Times (Last: 2001)

Most Consecutive Games Won, One Season

8 1984
5 1986
1999
3 14 Times (Last: 2003)

Most Consecutive Games Won, Start of Season

3 1986, 1998, 2003
2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season

5 1986
3 2002

Most Consecutive Home Games Won

9 2002-current
8 1983-84
5 1987
1990-91

Most Consecutive Road Games, Won

5 1979-80
4 1984
3 6 Times (Last: 2002-2003)

Most Shutout Games Won or Tied, Season

3 1984
2 1986
1 5 Times (Last: 2003)

Most Consec. Shutout Games Won or Tied, Season

2 1984
1 8 Times (Last: 2002)

Most Consecutive Overtime Games Won, Season

2 1990 (Ties NFL record)

GAMES LOST

Most Consecutive Games Lost

10 1980-81
9 1976-77
8 1992

Most Games Lost, Season

14 1992
12 1976, 1980
10 1981, 1993, 1994, 2000

Most Consecutive Games Lost, One Season

9 1980
8 1992
6 1994

Most Consecutive Games Lost, Start of Season

5 1976
4 1977
3 1990, 1996, 2002

Most Consecutive Games Lost, End of Season

9 1980
5 1976
4 1992

Most Consecutive Home Games Lost

8 1980
5 1992
4 1976, 1976-77, 1992, 1996

Most Consecutive Road Games Lost

8 1976-77, 1980-81
7 1992-93
6 2003

Most Shutout Games Lost or Tied, Season

2 1992
1 6 Times (Last: 2000)

Most Consec. Shutout Games, Lost or Tied, Season

2 1992
1 6 Times (Last: 2000)

Most Consecutive Overtime Games Lost, Season

1 9 Times (Last: 1999)

SCORING

POINTS

Most Points, Season

418 1984
404 2003
403 1983

Fewest Points, Season

127 1982 (9 games)
140 1992 (NFL record for 16 game season)
229 1976 (14 games)

Most Points, Game

- 56 vs. Buffalo 10/30/77
 51 vs. Kansas City 11/27/83 (OT)
 49 vs. San Diego 9/15/85

Fewest Points, Game

- 0 9 Times (Last: at Miami 9/3/00)

Most Points, Both Teams, Game

- 99 Seattle (51) vs. Kansas City (48) 11/27/83 (OT)
 85 Seattle (41) at Baltimore (44) 11/23/03 (OT)
 84 Seattle (49) vs. San Diego (35) 9/15/85

Fewest Points, Both Teams, Game

- 14 Seattle (14) vs. Washington (0) 9/28/80
 15 Seattle (9) at Cleveland (6) 9/9/01
 Seattle (6) at NY Giants (9) 9/15/02

Most Points, Shutout Victory, Game

- 45 vs. Kansas City 11/4/84
 38 at Philadelphia, 9/6/98
 at Arizona, 9/14/03
 37 vs. L.A. Raiders 12/8/86

Fewest Points, Shutout Victory, Game

- 14 vs. Washington 9/28/80
 16 vs. Pittsburgh 11/28/82
 17 vs. N.Y. Jets 11/13/77

Most Points Overcome to Win Game

- 20 at Denver 12/10/95 (Trailed 0-20, Won 31-27)
 18 vs. Pittsburgh 11/8/81 (Trailed 3-21, Won 24-21)
 at Oakland 12/14/97 (Trailed 3-21, Won 22-21)

Most Points, Each Half

- 1st:** 45 vs. Minnesota 9/29/02
 42 vs. Buffalo 10/30/77
 35 vs. Detroit 11/16/03
2nd: 37 vs. Kansas City 11/27/83 (OT)
 (Includes 3 points in overtime)
 35 vs. San Diego 9/15/85
 31 vs. L.A. Raiders 10/16/83
 vs. New England 9/21/86

Most Points, One Quarter

- 31 vs. Minnesota 9/29/02 (2nd)
 28 4 Times (Last: vs. Kansas City 9/11/88 [2nd])

Most Points, Each Quarter

- 1st:** 21 vs. Cincinnati 9/6/81
 vs. Detroit 10/18/87
 vs. N.Y. Giants 11/5/95
2nd: 31 vs. Minnesota 9/29/02
 28 vs. Buffalo 10/30/77
 vs. Kansas City 11/4/84
 vs. Kansas City 9/11/88
3rd: 28 vs. San Diego 9/15/85
 24 vs. Chicago 11/5/78
 20 vs. Kansas City 9/20/87
 vs. Chicago 12/20/87
4th: 24 vs. New England 9/21/86
 21 vs. Detroit 9/24/78
 at Denver 12/10/95
 at San Diego 12/29/02
OT: 6 at Atlanta 12/15/02
 3 5 Times (Last: vs. San Diego 12/2/01)

GAMES**Most Consecutive Games Scoring**

- 121 1992-99
 112 1982-89
 63 2000-02

TOUCHDOWNS**Most Touchdowns, Season**

- 51 1984
 50 1983
 48 2003

Fewest Touchdowns, Season

- 14 1982 (9 games)
 1992
 27 1996

Most Touchdowns, Game

- 8 vs. Buffalo 10/30/77
 7 vs. San Diego 9/15/85
 6 6 Times (Last: vs. Minnesota 9/29/02)

Most Touchdowns, Both Teams, Game

- 13 Seattle (6) vs. Kansas City (7) 11/27/83 (OT)
 12 Seattle (7) vs. San Diego (5) 9/15/85
 10 4 Times (Last: Seattle [5] at Baltimore [5]
 11/23/03)

Most Consecutive Games Scoring Touchdowns

- 48 1982-85
 34 1985-88
 30 1977-79

POINTS AFTER TOUCHDOWN**Most Points After Touchdown, Season**

- 50 1984
 49 1983
 48 2003

Fewest Points After Touchdown, Season

- 13 1982 (9 games)
 14 1992
 25 1994

Most Points After Touchdown, Game

- 8 vs. Buffalo 10/30/77
 7 vs. San Diego 9/15/85
 6 7 Times (Last: vs. Minnesota 9/29/02)

Most Points After Touchdown, Both Teams, Game

- 12 Seattle (6) vs. Kansas City (6) 11/27/83 (OT)
 10 5 Times (Last: Seattle [5] at Baltimore [5]
 11/23/03)

TWO-POINT CONVERSIONS

(Two-point conversion rule was adopted in 1994)

Most Two-Point Conversion Attempts, Season

- 6 1994, 1996, 1997
 4 1998, 2000
 2 1995, 1999

Most Two-Point Conversion Attempts, Game

- 2 at Kansas City 10/23/94
 vs. San Diego 10/22/95
 vs. Oakland 12/16/00
 1 21 Times (Last: vs. Kansas City 11/24/02)

Most Two-Point Conversions**Made, Season**

- 4 1994, 1996
 2 1998

Most Two-Point Conversions Made, Game

- 2 at Kansas City 10/23/94
 1 13 Times

FIELD GOALS**Most Field Goals Attempted, Season**

- 40 1999
 35 1986
 34 1996

Fewest Field Goals Attempted, Season

- 14 1982 (9 games)
16 1976
18 1977

Most Field Goals Attempted, Game

- 6 vs. Kansas City 9/20/87
vs. San Diego 12/12/99
5 4 Times (Last: vs. Houston 11/3/96)

Most Field Goals Attempted, Both Teams, Game

- 10 Seattle (6) vs. San Diego (4) 12/12/99
9 at Seattle (5) vs. Houston (4) 11/3/96
8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
Seattle (2) at San Diego (6) 9/5/93

Most Field Goals, Season

- 34 1999
28 1996
25 1991

Fewest Field Goals, Season

- 9 1976
1977
10 1982 (9 games)

Most Field Goals, Game

- 5 vs. Kansas City 9/20/87
vs. L.A. Raiders 12/18/88
4 10 Times (Last: vs. Buffalo 10/24/99)

Most Field Goals, Both Teams, Game

- 8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
7 4 Times (Last: Seattle (3) vs. San Diego (4)
12/12/99)

Most Consecutive Games Scoring Field Goals

- 15 1990-91
11 2002-2003
10 1978-79

SAFETIES**Most Safeties, Season**

- 4 1993 (ties NFL record)
1 11 Times (Last: 2003)

Most Safeties, Game

- 1 15 Times (Last: at St. Louis 12/14/03)

Most Safeties, Both Teams, Game

- 2 Seattle (0) vs. Denver (2) 1/2/83
Seattle (1) vs. Cleveland (1) 11/14/93
1 35 Times (Last: Seattle [1] at St. Louis [0]
12/14/03)

FIRST DOWNS**Most Seasons Leading League**

- 1 1978

Most First Downs, Season

- 347 2002
345 1978
338 2003

Fewest First Downs, Season

- 159 1982 (9 games)
207 1992
237 1976

Most First Downs, Game

- 34 vs. San Diego 11/22/87
at San Diego 12/29/02 (OT)
33 vs. Kansas City 11/27/83 (OT)
32 vs. Kansas City 11/24/02

Fewest First Downs, Game

- 1 vs. L.A. Rams 11/4/79
2 vs. New England 12/4/88
6 3 Times (Last: at Dallas 10/11/92)

Most First Downs, Rushing, Season

- 150 1978
131 1983
125 1988

Fewest First Downs, Rushing, Season

- 51 1982 (9 games)
75 1976
76 1992

Most First Downs, Rushing, Game

- 19 vs. San Diego 11/22/87
18 vs. Kansas City 11/27/83 (OT)
17 vs. Oakland 11/11/01

Fewest First Downs, Rushing, Game

- 0 vs. L.A. Rams 11/4/79
vs. New England 12/4/88
vs. L.A. Raiders 10/18/92

Most First Downs, Passing, Season

- 208 2002
207 1997
190 2003

Fewest First Downs, Passing, Season

- 89 1982 (9 games)
114 1992
116 1977

Most First Downs, Passing, Game

- 21 vs. Denver 11/20/83
vs. Kansas City 11/24/02
20 vs. Denver 12/15/84
vs. Cleveland 11/30/03
19 vs. Oakland 10/26/97

Fewest First Downs, Passing, Game

- 1 vs. L.A. Rams 11/4/79
2 5 Times (Last: vs. Philadelphia 9/23/01)

Most First Downs, Penalty, Season

- 39 1978
35 2002
31 1998

Fewest First Downs, Penalty, Season

- 10 1986
14 1991
15 2000

Most First Downs, Penalty, Game

- 6 vs. N.Y. Jets 9/17/78
vs. San Diego 11/16/81
vs. San Diego 9/18/94

Most First Downs, Both Teams, Game

- 64* vs. Kansas City 11/24/02 (Sea-32, KC-32)
62 vs. San Diego 9/15/85 (Sea-30, SD-32)

*NFL Record

NET YARDS GAINED RUSHING & PASSING

Most Plays, Season

- 1090 1985
1072 1978
1050 2002

Fewest Plays, Season

589	1982 (9 games)
869	1977
882	1976

Most Plays, Game

90	at San Diego 12/29/02 (OT)
85	vs. Kansas City 11/27/83 (OT)
84	vs. Kansas City 9/29/85
	vs. San Diego 11/22/87

Fewest Plays, Game

35	vs. L.A. Rams 11/4/79
41	vs. New England 12/4/88
42	vs. Washington 12/23/89

Most Net Yards Gained, Season

5818	2002
5759	1997
5627	2003

Fewest Net Yards Gained, Season

2594	1982 (9 games)
3374	1992
4062	1976

Most Net Yards Gained, Game

591	at San Diego 12/29/02 (OT)
559	vs. Buffalo 10/30/77
554	vs. Oakland 10/26/97

Fewest Net Yards Gained, Game

-7	vs. L.A. Rams 11/4/79 (NFL record)
62	at Dallas 10/11/92
65	vs. New England 12/4/88

Most Consecutive Games, 500 or More Yards Gained

2 2002

Most Consecutive Games, 400 or More Yards Gained

4 1986
2 7 Times (Last: 2003)

Most Consecutive Games, 300 or More Yards Gained

9 1997
7 1978-79
6 1980, 1986, 2000, 2002, 2003

Most Games 500 Yards or More, Season

3 2002
2 1986
1 1977, 1979, 1983, 1997

Highest Average Gain, Season

5.54	2002 (1,050-5,818)
5.53	2003 (1,017-5,627)
5.38	1986 (1,005-5,409)

Lowest Average Gain, Season

4.40	1982 (589-2,594 (9 games))
4.55	1989 (1,010-4,596)
4.57	1994 (1,018-4,652)

RUSHING**ATTEMPTS****Most Rushing Attempts, Season**

561	1978
546	1983
517	1988

Fewest Rushing Attempts, Season

227	1982 (9 games)
374	1976
394	1991

Most Rushing Attempts, Game

57	vs. N.Y. Jets 9/11/83
56	vs. San Diego 9/18/83
54	vs. San Diego 11/22/87

Fewest Rushing Attempts, Game

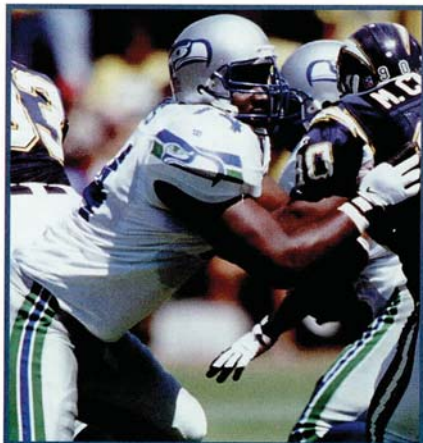
7	vs. L.A. Raiders 11/17/91
9	vs. Washington 12/23/89
11	at Carolina 10/8/00

YARDS GAINED**Most Yards Gained Rushing, Season**

2,394	1978
2,300	1986
2,178	1995

Fewest Yards Gained Rushing, Season

795	1982 (9 games)
1,392	1989
1,413	1976

**James Atkins (1994-97)****Most Yards Gained Rushing, Game**

319	vs. Oakland 11/11/01
298	vs. Denver 12/20/86
280	vs. Kansas City 11/27/83 (OT)

Fewest Yards Gained Rushing, Game

20	vs. New England 12/4/88
23	vs. L.A. Rams 11/4/79
	vs. L.A. Raiders 11/17/91
24	at Denver 12/27/98

AVERAGE GAIN**Highest Average Gain, Rushing, Season**

4.57	1995 (477-2,178)
4.52	1996 (442-1,997)
4.48	1986 (513-2,300)

Lowest Average Gain, Rushing, Season

3.32	1984 (495-1,645)
3.44	1989 (405-1,392)
3.45	1999 (408-1,408)

TOUCHDOWNS**Most Touchdowns, Rushing, Season**

28 1978
24 1979
20 1995

Fewest Touchdowns, Rushing, Season

4 1982 (9 games)
1992
5 1989
1999

Most Touchdowns, Rushing, Game

4 8 Times (Last: vs. Minnesota 9/29/02)

PASSING**ATTEMPTS****Most Passes Attempted, Season**

609 1997
587 2002
575 1985

Fewest Passes Attempted, Season

326 1982 (9 games)
387 1977
405 1987

Most Passes Attempted, Game

61 vs. Kansas City 9/29/85
55 at San Francisco 12/1/02
53 at San Diego 12/29/02 (OT)

Fewest Passes Attempted, Game

14 vs. Kansas City 12/11/77
15 vs. Pittsburgh 12/6/87
16 3 Times (Last: vs. Cincinnati 11/18/84)

Most Passes Attempted, Both Teams, Game

103 Seattle (53) at San Diego (50) 12/29/02 (OT)
87 Seattle (24) at NY Jets (63) 12/6/98
84 Seattle (42) vs. San Diego (42) 12/14/80
Seattle (46) vs. Kansas City (38) 12/9/84
Seattle (31) vs. Phoenix (53) 12/19/93 (OT)

Fewest Passes Attempted, Both Teams, Game

30 Seattle (20) vs. New England (10) 12/4/88
33 Seattle (15) vs. Pittsburgh (18) 12/6/87
38 Seattle (23) vs. New England (15) 10/9/77

COMPLETIONS**Most Passes Completed, Season**

361 2002
359 1997
317 2003

Fewest Passes Completed, Season

175 1977
176 1982 (9 games)
229 1976

Most Passes Completed, Game

36 at San Diego 9/29/02
33 vs. Atlanta 10/13/85
31 vs. Kansas City 9/27/81
vs. Denver 11/20/83

Fewest Passes Completed, Game

2 vs. L.A. Rams 11/4/79
4 vs. L.A. Raiders 10/16/83
5 vs. New England 10/9/77
at Oakland 12/22/96

Most Passes Completed, Both Teams, Game

64 Seattle (36) at San Diego (28) 12/29/02 (OT)
59 Seattle (17) at NY Jets (42) 12/6/98
56 Seattle (22) vs. San Diego (34) 9/15/85

Fewest Passes Completed, Both Teams, Game

14 Seattle (5) vs. New England (9) 10/9/77
Seattle (9) vs. New England (5) 12/4/88
17 Seattle (10) vs. Cleveland (7) 12/18/77

YARDS GAINED**Most Net Yards Gained, Passing, Season**

4,257 2002
3,959 1997
3,872 2003

Fewest Net Yards Gained, Passing, Season

1,778 1992
1,799 1982 (9 games)
2,328 1977

Most Net Yards Gained, Passing, Game

428 at San Diego 12/29/02
427 at San Francisco 12/1/02
409 vs. Oakland 10/26/97

Fewest Net Yards, Gained Passing, Game

-30 vs. L.A. Rams 11/4/79
2 vs. L.A. Raiders 10/16/83
13 at Oakland 12/22/96

TIMES SACKED**Most Times Sacked, Season**

67 1992
53 1985
51 1980

Fewest Times Sacked, Season

21 1977
23 1979
28 1976

Most Times Sacked, Game

9 vs. Kansas City 11/11/90
8 vs. Cleveland 9/12/82
vs. Dallas 12/4/83
at Denver 12/20/92

COMPLETION PERCENTAGE**Highest Completion Percentage, Season**

61.50 2002 (587-361)
60.84 2003 (521-317)
60.75 2000 (507-308)

Lowest Completion Percentage, Season

45.22 1977 (387-175)
47.71 1976 (480-229)
48.32 1992 (476-230)

TOUCHDOWNS**Most Touchdowns, Passing, Season**

32 1984
31 1987
28 1985

Fewest Touchdowns, Passing, Season

9 1982 (9 games)
1992
13 1976, 1993, 1994

Most Touchdowns, Passing, Game

5 vs. Detroit 12/2/84
vs. San Diego 9/15/85
vs. L.A. Raiders 11/28/88
vs. Oakland 10/26/97
at Baltimore 11/23/03

Most Touchdowns, Passing, Both Teams, Game

- 10 Seattle (5) vs. San Diego (5) 9/15/85
 9 Seattle (5) at Baltimore (4) 11/23/03
 7 6 Times (Last: Seattle [5] vs. Oakland [2]
 10/26/97)

PASSES HAD INTERCEPTED**Most Passes Had Intercepted, Season**

- 32 1977
 30 1976
 26 1984, 1991

Fewest Passes Had Intercepted, Season

- 9 1994
 12 2001
 13 1982 (9 games)

Most Passes Had Intercepted, Game

- 6 vs. Detroit 10/24/76
 vs. Kansas City 12/9/84
 5 2 Times (Last: vs. Kansas City 9/29/85)

PUNTING**Most Punts, Season**

- 108 1992
 95 1984
 91 1985, 1993, 1994

Fewest Punts, Season

- 49 1982 (9 games)
 61 1987, 2002
 64 1977

Most Punts, Game

- 12 vs. Denver 11/28/93
 11 3 Times (Last: vs. Philadelphia 12/13/92 [OT])

Fewest Punts, Game

- 1 10 Times (Last: at Green Bay, 10/5/03)

AVERAGE YARDAGE**Highest Average Distance, Punting, Season**

- 45.00 1995 (83-3,735)
 44.07 1992 (108-4,760)
 1998 (81-3,570)
 44.03 1993 (91-4,007)

Lowest Average Distance, Punting, Season

- 36.89 1978 (69-2,543)
 37.40 1976 (82-3,067)
 37.55 1984 (95-3,567)

HAD BLOCKED**Most Punts Had Blocked, Season**

- 3 1979
 2 1977, 1980, 1997, 2003

Most Punts Had Blocked, Game

- 2 vs. Kansas City 9/30/79
 1 15 Times (Last: vs. Cleveland 11/30/03)

Most Consecutive Punts Without A Block

- 612 1980-88
 521 1989-93
 254 1993-96
 1997-2000

INSIDE THE 20**Most Punts Inside the Opponents' 20 Yard Line, Season**

- 34 1999
 33 1994
 29 1992, 2003

Fewest Punts Inside the Opponents' 20 Yard Line, Season

- 9 1982 (9 games)
 10 1986
 11 1977
 1979
 1991

Most Punts Inside the Opponents' 20 Yard Line, Game

- 6 vs. Minnesota 11/10/96
 vs. Kansas City 12/26/99
 at New York Giants 12/23/01
 5 vs. New England 12/18/83
 vs. Denver 11/30/92 (OT)
 at Washington 9/4/94
 vs. New Orleans 9/7/03

PUNT RETURNS**Most Punt Returns, Season**

- 53 1985
 44 1984
 41 1981
 1998

Fewest Punt Returns, Season

- 21 1982 (9 games)
 25 2002
 30 1989, 1999, 2000

Most Punt Returns, Game

- 7 vs. Tampa Bay 10/17/76
 vs. N.Y. Jets 11/13/77
 6 3 Times (Last: vs. L.A. Raiders 12/8/86)

Fewest Punt Returns, Game

- 0 38 Times (Last: at St. Louis 12/14/03)

FAIR CATCHES**Most Fair Catches, Season**

- 27 1992
 24 1999
 23 1994, 2002

Fewest Fair Catches, Season

- 4 1977
 5 1978
 6 4 Times (Last: 1983)

Most Fair Catches, Game

- 5 4 Times (Last: vs. Denver 11/30/92 [OT])

YARDS GAINED**Most Yards, Punt Returns, Season**

- 484 1984
 483 1985
 457 1986

Fewest Yards, Punt Returns, Season

- 217 1977
 228 1982 (9 games)
 246 1976

Most Yards, Punt Returns, Game

- 106 at Pittsburgh 9/26/99
 105 vs. N.Y. Giants 11/5/95
 103 vs. Philadelphia 11/23/86

Fewest Yards, Punt Returns, Game

- 2 vs. Washington 9/19/76
 at N.Y. Giants 10/25/92
 at Kansas City 9/15/96

AVERAGE YARDS RETURNING PUNTS**Highest Average, Punt Returns, Season**

13.97 1999 (30-419)
 12.80 2000 (30-384)
 11.72 1986 (39-457)

Lowest Average, Punt Returns, Season

6.31 1976 (39-246)
 6.70 1997 (37-248)
 7.00 1977 (31-217)

TOUCHDOWNS RETURNING PUNTS**Most Touchdowns, Punt Returns, Season**

2 1998
 1 10 Times (Last: 2003)

Most Touchdowns, Punt Returns, Game

1 12 Times (Last: vs. Detroit 11/16/03)

KICKOFF RETURNS**Most Kickoff Returns, Season**

80 2000
 79 1976
 76 1997

Fewest Kickoff Returns, Season

29 1982 (9 games)
 50 1990, 1992, 1993

Most Kickoff Returns, Game

9 vs. New Orleans 11/21/76
 vs. Kansas City 11/27/83 (OT)
 8 10 Times (Last: vs. Indianapolis 10/15/00)

Fewest Kickoff Returns, Game

0 4 Times (Last: at Detroit 10/17/93)

YARDS GAINED**Most Yards, Kickoff Returns, Season**

1,932 2000
 1,620 1995
 1,605 1976

Fewest Yards, Kickoff Returns, Season

544 1982 (9 games)
 885 1992
 931 1993

Most Yards, Kickoff Returns, Game

268 vs. Indianapolis 10/15/00
 251 vs. New Orleans 11/21/76
 231 at St. Louis 10/20/02

Fewest Yards, Kickoff Returns, Game

0 4 Times (Last: at Detroit 10/17/93)

AVERAGE YARDAGE**Highest Average, Kickoff Returns, Season**

24.15 2000 (80-1,932)
 23.59 1998 (64-1,510)
 22.75 1999 (68-1,547)

Lowest Average, Kickoff Returns, Season

17.70 1992 (50-885)
 18.52 1981 (69-1,278)
 18.62 1993 (50-931)

TOUCHDOWNS**Most Touchdowns, Kickoff Returns, Season**

1 6 Times (Last: 2002)

Most Touchdowns, Kickoff Returns, Game

1 at St. Louis 11/13/83
 vs. Kansas City 10/8/89
 at San Diego 10/30/94
 vs. Washington 9/20/98
 vs. Buffalo 12/23/00
 at St. Louis 10/20/02

FUMBLES**Most Fumbles, Season**

43 1989
 41 1981
 38 1980

Fewest Fumbles, Season

21 1982 (9 games)
 23 2002, 2003
 24 1984, 1995, 1996, 2001

Most Fumbles, Game

8 vs. Houston 11/20/77
 vs. Kansas City 11/5/89
 at Arizona 10/29/95 (OT)

FUMBLES LOST**Most Fumbles Lost, Season**

23 1981
 20 1983
 19 1978, 1994

Fewest Fumbles Lost, Season

9 1995, 2001
 11 1982 (9 games)
 1997

Most Fumbles Lost, Game

5 vs. Green Bay 10/15/78
 vs. Denver 12/13/81
 4 5 Times (Last: vs. Oakland 11/1/98)

FUMBLES RECOVERED**Most Fumbles Rec., Season, Own and Opponents**

44 1983 (16 own, 28 opp)
 42 1989 (29 own, 13 opp)
 41 1981 (14 own, 27 opp)

Fewest Fumbles Rec., Season, Own & Opponents

19 1982 (10 own, 9 opp) (9 games)
 20 1995 (11 own, 9 opp)
 21 1977 (10 own, 11 opp)
 1986 (7 own, 14 opp)

Most Fumbles Rec., Game, Own & Opponents

8 vs. Cleveland 12/20/81 (1 own, 7 opp)
 7 vs. Chicago 12/20/87 (4 own, 3 opp)
 vs. San Diego 11/25/90 (4 own, 3 opp)

Most Own Fumbles Recovered, Season

29 1989
 22 1980
 18 1992

Fewest Own Fumbles Recovered, Season

7 1986
 8 1984
 9 1976
 1991

Most Opponents Fumbles Recovered, Season

28 1983
 27 1981
 25 1984

Fewest Opponents Fumbles Recovered, Season

- 9 1982 (9 games)
1995
11 4 Times (Last: 2002)

Most Opponents Fumbles Recovered, Game

- 7 vs. Cleveland 12/20/81
6 at Oakland 12/22/96
5 vs. L.A. Raiders 10/16/83
vs. Cleveland 11/14/93

TOUCHDOWNS**Most TDs, Opponent Fumbles Recovered, Season**

- 3 1997
2 8 Times (Last: 2003)

Most TDs, Fumbles Recovered, Game, Own and Opponents

- 2 2 Times (Last: at New York Giants
12/23/01 [Seattle-1, NY-1])
1 24 Times (Last: vs. Detroit 11/16/03 [own])

TURNOVERS

(Number of times losing the ball on interceptions and fumbles)

Most Turnovers, Season

- 48 1976 (30 ints, 18 fums)
45 1977 (32 ints, 13 fums)
43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season

- 21 2001 (12 ints, 9 fums)
24 1982 (13 ints, 11 fums) (9 games)
27 1986 (14 ints, 13 fums)

Most Turnovers, Game

- 8 vs. Detroit 10/24/76 (6 ints, 2 fums)
vs. Denver 11/20/83 (4 ints, 4 fums)
7 3 Times (Last: at Arizona 10/29/95 [OT]
[4 ints, 3 fums])

Most Turnovers, Both Teams, Game

- 14 Seattle (4) vs. Cleveland (10) 12/20/81
11 Seattle (7) vs. Kansas City (4) 9/29/85
Seattle (8) at Arizona (3) 10/29/95 (OT)

Fewest Turnovers, Both Teams, Game

- 0 Seattle (0) vs. L.A. Raiders (0) 12/18/94
Seattle (0) at San Diego (0) 10/25/98
Seattle (0) at Kansas City (0) 11/25/01
Seattle (0) vs. Pittsburgh (0) 11/2/03
1 20 Times (Last: Seattle [0] vs. Kansas City
[1] 11/24/02)

PENALTIES**Fewest Penalties, Season**

- 59 1982 (9 games)
66 2001
76 1977

Most Penalties, Season

- 128 1984
117 1998
114 1994

Fewest Penalties, Game

- 0 vs. Pittsburgh 12/6/87
vs. Dallas 12/16/01
1 vs. St. Louis 9/12/76
vs. L.A. Raiders 12/18/88
vs. St. Louis 9/10/00
at Cleveland 9/9/01
at Washington 11/4/01

Most Penalties, Game

- 17 vs. Green Bay 10/21/84
15 vs. Tampa Bay 10/17/76
vs. San Diego 10/9/83

Fewest Penalties, Both Teams, Game

- 5 Seattle (3) vs. Detroit (2) 12/2/84
Seattle (5) vs. New Orleans (0) 11/10/85
Seattle (3) vs. Kansas City (2) 12/1/91
Seattle (1) vs. St. Louis (4) 9/10/00
Seattle (1) at Cleveland (4) 9/9/01

Most Penalties, Both Teams, Game

- 35 Seattle (15) vs. Tampa Bay (20) 10/17/76
30 Seattle (13) vs. Kansas City (17) 11/8/98
28 Seattle (17) vs. Green Bay (11) 10/21/84

YARDS PENALIZED**Fewest Yards Penalized, Season**

- 523 1982 (9 games)
579 2001
666 1977

Most Yards Penalized, Season

- 1,179 1984
918 1992
914 1998

Fewest Yards Penalized, Game

- 0 vs. Pittsburgh 12/6/87
vs. Dallas 12/16/01
5 at Cleveland 9/9/01
10 5 Times (Last: at NY Giants 12/23/01)

Most Yards Penalized, Game

- 145 vs. Denver 12/8/79
141 at Oakland 11/15/98
134 vs. Denver 9/7/97

Fewest Yards Penalized, Both Teams, Game

- 26 Seattle (10) vs. St. Louis (16) 9/10/00
27 Seattle (20) vs. Kansas City (7) 12/1/91
30 Seattle (20) vs. Detroit (10) 12/2/84

Most Yards Penalized, Both Teams, Game

- 310 Seattle (120) vs. Tampa Bay (190) 10/17/76
273 Seattle (145) vs. Denver (128) 12/8/79
248 Seattle (96) vs. Kansas City (152) 11/8/98
236 Seattle (45) vs. Philadelphia (191) 2/13/92(OT)

TIME OF POSSESSION**Highest Average Time of Possession, Season**

- 30:47 1990
30:47 1997
30:46 1984

Lowest Average Time of Possession, Season

- 27:05 1998
27:31 2000
27:48 1999

Highest Time of Possession, Game

- 41:35 vs. San Diego 11/22/87
40:21 vs. Denver 10/22/89 (OT)
39:55 vs. Pittsburgh 10/20/91

Lowest Time of Possession, Game

- 14:28 vs. L.A. Rams 11/4/79
17:10 vs. San Francisco 9/25/88
17:58 vs. New England 12/19/82

DEFENSIVE RECORDS

SCORING

Fewest Points Allowed, Season

147 1982 (9 games)
261 1991
282 1984

Most Points Allowed, Season

429 1976
408 1980
405 2000

Fewest Points Allowed, Game

0 11 Times (Last: at Arizona 9/14/03)

Most Points Allowed, Game

51 vs. New Orleans 11/21/76
vs. Dallas 11/27/80
48 vs. Kansas City 11/27/83 (OT)

Fewest Touchdowns Allowed, Season

18 1982 (9 games)
25 1991
32 1990, 1992, 1993

Most Touchdowns Allowed, Season

53 1976
48 1983
47 1980

Fewest Touchdowns Allowed, Game

0 34 Times (Last: at Arizona 9/14/03)

Most Touchdowns Allowed, Game

7 vs. Dallas 11/27/80
vs. Kansas City 11/27/83
6 5 Times (Last: vs. Buffalo 12/23/00)

FIRST DOWNS

Fewest First Downs Allowed, Season

167 1982 (9 games)
247 1992
263 1991

Most First Downs Allowed, Season

371 1981
356 2002
351 1983

Fewest First Downs Allowed, Game

6 vs. San Diego 11/22/87
8 at N.Y. Jets 11/13/77
9 vs. Pittsburgh 9/7/86
vs. Indianapolis 9/29/91

Most First Downs Allowed, Game

32 at San Diego 9/15/85
vs. Kansas City 11/24/02
31 at Chicago 12/20/87
at Denver 12/1/96
at NY Jets 12/6/98

Fewest First Downs Allowed, Rushing, Season

86 1982 (9 games)
1990
90 1985
91 2001

Most First Downs Allowed, Rushing, Season

175 1981
166 1976
153 1978

Fewest First Downs Allowed, Rushing, Game

0 at Green Bay 12/9/90
1 9 Times (Last: vs. Arizona 12/21/03)

Most First Downs Allowed, Rushing, Game

19 vs. New Orleans 11/21/76
18 3 Times (Last: at Kansas City 11/22/81)

Fewest First Downs Allowed, Passing, Season

68 1982 (9 games)
125 1977
129 1992

Most First Downs Allowed, Passing, Season

197 1998
195 1983
193 1993

Fewest First Downs Allowed, Passing, Game

2 4 Times (Last: at Indianapolis 9/14/97)

Most First Downs Allowed, Passing, Game

27 at San Diego 9/15/85
21 at NY Jets 12/6/98
20 5 Times (Last: at San Diego 12/30/01)

Fewest First Downs Allowed, Penalty, Season

12 1991
13 1982 (9 games)
16 1987, 1988, 1989

Most First Downs Allowed, Penalty, Season

33 1979
30 1996
29 1984, 1998

Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/96
5 4 Times (Last: at NY Jets 12/6/98)

OFFENSIVE PLAYS

Fewest Opponents Plays Allowed, Season

600 1982 (9 games)
950 1990
954 1987

Most Opponents Plays Allowed, Season

1137 1998
1126 1981
1085 1993

Fewest Opponents Plays Allowed, Game

39 vs. San Diego 11/22/87
41 vs. Pittsburgh 10/20/91
43 vs. L.A. Raiders 9/16/90

Most Opponents Plays Allowed, Game

95 vs. L.A. Rams 11/4/79
vs. Philadelphia 12/13/92 (OT)
89 vs. Minnesota 9/29/02
88 vs. Denver 10/29/78 (OT)

Fewest Opponents Plays Allowed, Rushing, Season

337 1982 (9 games)
413 1990
427 2001

Most Opponents Plays Allowed, Rushing, Season

614 1976
596 1977
588 1981

Fewest Opponents Plays Allowed, Rushing, Game

- 10 vs. Green Bay 12/9/90
 12 vs. San Diego 11/22/87
 vs. Minnesota 11/10/96

Most Opponents Plays Allowed, Rushing, Game

- 63 vs. L.A. Rams 11/4/79
 61 vs. Cincinnati 10/11/87
 60 2 Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season

- 253 1982 (9 games)
 367 1977
 394 1976

Most Opponents Plays Allowed, Passing, Season

- 650 1998
 633 1993
 582 1986, 1995

Fewest Opponents Attempts Allowed, Passing, Game

- 9 at N.Y. Giants 10/25/92
 10 vs. New England 12/4/88
 11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game

- 63 at NY Jets 12/6/98
 59 vs. Kansas City 9/11/88
 55 vs. Kansas City 11/4/84
 at Houston 11/7/93

NET YARDS ALLOWED RUSHING & PASSING

Fewest Yards Allowed, Season

- 2794 1982 (9 games)
 4583 1992
 4606 1990

Most Yards Allowed, Season

- 6391 2000
 6029 1983
 5940 1981

Fewest Yards Allowed, Game

- 118 at Indianapolis 9/14/97
 120 vs. Cleveland 9/3/84
 124 vs. N.Y. Jets 11/13/77

Most Net Yards Allowed, Game

- 580 vs. San Francisco 9/25/88
 579 vs. Buffalo 12/23/00
 557 vs. San Diego 9/15/85

RUSHING

Fewest Yards Allowed, Rushing, Season

- 1461 1982 (9 games)
 1606 1990
 1660 1993

Most Yards Allowed Rushing, Season

- 2881 1976
 2806 1981
 2517 1978

Fewest Yards Allowed, Rushing, Game

- 13 vs. Green Bay 12/9/90
 15 vs. Minnesota 11/10/96
 17 vs. San Diego 11/22/87
 vs. St. Louis 12/22/02

Most Yards Allowed, Rushing, Game

- 356 vs. L.A. Raiders 11/30/87
 303 vs. L.A. Rams 11/4/79
 301 vs. Denver 11/26/00

Fewest Touchdowns Allowed, Rushing, Season

- 4 1991
 7 1990
 9 2001, 2003

Most Touchdowns Allowed, Rushing, Season

- 23 1979
 21 1977
 20 1976, 1978, 1981, 2000

Most Touchdowns Allowed, Rushing, Game

- 4 3 Times (Last: vs. Dallas 11/27/80)

PASSING

Fewest Net Yards Allowed, Passing, Season

- 1333 1982 (9 games)
 2333 1977
 2524 1976

Most Net Yards Allowed, Passing, Season

- 3972 1998
 3937 2000
 3831 1983

Fewest Net Yards Allowed, Passing, Game

- 12 at Philadelphia 12/6/98
 15 vs. Kansas City 9/30/79
 23 at Indianapolis 9/21/97
 25 vs. N.Y. Jets 11/13/77

Most Net Yards Allowed, Passing, Game

- 494 vs. San Diego 9/15/85
 427 vs. NY Jets 11/2/86
 418 at NY Jets 12/6/98

Fewest Touchdowns Allowed, Passing, Season

- 4 1982 (9 games)
 11 1992
 15 1994

Most Touchdowns Allowed, Passing, Season

- 33 1983
 28 1980
 27 1976

Most Touchdowns Allowed, Passing, Game

- 5 vs. San Diego 9/15/85
 vs. San Francisco 9/25/88
 4 11 Times (Last: at Baltimore 11/23/03)

SACKS

Most Sacks, Season

- 61 1985
 55 1984
 53 1998

Fewest Sacks, Season

- 17 1982 (9 games)
 18 1977
 25 1978

Most Sacks, Game

- 11 vs. L.A. Raiders 12/8/86
 10 vs. Philadelphia 12/13/92 (OT)
 9 vs. Philadelphia 11/23/86
 vs. Buffalo 12/8/96
 at Philadelphia 9/6/98

Most Opp. Yards Lost Attempting to Pass, Season

464 1985
398 1984
351 1983

Fewest Opp. Yards Lost Att. to Pass, Season

131 1977
135 1982 (9 games)
152 2000

Most Opp. Yards Lost Attempting to Pass, Game

89 vs. Philadelphia 12/13/92 (OT)
68 vs. L.A. Raiders 12/8/86
65 vs. L.A. Raiders 10/16/83

INTERCEPTIONS**Most Seasons Leading League**

1 1984
1999

Most Passes Intercepted By, Season

38 1984
30 1999
26 1983

Fewest Passes Intercepted By, Season

9 1989
12 1990
13 1982 (9 games)
1997

Most Passes Intercepted By, Game

7 vs. San Diego 12/13/98
6 vs. Kansas City 11/4/84
5 vs. Houston 10/5/80
at Pittsburgh 12/6/92
at Pittsburgh 9/26/99

Most Consecutive Games, One or More Interceptions By

17 1983-84
11 1993
9 2002-

Most Yards, Returning Interceptions, Season

697 1984 (3rd in NFL history)
455 1998
397 1981

Fewest Yards Returning Interceptions, Season

57 1989
95 1980
127 1995

Most Yards Returning Interceptions, Game

325 vs. Kansas City 11/4/84 (NFL record)
146 vs. Cincinnati 9/25/77
125 vs. Cleveland 12/20/81

Most TDs Returning Interceptions, Season

8 1998 (2nd in NFL history)
7 1984 (3rd in NFL history)
3 1981, 1985

Most Touchdowns Returning Interceptions, Game

4 vs. Kansas City 11/4/84 (NFL record)
2 vs. Chicago 9/23/83
vs. Arizona 9/13/98
1 36 Times (Last: vs. Dallas 12/16/01)

Most TDs Returning Interceptions, Both Teams, Game

4 Seattle (4) vs. K.C. (0) 11/4/84 (NFL record)
2 7 Times
(Last: Seattle [2] vs. Arizona [0] 9/13/98)

PUNTING**Fewest Opponent Punts, Season**

50 1982 (9 games)
54 1977
55 1981

Most Opponent Punts, Season

97 1985
96 1992
83 1984

Fewest Opponent Punts, Game

0 at Oakland 12/16/79
1 18 Times (Last: vs Buffalo 12/23/00)

Most Opponent Punts, Game

11 at Denver 10/25/85 (OT)
vs. Denver 11/30/92 (OT)
10 2 Times (Last: vs. Philadelphia 12/13/92 OT)

AVERAGE YARDAGE**Highest Opponent Average, Punting, Season**

45.00 1995 (83-3735)
43.55 1998 (78-3,397)
42.49 1981 (55-2337)

Lowest Opponent Average, Punting, Season

35.00 1976 (65-2275)
35.96 1977 (54-1942)
37.91 1979 (69-2616)

Highest Opponent Average, Punting, Game (Min. 3)

56.6 at Denver 11/25/84 (5-283)
56.0 at Pittsburgh 9/26/99 (5-280)
54.0 at Arizona 9/14/03 (4-216)

Lowest Opponent Average, Punting, Game (Min. 3)

17.0 vs. Buffalo 10/14/84 (4-69)
24.0 vs. San Diego 9/4/78 (4-72)
vs. Philadelphia 11/2/80 (3-72)

HAD BLOCKED**Most Opponent Punts Blocked, Season**

4 1984, 1986
2 1976, 1977, 1980, 1985

Most Opponent Punts Blocked, Game

2 vs. Buffalo 10/14/84
at New England 9/21/86
1 18 Times (Last: Pittsburgh 11/2/03)

Most Consecutive Opponent Punts Without A Block

512 1994-2000
258 1987-91
228 1991-94

INSIDE THE 20**Most Opponent Punts Inside the Opponents' 20, Season**

25 1994, 2001
24 1995
23 1992, 1996, 1998, 1999

Fewest Opponent Punts Inside the Opponents' 20, Season

10 1976
1982 (9 games)
11 1977

Most Opponent Punts Inside the Opponents' 20, Game
4 9 Times (Last: at San Diego 12/29/02 [OT])

PUNT RETURNS

Fewest Opponents Punt Returns, Season

17 2002
19 1982 (9 games)
29 1990, 2003

Most Opponents Punt Returns, Season

56 1976
1992
52 1996

Fewest Yards Allowed, Punt Returns, Season

69 1982 (9 games)
140 2003
151 2000

Most Yards Allowed, Punt Returns, Season

640 1996
549 1995
534 1976

Fewest Yards Allowed, Punt Returns, Game

-12 vs. L.A. Rams 10/23/88
-4 vs. Denver 11/30/92 (OT)
-3 vs. Chicago 12/12/82

Most Yards Allowed, Punt Returns, Game

184 at Baltimore 12/7/97
110 at L.A. Raiders 12/12/93
110 at Denver 12/5/99

Seasons Leading League, Lowest Average Allowed, Punt Returns

1 1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

3.63 1982 (19-69) (9 games)
4.64 1981 (33-153) (Led NFL)
4.72 2000 (32-151) (Led AFC)

Highest Average Allowed, Punt Returns, Season

12.31 1996 (52-640)
12.18 1997 (38-463)
11.88 2002 (17-202)

Longest Return Allowed, Game

95 vs. N.Y. Jets 11/9/87 (TD)
89 at Baltimore 12/7/97 (TD)
at San Francisco 12/1/02 (TD)
86 vs. Kansas City 11/22/92 (TD)
vs. Denver 10/14/01 (TD)

Most Touchdowns Allowed, Punt Returns, Season

2 1990
1997
1 9 Times (Last: 2002)

Most Touchdowns Allowed, Punt Return, Game

2 at Baltimore 12/7/97
1 11 Times (Last: at San Francisco 12/1/02)

KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season

24 1982 (9 games)
36 1992
44 1989

Most Opponent Kickoff Returns, Season

81 1999
79 2003
77 1997

Fewest Opponent Kickoff Returns, Game

0 7 Times (Last: vs. Denver 11/28/93)

Most Opponent Kickoff Returns, Game

10 vs. Kansas City 9/20/87
9 4 Times (Last: vs. Minnesota 9/29/02)

Fewest Yards Allowed, Kickoff Returns, Season

361 1982 (9 games)
685 1992
814 1989

Most Yards Allowed, Kickoff Returns, Season

1779 1997
1669 1995
1642 1996

Fewest Yards Allowed, Kickoff Returns, Game

0 6 Times (Last: at Denver 11/28/93)

Most Yards Allowed, Kickoff Returns, Game

230 vs. Kansas City 9/20/87
223 vs. Oakland 10/26/97
220 vs. Oakland 11/11/01

Most Seasons Leading League, Lowest Average Allowed, Kickoff Returns

1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

15.04 1982 (24-36) (Led NFL) (9 games)
16.14 1983 (59-952) (Led NFL)
16.66 1984 (67-1,116)

Highest Avg. Allowed, Kickoff Returns, Season

24.80 1977 (50-1,240)
23.84 1995 (70-1,669)
23.10 1997 (77-1,779)

Longest Return Allowed, Game

99 vs. Kansas City 9/3/95
95 vs. Green Bay 11/15/78 (TD)
vs. L.A. Raiders 11/28/88
at Detroit 10/19/93 (TD)
vs. Arizona 9/15/02 (TD)

Most TDs Allowed, Kickoff Returns, Season

2 1995, 2002
1 1978, 1987, 1993, 1997, 2001

Most TDs Allowed, Kickoff Returns, Game

1 9 Times (Last: at Atlanta 12/15/02)

FUMBLES

Fewest Opponent Fumbles, Season

17 1995
18 1982 (9 games)
20 1977

Most Opponent Fumbles, Season

47 1984
44 1983
43 1981

Most Opponent Fumbles, Game

9 vs. Cleveland 12/20/81
at Oakland 12/22/96
7 3 Times (Last: vs. Cincinnati 10/11/87)

TAKEAWAYS

(Number of times taking ball from opponent on interceptions and fumbles)

Most Seasons Leading League in Most Takeaways

1 1984

Fewest Opponent Turnovers, Season

22 1982 (13 ints, 9 fums) (9 games)
1989 (9 ints, 13 fums)
25 1995 (16 ints, 9 fums)

Most Opponent Turnovers, Season

- 63 1984 (38 ints, 25 fums) (2nd in NFL history)
- 54 1983 (26 ints, 28 fums)
- 48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game

- 10 vs. Cleveland 12/20/81 (3 ints, 7 fums)
- 8 3 Times (Last: vs. San Diego 12/13/98
(7 int, 2 fumbles))

Least Time of Possession Allowed, Game

- 18:25 vs. San Diego 11/22/87
- 20:05 vs. Pittsburgh 10/20/91
- 20:56 vs. San Diego 9/18/83

Most Time of Possession Allowed, Game

- 46:47 vs. Philadelphia 12/13/92 (OT)
- 45:32 vs. L.A. Rams 11/4/79
- 42:50 vs. San Francisco 9/25/88

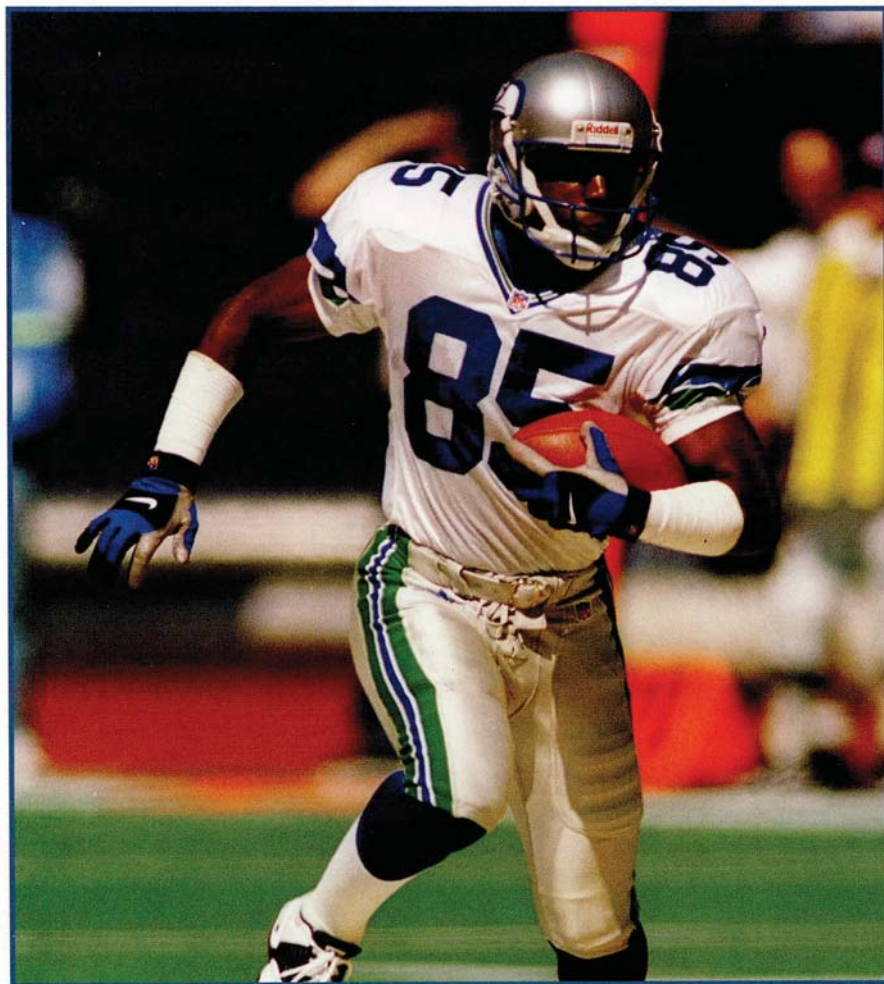
TIME OF POSSESSION

Lowest Average Time of Possession Allowed, Season

- 29:13 1990
- 1997
- 29:14 1984

Highest Average Time of Possession Allowed, Season

- 32:55 1998
- 32:29 2000
- 32:12 1999

**Mike Pritchard (1996-99)**

OPPONENT RECORDS

SCORING

POINTS

Most Points, Game

- 24 Terrell Middleton, Green Bay, at Milwaukee 10/15/78 (4 TDs)
- Roy Green, at St. Louis 11/13/83 (4 TDs)
- Marcus Robinson, at Balt. 11/23/03 (4 TDs)
- 20 Joe Danelo, N.Y. Giants 10/18/81 (6 FGs, 2 PATs)

TOUCHDOWNS

Most Touchdowns, Game

- 4 Terrell Middleton, Green Bay, at Milwaukee 10/15/78 (4-R)
- Roy Green, at St. Louis 11/13/83 (4-P)
- Marcus Robinson, at Balt. 11/23/03 (4-P)
- 3 Eric Dickerson, L.A. Rams 9/23/85 (3-R)
- Bo Jackson, L.A. Raiders 11/30/87 (2-R, 1-P)
- Marcus Allen, Kansas City 12/5/93 (3-R)
- Antowain Smith, Buffalo 12/23/00 (3-R)
- Marshall Faulk, St. Louis 10/20/02 (3-R)
- Priest Holmes, Kansas City 11/24/02 (2-R, 1-P)
- Garrison Hearst, San Francisco 12/1/02 (3-R)

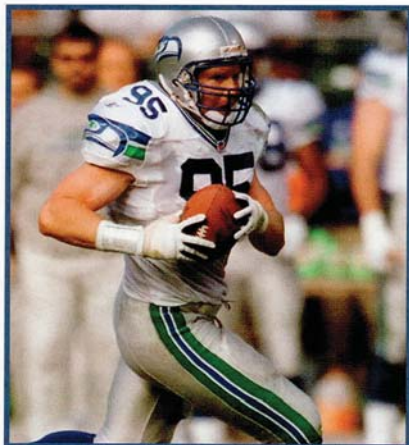
POINTS AFTER TOUCHDOWN

Most Points After Touchdown Attempted, Game

- 7 Rafael Septien, at Dallas 11/27/80
- 6 6 Times (Last: Steve Christie, vs. Buffalo 12/23/00)

Most Points After Touchdown, Game

- 7 Rafael Septien, at Dallas 11/27/80 (7 attempts)
- 6 5 Times (Last: Steve Christie, vs. Buffalo 12/23/00 [6 attempts])



Dean Wells (1993-98)

Most Points After Touchdown, No Misses, Game

- 7 Rafael Septien, at Dallas 11/27/80
- 6 5 Times (Last: Steve Christie vs. Buffalo 12/23/00)

FIELD GOALS

Most Field Goals Attempted, Game

- 6 Joe Danelo, N.Y. Giants 10/18/81
- John Carney, at San Diego 9/5/93
- Doug Pelfrey, Cincinnati 11/6/94 (OT)

Most Field Goals, Game

- 6 Joe Danelo, N.Y. Giants 10/18/81
- John Carney, at San Diego 9/5/93
- Doug Pelfrey, Cincinnati 11/6/94 (OT)

Most Field Goals, One Quarter

- 3 Rich Karlis, at Denver 11/20/83 (4th)
- Al Del Greco, at Houston 11/7/93 (2nd)

Longest Field Goal

- 57 Nick Lowery, at Kansas City 9/14/80
- Steve Cox, at Washington 9/28/86
- 55 Fred Steinfort, Denver 12/21/80

Longest Field Goal Attempted

- 66 Jason Elam, at Denver 12/10/95
- 64 Jason Elam, at Denver 12/5/99
- 61 Ali Haji-Sheikh, at N.Y. Giants 12/11/83

Most Field Goals, No Misses, Game

- 6 Joe Danelo, N.Y. Giants 10/18/81
- John Carney, at San Diego 9/5/93
- Doug Pelfrey, Cincinnati 11/6/94 (OT)

Most Field Goals, 50 or More Yards, Game

- 2 By 5 Players (Last: John Carney, at San Diego 9/1/96)

SAFETIES

Most Safeties, Game

- 1 25 Times (Last: Team, vs. Detroit 9/12/99)

RUSHING

ATTEMPTS

Most Attempts, Game

- 39 Earl Campbell, at Houston 10/11/81
- 38 Edgerrin James, Indianapolis 10/15/00
- 37 Christian Okoye, at Kansas City 11/5/89

YARDS GAINED

Most Yards Gained, Game

- 221 Bo Jackson, L.A. Raiders 11/30/87
- 219 Edgerrin James, Indianapolis 10/15/00
- 208 Terrell Davis, Denver 10/8/98

Most Games, 2 or More Players with 100 or More Yards Rushing

- 1 Jim Otis (140) and Terry Metcalf (113), St. Louis 9/12/76
- Tom Sullivan (121) and Mike Hogan (104), at Philadelphia 12/12/76

Longest Run From Scrimmage

- 91 Bo Jackson, L.A. Raiders 11/30/87 (TD)
- 84 Ted McKnight, Kansas City 9/30/79 (TD)
- 80 Tyrone Wheatley, at Oakland 10/22/00 (TD)
- Mike Anderson, Denver 11/26/00 (TD)

AVERAGE GAIN

Highest Average Gain, Game (10 or More Attempts)

- 12.28 Bo Jackson, L.A. Raiders 11/30/87 (18-221)
- 12.25 Ted McKnight, Kansas City 9/30/79 (12-147)
- 11.00 Tony Reed, at Kansas City 12/17/78 (11-121)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 Terrell Middleton, Green Bay, at Milwaukee 10/15/78
- 3 Eric Dickerson, L.A. Rams 9/23/85
Marcus Allen, Kansas City 12/5/93
Antowain Smith, Buffalo 12/23/00
Marshall Faulk, at St. Louis 10/20/02
Garrison Hearst, at San Francisco 12/1/02

PASSING**ATTEMPTS****Most Passes Attempted, Game**

- 63 Vinny Testaverde, at NY Jets 12/6/98
- 55 Warren Moon, at Houston 11/7/93
- 53 Steve Beuerlein, Phoenix 12/19/93 (OT)
Doug Flutie, at San Diego 12/30/01
Daunte Culpepper, vs. Minnesota 9/29/02

COMPLETIONS**Most Passes Completed, Game**

- 42 Vinny Testaverde, at NY Jets 12/6/98
- 36 Warren Moon, at Houston 11/7/93
- 35 Kurt Warner, St. Louis 9/10/00

COMPLETION PERCENTAGE**Highest Completion %, Game (Min. 20 Attempts)**

- 83.87 Fran Tarkenton, at Minnesota 11/14/76 (31-26)
- 81.25 Ken O'Brien, N.Y. Jets 11/2/86 (32-26)
- 80.10 Pat Haden, L.A. Rams 11/4/79 (21-17)

YARDS GAINED**Most Yards Gained, Game**

- 440 Dan Fouts, at San Diego 9/15/85
- 432 John Elway, Denver 12/20/85
- 431 By 2 Players (Last: Steve Beuerlein, Phoenix 12/19/93 [OT])

Longest Pass Completion

- 99 Stan Humphries, to Tony Martin, San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marc Wilson, to Marcus Allen, at L.A. Raiders 10/7/84
Eric Zeier, to Derrick Alexander, at Baltimore 12/7/97

AVERAGE GAIN**Highest Average Gain, Game (20 Attempts)**

- 16.26 Marc Wilson, at L.A. Raiders 10/7/84 (19-309)
- 14.64 Doug Flutie, Buffalo 12/23/00 (25-366)
- 13.47 Ken O'Brien, N.Y. Jets 11/2/86 (32-431)

TOUCHDOWNS**Most Touchdown Passes, Game**

- 5 Neil O'Donnell, N.Y. Jets 8/31/97
- 4 10 Times (Last: Anthony Wright, at Baltimore 11/23/03)

HAD INTERCEPTED**Most Passes Had Intercepted, Game**

- 5 Ken Stabler, at Houston 10/5/80
Craig Whelihan, San Diego 12/13/98
- 4 10 Times (Last: Sean Salisbury, San Diego 10/27/96)

Most Attempts, No Interceptions, Game

- 47 Kerry Collins, at NY Giants 12/23/01
- 45 Tony Eason, at New England 9/21/86
- 43 John Elway, at Denver 10/20/85 (OT)

RECEIVING**Most Pass Receptions, Game**

- 13 Wes Chandler, at San Diego 9/15/85
Tony Martin, at San Diego 9/10/95
- 12 Gary Clark, Phoenix 12/19/93 (OT)

YARDS GAINED**Most Yards Gained, Game**

- 243 Wes Chandler, at San Diego 9/15/85
- 195 Al Toon, N.Y. Jets 11/2/86
- 173 Marcus Allen, at L.A. Raiders 10/7/84

Longest Pass Reception

- 99 Tony Martin, from Stan Humphries, San Diego 9/18/94 (TD) (ties NFL record)
- 92 Marcus Allen, from Marc Wilson, at L.A. Raiders 10/7/84
Derrick Alexander, from Eric Zeier, at Baltimore 12/7/97

Games, 2 or More Players with 100 or More Yards Receiving

- 9 Times (Last: Amani Toomer (124) and Ike Hilliard (105), at NY Giants 12/23/01)

AVERAGE PER RECEPTION**Highest Average Per Reception, Game (5 Receptions)**

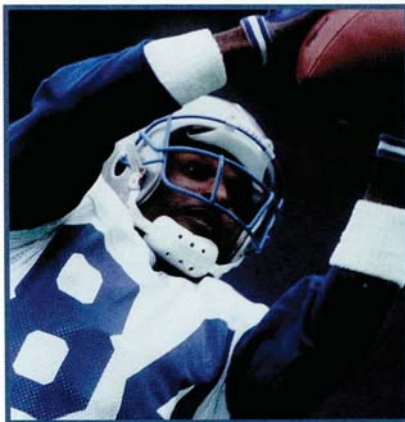
- 34.60 Marcus Allen, at L.A. Raiders 10/7/84 (4-173) (pro-rated)
- 32.40 James Lofton, Green Bay, at Milwaukee 10/21/84 (5-162)
- 30.60 Derrick Alexander, Kansas City 10/02/00 (5-153)

TOUCHDOWNS**Most Touchdowns, Game**

- 4 Roy Green, at St. Louis 11/13/83
Marcus Robinson, at Baltimore 11/23/03
- 3 4 Times (Last: Roy Green, Phoenix 9/17/89)

INTERCEPTIONS**Most Interceptions By, Game**

- 4 Deron Cherry, at Kansas City 9/29/85 (ties NFL record)
- 3 Tony Greene, Buffalo 10/30/77
Steve Wilson, at Denver 11/20/83

**Louis Clark (1987-92)**

YARDS RETURNED**Most Yards Returned, Game**

- 115 Fred Marion, New England 11/17/85
- 102 Gary Barbaro, at Kansas City 12/11/77
- 93 Levi Johnson, Detroit 10/24/76

Longest Return

- 102 Gary Barbaro, at Kansas City 12/11/77
(T3rd in NFL history)
- 83 Fred Marion, New England 11/17/85
- 82 Carlton Williamson, at San Francisco
11/25/85

TOUCHDOWNS**Most Touchdowns, Game**

- 2 36 Times (Last: Deltha O'Neal, vs. Denver
11/17/02)

PUNTING**Most Punts, Game**

- 11 Chris Norman, at Denver 10/20/85 (OT)
- Ruben Rodriguez, Denver 11/30/92 (OT)
- 10 Jeff Gossett, L.A. Raiders 10/18/92
- Jeff Feagles, Philadelphia 12/13/92 (OT)

Longest Punt

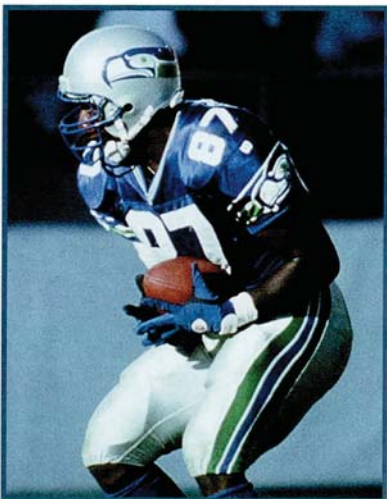
- 69 Shane Lechler, at Oakland 10/22/00
- 68 Josh Miller, at Pittsburgh 9/26/99
- 67 David Lee, Baltimore 11/12/78
- Brian Hansen, at New England 10/7/90

AVERAGE YARDAGE**Highest Average Punting, Game (Minimum 4 Punts)**

- 56.00 Josh Miller, Pittsburgh 9/26/99 (5-280)
- 54.00 Scott Player, at Arizona 9/15/03 (4-216)
- 52.40 Sean Landeta, Philadelphia 9/23/01 (5-262)

INSIDE THE 20**Most Punts Inside the 20, Game**

- 4 10 Times (Last: Rodney Williams at NY
Giants 12/23/01)

**Carlester Crumpler (1994-98)****TOUCHBACKS****Most Touchbacks, Game**

- 3 George Roberts, at Miami 9/9/79
- Max Runager, at San Francisco 11/25/85
- 2 18 Times (Last: Mitch Berger at St. Louis
10/20/02)

HAD BLOCKED**Most Punts Had Blocked, Game**

- 2 John Kidd, Buffalo 10/14/84
- Rich Camarillo, at New England 9/21/86
- 1 17 Times (Last: Josh Miller, Pitt, 11/02/03)

PUNT RETURNS**Most Punt Returns, Game**

- 8 Vai Sikahema, Philadelphia 12/13/92 (OT)
- 7 Rolland Lawrence, Atlanta 11/7/76
- Pete Shaw, at N.Y. Giants 12/11/83
- Brian Mitchell, Philadelphia 9/23/01

FAIR CATCHES**Most Fair Catches, Game**

- 6 Greg Pruitt, at L.A. Raiders 10/7/84
- 5 Greg Pruitt, L.A. Raiders 11/12/84
- Emile Harry, at Kansas City 11/9/86

YARDS GAINED**Most Yards Gained, Game**

- 184 Jermaine Lewis, at Baltimore 12/7/97
- 133 Desmond Howard, at Oakland 11/15/98
- 110 Tim Brown, at L.A. Raiders 12/12/93
- Tim Watson, at Denver 12/19/99

Longest Punt Return

- 91 JoJo Townsell, N.Y. Jets 11/9/87 (TD)
- 89 Jermaine Lewis, at Baltimore 12/7/97 (TD)
- Jimmy Williams, at San Francisco 12/1/02 (TD)
- 86 Dale Carter, Kansas City 11/22/92 (TD)
- Deltha O'Neal, Denver 10/14/01 (TD)

AVERAGE YARDAGE**Highest Average, Game (Minimum 3 Returns)**

- 36.80 Jermaine Lewis, at Baltimore 12/7/97 (5-184)
- 32.67 David Meggett, at N.Y. Giants 11/19/89(3-98)
- 31.67 JoJo Townsell, at N.Y. Jets 11/9/87 (3-95)

TOUCHDOWNS

- 2 Jermaine Lewis, at Baltimore 12/7/97
- 1 12 Times (Last: Jimmy Williams,
San Francisco 12/1/02)

KICKOFF RETURNS**Most Kickoff Returns, Game**

- 10 Desmond Howard, Oakland 10/26/97
- 9 Paul Palmer, at Kansas City 9/20/87
- 8 By 2 Player (Last: Andre Coleman, San Diego
10/27/96)

YARDS GAINED**Most Yards Gained, Game**

- 223 Desmond Howard, Oakland 10/26/97
- 221 Paul Palmer, at Kansas City 9/20/87
- 206 Andre Coleman, San Diego 10/27/96

Longest Kickoff Return

- 95 Steve Odom, Green Bay, at Milwaukee
10/15/78 (TD)
- Tim Brown, L.A. Raiders 11/28/88
- Mel Gray, at Detroit 10/17/93 (TD)
- MarTay Jenkins, vs. Arizona 9/15/02 (TD)

HIGHEST YARDAGE

- Highest Average, Game (Minimum 3 Returns)
 48.33 Byron Hunsford, Atlanta 11/30/97 (3-145)
 44.33 Paul Palmer, at Kansas City 12/27/87 (3-133)
 40.25 MarTay Jenkins, Arizona 9/15/02 (4-161)

TOUCHDOWNS

- Most Touchdowns, Game
 1 By 9 Players (Last: Allen Rossum, Atlanta
 12/15/02 [91 yards])

COMBINED KICK RETURNS

- Most Combined Kick Returns, Game
 11 Vai Sikahema, Philadelphia 12/13/92 (OT)
 (8-P, 3-K)
 Desmond Howard, Oakland 10/26/97 (1-P, 10-K)
 10 Rolland Lawrence, Atlanta 11/7/76 (7-P, 3-K)
 Glyn Milburn, at Denver 12/10/95 (5-P, 5-K)

YARDS GAINED

- Most Yards Returned, Game
 228 Glyn Milburn, at Denver 12/10/95 (95-P, 133-K)
 223 Desmond Howard, Oakland 10/26/97 (223-K)
 221 Paul Palmer, Kansas City 9/20/87 (221-K)

TOUCHDOWNS

- Most Touchdowns, Game
 2 Jermaine Lewis, at Baltimore 12/7/97
 1 16 Times (Last: Chris Watson, at Denver
 12/19/99)

COMBINED NET YARDS GAINED

- Yards Gained Via Rushing, Receiving, Interception
 Return, Punt Return, Kickoff Return,
 and Fumble Return

ATTEMPTS

- Most Attempts, Game
 42 Earl Campbell, at Houston 10/11/81
 39 Barry Foster, at Pittsburgh 12/6/92
 Marshall Faulk, at St. Louis 10/20/02
 38 Edgerrin James, Indianapolis 10/15/00

YARDS GAINED

- Most Yards Gained, Game
 404 Glyn Milburn, at Denver 12/10/95 (NFL record)
 306 Tim Brown, L.A. Raiders 11/28/88
 290 Lionel James, at San Diego 9/15/85

TACKLES

- Most Tackles, Game
 19 Randy Gradishar, Denver 10/29/78
 16 5 Times (Last: Dino Hackett, at K.C. 9/20/87)

SACKS

- Most Sacks, Game
 7.0 Derrick Thomas, at Kansas City 11/11/90
 (NFL record)
 4.0 By 3 Players (Last: Anthony Smith, L.A.
 Raiders 9/12/93)

FORCED FUMBLES

- Most Forced Fumbles, Game
 2 17 Times (Last: Gerald McBurrows at
 Atlanta 12/15/02)

FUMBLES

- Most Fumbles, Game
 5 Dave Walter, Cincinnati 10/11/87
 4 3 Times (Last: Paul McDonald, Cleveland
 12/20/81)

- Most Own Fumbles Recovered, Game
 3 Craig Erickson, at Miami 10/6/96
 2 12 Times (Last: John Elway, Denver
 11/28/93)

- Most Opponents' Fumbles Recovered, Game
 2 9 Times (Last: Bill Romanowski, Denver
 9/8/96)

- Longest Fumble Return
 86 Derrick Thomas, Kansas City 12/5/93 (TD)
 75 Ray Bentley, Cincinnati 9/6/92 (TD)
 46 Lucius Sanford, Buffalo 10/14/84 (TD)

TOUCHDOWNS

- Most Touchdowns, Game (Opponents' Recovered)
 1 18 Times (Last: 13 yards, Michael Strahan,
 NY Giants 12/23/01)

- Most Touchdowns, Game (Own Recovered)
 1 Tim Brown, at L.A. Raiders 12/18/88

BLOCKED KICKS

- Most Blocked Punts, Game
 1 16 Times (Last: Andre King, Cleveland
 11/30/03)

- Most Blocked Field Goals, Game
 1 11 Times (Last: John Thornton, at Cincinnati
 10/26/03)

- Most Blocked PATs, Game
 1 7 Times (Last: Michael Carter, at San Francisco
 11/25/85)

- Most Blocked Kicks (Field Goals and PATs),
 Game
 1 19 Times (John Thornton, at Cincinnati 10/26/03)

- Longest Return of Blocked Punt
 23 Frank Duncan, San Diego 9/7/80
 0 6 Times (Last: Jessie Small, Philadelphia
 9/10/89)

- Longest Return of Blocked Field Goal
 58 Dave Waymer, New Orleans 10/16/88 (TD)
 0 7 Times (Last: Albert Lewis, at Kansas City
 1/2/94 [TD])

- Touchdowns with Blocked Kick Recovery
 1 Dave Waymer, N.O. 10/16/88 (FG, 58 yds)
 Albert Lewis, at Kansas City 1/2/94 (punt, 0
 yds)

INDIVIDUAL POSTSEASON RECORDS

SERVICE

Most Games, Career

- 7 Edwin Bailey, 1983-84, 1987-88
- Jeff Bryant, 1983-84, 1987-88
- Greg Gaines, 1983-84, 1987-88
- Jacob Green, 1983-84, 1987-88
- Norm Johnson, 1983-84, 1987-88
- Dave Krieg, 1983-84, 1987-88
- Steve Largent, 1983-84, 1987-88
- Paul Moyer, 1983-84, 1988
- Joe Nash, 1983-84, 1987-88
- Bruce Scholtz, 1983-84, 1987-88
- Mike Tice, 1983-84, 1987-88

6 5 players

Most Starts, Career

- 7 Edwin Bailey, 1983-84, 1987-88
- Jeff Bryant, 1983-84, 1987-88
- Jacob Green, 1983-84, 1987-88
- Dave Krieg, 1983-84, 1987-88
- Steve Largent, 1983-84, 1987-88
- Joe Nash, 1983-84, 1987-88
- Bruce Scholtz, 1983-84, 1987-88

6 3 players

SCORING

POINTS

Most Points, Career

- 38 Norm Johnson, 1983-84, 1987-88
(8 FG, 14 PAT) 7 games
- 24 Steve Largent, 1983-84, 1987-88 (4 TD) 7 games
- 18 Shaun Alexander, 2003 (3 TD) 1 game

Most Points, Game

- 18 Shaun Alexander at Green Bay, 1/4/04
- 12 Curt Warner, at Miami 12/31/83 (2 TD)
- Steve Largent, at Houston 1/3/88 (2 TD) (OT)
- 9 Josh Brown at GB, 1/4/04 (3 FG, 2 PAT)

TOUCHDOWNS

Most Touchdowns, Career

- 4 Steve Largent, 1983-84, 1987-88 7 games (4-P)
- 3 Shaun Alexander, 2003 (3-R)
- 2 Curt Warner, 1983, 1988 4 games (2-R)

Most Touchdowns, Game

- 3 Shaun Alexander, at Green Bay 1/4/04 (3-R)
- 2 Curt Warner, at Miami 12/31/83 (2-R)
- Steve Largent, at Houston 1/3/88 (2-P) (OT)

Most Consecutive Games Scoring Touchdown

- 2 Steve Largent, 1984, 1987

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career

- 14 Norm Johnson, 1983-84, 1987-88, 7 games (15 att)
- 3 Josh Brown, 2003, 1 game (3 att)
- 2 Todd Peterson, 1999 1 game (2 att)

Most Points After Touchdown, Game

- 4 Norm Johnson, vs. Denver 12/24/83 (4 att)
- 3 Norm Johnson, at Miami 12/31/83 (3 att)
- Josh Brown, at Green Bay 1/4/04 (3 att)

FIELD GOALS

Most Field Goals Attempted, Career

- 10 Norm Johnson, 1983-84, 1987-88 (7 games)

Most Field Goals Attempted, Game

- 3 Norm Johnson, at Miami 12/31/83 (D)
- 2 4 Times (Last: Josh Brown, at GB (1/4/04))

Longest Field Goal Attempted

(all successful unless otherwise noted)

- 50 Todd Peterson, vs. Miami 1/9/00
- 48 Norm Johnson, at Miami 12/31/83
(blocked)
- 44 Norm Johnson, vs. L.A. Raiders 12/22/84

Most Field Goals, Career

- 8 Norm Johnson, 1983-84, 1987-88, 7 games
(10 att)
- 2 Josh Brown, 2003, 1 game (2 att)
- 1 Todd Peterson, 1999 1 game (1 att)

Most Field Goals, Game

- 2 Norm Johnson, at Miami 12/31/83 (3 att)
- Norm Johnson, vs. L.A. Raiders 12/22/84 (2 att)
- Norm Johnson, at Houston 1/3/88 (2 att)
- Josh Brown, at Green Bay 1/4/04 (2 att)

Most Consecutive Field Goals

- 5 Norm Johnson, 1983-84
- 2 Norm Johnson, 1987-88
- 2 Josh Brown, 2003-current

Longest Field Goal

- 50 Todd Peterson, vs. Miami 1/9/00
- 44 Norm Johnson, vs. L.A. Raiders 12/22/84
- 41 Norm Johnson, at Houston 1/3/88 (OT)

Highest Field Goal Percentage, Career (min. 5 att.)

- 80.0 Norm Johnson, 1983-84, 1987-88,
7 games (8-10)

SAFETIES

Most Safeties, Career

None

Most Safeties, Game

None

RUSHING

Most Attempts, Career

- 71 Curt Warner, 1983, 1988 4 Games
- 39 Dan Doornink, 1983-84, 5 Games
- 31 David Hughes, 1983-84, 5 Games

Most Attempts, Game

- 29 Curt Warner, at Miami 12/31/83
- Dan Doornink, vs. L.A. Raiders 12/22/84
- 23 Curt Warner, vs. Denver 12/24/83

YARDS GAINED

Most Yards Gained, Career

- 249 Curt Warner, 1983, 1988 4 Games
- 161 Dan Doornink, 1983-84, 5 Games
- 119 David Hughes, 1983-84, 5 Games

Most Yards Gained, Game

- 126 Dan Doornink, vs. L.A. Raiders 12/22/84
 113 Curt Warner, at Miami 12/31/83
 99 Curt Warner, vs. Denver 12/24/83

Most Games, 100 or More Yards Rushing, Career

- 1 Dan Doornink, 1983-84
 Curt Warner, 1983, 1988

Most Consecutive Games, 100 or More Yards Rushing

- 1 Dan Doornink, 1984
 Curt Warner, 1983, 1988

Longest Run From Scrimmage

- 17 Shaun Alexander, at Green Bay 1/4/04
 15 Curt Warner, vs. Denver 12/24/83
 14 Dan Doornink, vs. L.A. Raiders 12/22/84

AVERAGE GAIN**Highest Average Gain, Career (Min. 30 Attempts)**

- 4.13 Dan Doornink, 1983-84, 5 games (39-161)
 3.84 David Hughes, 1983-84, 5 games (31-119)
 3.51 Curt Warner, 1983, 1988 4 games (71-249)

Highest Average Gain, Game (Min. 20 attempts)

- 4.34 Dan Doornink, vs. L.A. Raiders 12/22/84
 (29-126)
 4.30 Curt Warner, vs. Denver 12/24/83 (23-99)
 3.90 Curt Warner, at Miami 12/31/83 (29-113)

TOUCHDOWNS**Most Touchdowns, Career**

- 3 Shaun Alexander, 2003, 1 game
 2 Curt Warner, 1983, 1988, 4 games
 1 David Hughes, 1983-84, 5 games
 Dave Krieg, 1983-84, 1987-88, 7 games

Most Touchdowns, Game

- 3 Shaun Alexander, at Green Bay 1/4/04
 2 Curt Warner, at Miami 12/31/83
 1 David Hughes, vs. Denver 12/24/83
 Dave Krieg, at Cincinnati 12/31/88

Most Consecutive Games Rushing for Touchdowns

- 1 David Hughes, 1983
 Curt Warner, 1983
 Dave Krieg, 1988
 Shaun Alexander, 2003-

PASSING**PASS RATING****Highest Pass Rating, Career (Min. 100 attempts)**

- 76.1 Dave Krieg, 1983-84, 1987-88, 7 games

ATTEMPTS**Most Passes Attempted, Career**

- 183 Dave Krieg, 1983-84, 1987-88, 7 games
 45 Matt Hasselbeck, 2003, 1 game
 30 Jon Kitna, 1999 1 game

Most Passes Attempted, Game

- 50 Dave Krieg, at Cincinnati 12/31/88
 45 Matt Hasselbeck, 2003, 1 game
 38 Dave Krieg, at Houston 1/3/88 (OT)

COMPLETIONS**Most Passes Completed, Career**

- 94 Dave Krieg, 1983-84, 1987-88, 7 games
 25 Matt Hasselbeck, 2003, 1 game
 14 Jim Zorn, 1983-84, 5 games
 14 Jon Kitna, 1999 1 game

Most Passes Completed, Game

- 25 Matt Hasselbeck, at Green Bay 1/4/04
 24 Dave Krieg, at Cincinnati 12/31/88
 20 Dave Krieg, at Miami 12/29/84

COMPLETION PERCENTAGE**Highest Completion %, Career (Min. 100 attempts)**

- 51.37 Dave Krieg, 1983-84, 1987-88, 7 games (183-94)

Highest Completion %, Game (15 Completions)

- 57.1 Dave Krieg, at Miami 12/29/84 (35-20)
 55.6 Matt Hasselbeck, at GB 1/4/04 (45-25)
 53.6 Dave Krieg, at Miami 12/31/83 (28-15)

YARDS GAINED**Most Yards Gained, Career**

- 1,252 Dave Krieg, 1983-84, 1987-88, 7 games
 305 Matt Hasselbeck, 2003, 1 game
 162 Jon Kitna, 1999 1 game

Most Yards Gained, Game

- 305 Matt Hasselbeck, at Green Bay 1/4/04 (OT)
 297 Dave Krieg, at Cincinnati 12/31/88
 237 Dave Krieg, at Houston 1/3/88 (OT)

Most games, 300 or More Yards Passing, Career

- 1 Matt Hasselbeck

Most Consec. Games, 300 or More Yards Passing

- 1 Matt Hasselbeck, 2003-

Longest Pass Completion

- 56 Dave Krieg (to Steve Largent) at Miami
 12/29/84 (TD)
 41 Dave Krieg (to Paul Johns) vs. Denver
 12/24/83
 40 Dave Krieg (to Steve Largent) at Miami
 12/31/83

AVERAGE GAIN**Highest Average Gain, Career (Min. 100 attempts)**

- 6.84 Dave Krieg, 1983-84, 1987-88, 7 games
 (183-1,252)

Highest Average Gain, Game (20 Attempts)

- 6.86 Dave Krieg, at Miami 12/31/83 (28-192)
 6.78 Matt Hasselbeck, at GB 1/4/04 (45-305)OT
 6.69 Dave Krieg, at Miami 12/29/84 (35-234)

TOUCHDOWNS**Most Touchdown Passes, Career**

- 9 Dave Krieg, 1983-84, 1987-88, 7 games
 2 Jim Zorn, 1983-84, 5 games

Most Touchdown Passes, Game

- 3 Dave Krieg, vs. Denver 12/24/83
 2 Jim Zorn, at L.A. Raiders 1/8/84
 Dave Krieg, at Houston 1/3/88 (OT)

Most Consecutive Games, Touchdown Pass

- 4 Dave Krieg, 1984, 1987-88
 2 Dave Krieg, 1983

HAD INTERCEPTED**Lowest %, Passes Had Intercepted, Career (Min. 100 att)**

- 3.28 Dave Krieg, 1987-88, 7 games (6-183)

Most Attempts Without Interception, Game

- 38 Dave Krieg, at Houston 1/3/88 (OT)
 35 Dave Krieg, at Miami 12/29/84
 13 Dave Krieg, vs. Denver 12/24/83

Most Passes Had Intercepted, Career

- 6 Dave Krieg, 1983-84, 1987-88, 7 games
 2 Jim Zorn, 1983-84, 5 games
 Jon Kitna, 1999 1 game

Most Passes Had Intercepted, Game

- 3 Dave Krieg, at L.A. Raiders 1/8/84
 2 Jim Zorn, at L.A. Raiders 1/8/84
 Dave Krieg, at Cincinnati 12/31/88
 Jon Kitna, vs. Miami 1/9/00

Most Consecutive Passes Without Interception

- 87 Dave Krieg, 1984, 1987-88
 44 Matt Hasselbeck, 2003

PASS RECEIVING

RECEPTIONS

Most Receptions, Career

- 23 Steve Largent, 1983-84, 1987-88, 7 games
 15 Dan Doornink, 1983-84, 5 games
 13 John L. Williams, 1987-88, 2 games

Most Receptions, Game

- 11 John L. Williams, at Cincinnati 12/31/88
 7 Steve Largent, at Houston 1/3/88 (OT)
 7 Koren Robinson, at Green Bay 1/4/04 (OT)

Most Consecutive Games, Pass Reception

- 4 Dan Doornink, 1983-84
 Curt Warner, 1983, 1988
 3 By 4 players

YARDS GAINED

Most Yards Gained, Career

- 434 Steve Largent, 1983-84, 1987-88, 7 games
 168 Paul Johns, 1983, 3 games
 142 John L. Williams, 1987-88, 2 games

Most Yards Gained, Game

- 137 John L. Williams, at Cincinnati 12/31/88
 132 Steve Largent, at Houston 1/3/88 (OT)
 128 Steve Largent, at Miami 12/29/84

Most Games, 100 or More Yards Receiving, Career

- 2 Steve Largent, 1983-84, 1987-88, 7 games
 1 John L. Williams, 1987-88, 2 games

Most Consecutive Games, 100 or More Yards Receiving, Career

- 2 Steve Largent, 1984, 1987
 1 John L. Williams, 1988

Longest Reception

- 56 Steve Largent, (from Dave Krieg) at Miami 12/29/84 (TD)
 41 Paul Johns, (from Dave Krieg) at Miami 12/31/83
 40 Steve Largent, (from Dave Krieg) at Miami 12/31/83

AVERAGE GAIN

Highest Average Gain, Career (Min. 10 Receptions)

- 18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
 15.27 Paul Johns, 1983, 3 games (11-168)
 10.92 John L. Williams, 1987-88, 2 games (13-142)

Highest Average Gain, Game (Min. 3 Receptions)

- 21.33 Steve Largent, at Miami 12/29/84 (6-128)
 20.75 Bobby Engram, at Green Bay 1/4/04 (4-88)
 19.00 Steve Largent, vs. Denver 12/24/83 (4-76)

TOUCHDOWNS

Most Touchdowns, Career

- 4 Steve Largent, 1983-84, 1987-88, 7 games
 1 By 8 players

Most Touchdowns, Game

- 2 Steve Largent, at Houston 1/3/88 (OT)
 1 By 10 (Last: Sean Dawkins, vs. Miami 1/9/00)

Most Consecutive Games, Touchdown Passes Caught

- 2 Steve Largent, 1984, 1987
 1 By 9 players

INTERCEPTIONS BY

Most Interceptions, Career

- 4 John Harris, 1983-84, 5 games
 2 Gregory Johnson, 1983, 3 games
 Kerry Justin, 1983, 3 games



John Friesz (1995-98)

Most Interceptions, Game

- 2 John Harris, at Miami 12/29/84
1 By 9 (Last: Melvin Jenkins, at Hou. 1/3/88-OT)

YARDS GAINED**Most Yards Gained, Career**

- 45 John Harris, 1983-84, 5 games
Kerry Justin, 1983, 3 games
28 Melvin Jenkins, 1987-88, 1 game

Most Yards Gained, Game

- 45 Kerry Justin, vs. Denver 12/24/83
John Harris, at Miami 12/29/84
28 Melvin Jenkins, at Houston 1/3/88 (OT)

Longest Return

- 45 Kerry Justin, vs. Denver 12/24/83
32 John Harris, at Miami 12/29/84
28 Melvin Jenkins, at Houston 1/3/88 (OT)

TOUCHDOWNS**Most Touchdowns, Career**

None

Most Touchdowns, Game

None

PUNTING**Most Punts, Career**

- 27 Jeff West, 1983-84, 5 games
13 Ruben Rodriguez, 1987-88, 2 games

Most Punts, Game

- 8 Jeff West, vs. L.A. Raiders 12/22/84
7 Jeff West, at Miami 12/29/84
Ruben Rodriguez, at Houston 1/3/88 (OT)
Jeff Feagles, vs. Miami 1/9/00

Longest Punt

- 58 Jeff West, at Miami 12/29/84
56 Ruben Rodriguez, at Houston 1/3/88 (OT)
54 Ruben Rodriguez, at Cincinnati 12/31/88
Jeff Feagles, vs. Miami 1/9/00

AVERAGE YARDAGE**Highest Average, Career (20 Punts)**

- 36.96 Jeff West, 1983-84, 5 games (27-998)

Highest Average, Game (4 Punts)

- 47.86 Jeff Feagles, vs. Miami 1/9/00 (7-335)
44.25 Ruben Rodriguez, at Houston 1/3/88
(7-310) (OT)
44.17 Ruben Rodriguez, at Cincinnati 12/31/88 (6-265)

PUNT RETURNS**Most Punt Returns, Career**

- 7 Bobby Joe Edmonds, 1987-88, 2 games
6 Kenny Easley, 1983-84, 1987, 6 games
4 Paul Johns, 1983, 3 games

Most Punt Returns, Game

- 5 Kenny Easley, vs. L.A. Raiders 12/22/84
Bobby Joe Edmonds, at Cin. 12/31/88
4 Paul Johns, vs. Denver 12/24/83

YARDS GAINED**Most Yards Gained, Career**

- 96 Bobby Joe Edmonds, 1987-88, 2 games
58 Paul Johns, 1983, 3 games
57 Kenny Easley, 1983-84, 1987, 6 games

Most Yards Gained, Game

- 66 Bobby Joe Edmonds, at Houston 1/3/88
(OT)
58 Paul Johns, vs. Denver 12/24/83
52 Kenny Easley, vs. L.A. Raiders 12/22/84

Longest Return

- 54 Bobby Joe Edmonds, at Houston 1/3/88
(OT)
19 Paul Johns, vs. Denver 12/24/83
17 By 2 (Last: Kenny Easley, vs. L.A. Raiders
12/22/84)

AVERAGE YARDAGE**Highest Average, Career (Minimum 4 Returns)**

- 14.50 Paul Johns, 1983, 3 games (4-58)
13.71 Bobby Joe Edmonds, 1987-88, 2 games
(7-96)
9.50 Kenny Easley, 1983-84, 5 games (6-57)

Highest Avg. Gain, Game (Minimum 3 Returns)

- 14.5 Paul Johns, vs. Denver 12/24/83 (4-58)
10.4 Kenny Easley, vs. L.A. Raiders 12/22/84 (5-52)

TOUCHDOWNS**Most Touchdowns, Career**

None

Most Touchdowns, Game

None

KICKOFF RETURNS**Most Kickoff Returns, Career**

- 7 Zachary Dixon, 1983, 3 games
Bobby Joe Edmonds, 1987-88, 2 games
David Hughes, 1983-84, 5 games

Most Kickoff Returns, Game

- 5 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
4 Charlie Rogers, vs. Miami 1/9/00
Maurice Morris, at Green Bay 1/4/04 (OT)
3 Zachary Dixon, at L.A. Raiders 1/8/84
Kerry Carter, at Green Bay 1/4/04 (OT)

YARDS GAINED**Most Yards Gained, Career**

- 183 Zachary Dixon, 1983, 3 games
163 David Hughes, 1983-84, 5 games
159 Charlie Rogers, 1999 1 game
149 Bobby Joe Edmonds, 1987-88, 2 games

Most Yards Gained, Game

- 159 Charlie Rogers, vs. Miami 1/9/00
109 Bobby Joe Edmonds, at Houston 1/3/88
(OT)
86 Zachary Dixon, at Miami 12/31/83

Longest Return

- 85t Charlie Rogers, vs. Miami 1/9/00
59 Zachary Dixon, at Miami 12/31/83
35 Bobby Joe Edmonds, at Houston 1/3/88
(OT)

AVERAGE YARDAGE**Highest Average, Career (Minimum 5 Returns)**

- 26.14 Zachary Dixon, 1983, 3 games (7-183)
23.29 David Hughes, 1983-84, 5 games (7-163)
21.29 Bobby Joe Edmonds, 1987-88, 2 games (7-149)

Highest Average, Game (Minimum 3 Returns)

- 39.75 Charlie Rogers, vs. Miami 1/9/00
 21.80 Bobby Joe Edmonds, vs Houston 1/3/88
 (5-109) (OT)
 18.00 Zachary Dixon, at L.A. Raiders 1/8/84 (3-54)

TOUCHDOWNS**Most Touchdowns, Career**

- 1 Charlie Rogers 1999, 1 game

Most Touchdowns, Game

- 1 Charlie Rogers, vs. Miami 1/9/00

FUMBLES**Most Fumbles, Career**

- 2 John L. Williams, 1987-88, 2 games
 1 By 3 players

Most Fumbles, Game

- 1 By 5 (Last: John L. Williams, at Cincinnati 12/31/88)

RECOVERIES**Most Own Fumbles Recovered, Career**

- 1 Ron Essink, 1983-84, 5 games
 Pete Metzelaars, 1983-84, 5 games

Most Opponents Fumbles Recovered, Career

- 2 Jeff Bryant, 1983-84, 1987-88, 7 games
 1 By 8 players

Most Fumbles Recovered, Game, Own and Opponents

- 2 Jeff Bryant, at L.A. Raiders 1/8/84 (2-Opp)
 1 By 10 (Last: Melvin Jenkins [opp] and Joe Nash [opp], at Cincinnati 12/31/88 (D))

YARDS GAINED**Longest Return**

- 0 14 Times (Last: Joe Nash, at Cin. 12/31/88)

TOUCHDOWNS**Most Touchdowns**

None

TACKLES**Most Tackles, Career**

- 48 Keith Butler, 1983-84, 1987, 6 games
 46 Kenny Easley, 1983-84, 1987, 6 games
 36 Jacob Green, 1983-84, 1987-88, 7 games

Most Tackles, Game

- 17 Brian Bosworth, at Houston 1/3/88 (OT)
 15 Eugene Robinson, at Houston 1/3/88 (OT)
 12 Kenny Easley, at Houston 1/3/88 (OT)

SACKS**Most Sacks, Career**

- 3.5 Jacob Green, 1983-84, 1987-88, 7 games
 2.0 Greg Gaines, 1983-84, 1987-88, 7 games
 1.5 Jeff Bryant, 1983-84, 1987-88, 7 games

Most Sacks, Game

- 2.5 Jacob Green, vs. L.A. Raiders 12/22/84
 1.0 By 11 (Last: Jacob Green, at Cin. 12/31/88)

FUMBLES**Most Forced Fumbles, Career**

- 2 Jacob Green, 1983-84, 1987-88, 7 games
 Bruce Scholtz, 1983-84, 1987-88, 7 games
 1 By 7 players

Most Forced Fumbles, Game

- 1 By 11 (Last: Jacob Green, at Cincinnati 2/31/88)

BLOCKED KICKS**Most Blocked Punts, Career**

None

Most Blocked Punts, Game

None

Most Blocked Field Goals, Career

None

Most Blocked Field Goals, Game

None

Most Blocked PATs, Career

None

Most Blocked PATs, Game

None

Most Blocked Placekicks, Career

None

Most Blocked Placekicks, Game

None

TEAM POSTSEASON RECORDS

GAMES

Most Consecutive Seasons Participating in Postseason Games

- 2 1983-84
- 1987-88

Most Games

- 3 1983
- 2 1984
- 1 1987, 1988, 1999, 2003

Most Games Won

- 2 1983
- 1 1984

Most Consecutive Games Won

- 2 1983
- 1 1984

Most Consecutive Games Lost

- 4 1987-03
- 1 1983, 1984

SCORING

Most Points, Game

- 31 vs. Denver 12/24/83
- 27 at Miami 12/31/83
- at Green Bay 1/4/04 (OT)

Fewest Points, Game

- 10 at Miami 12/29/84
- 13 vs. L.A. Raiders 12/22/84
- at Cincinnati 12/31/88

Most Points, Both Teams, Game

- 60 (27) at Green Bay (33) 1/4/04 (OT)
- 47 (27) at Miami (20) 12/31/83
- 44 (14) at L.A. Raiders (30) 1/8/84

Fewest Points, Both Teams, Game

- 20 (13) at L.A. Raiders (7) 12/22/84
- 34 (13) at Cincinnati (21) 12/31/88
- 37 (17) vs. Miami (20) 1/9/00
- 38 (31) vs. Denver (7) 12/24/83

Largest Margin of Victory, Game

- 24 (31) vs. Denver (7) 12/24/83
- 7 (27) at Miami (20) 12/31/83
- 6 (13) at L.A. Raiders (7) 12/22/84

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

- 6 at Miami 12/31/83 (Trailed 7-13, Won 27-20)
- 3 at Miami 12/31/83 (Trailed 17-20, Won 27-20)

Most Points, Each Half

- 1st:** 10 vs. Denver 12/24/83
- at Miami 12/29/84
- at Houston 1/3/88
- vs. Miami 1/9/00
- 2nd:** 21 vs. Denver 12/24/83
- at Green Bay 1/4/04
- 20 at Miami 12/31/83

Most Points, Each Quarter

- 1st:** 7 vs. Denver 12/24/83
- at Houston 1/3/88
- vs. Miami 1/9/00

- 2nd:** 10 at Miami 12/29/84
- 7 at Miami 12/31/83
- vs. L.A. Raiders 12/22/84

- 3rd:** 14 at Green Bay 1/4/04
- 7 vs. Denver 12/24/83
- at Miami 12/31/83
- at L.A. Raiders 1/8/84
- vs. Miami 1/9/00

- 4th:** 14 vs. Denver 12/24/83
- 13 at Miami 12/31/83
- at Cincinnati 12/31/88

- OT:** 0 at Houston 1/3/88
- at Green Bay 1/4/04

TOUCHDOWNS

Most Touchdowns, Game

- 4 vs. Denver 12/24/83
- 3 at Miami 12/31/83
- at Green Bay 1/4/04

Fewest Touchdowns, Game

- 1 vs. L.A. Raiders 12/22/84
- at Miami 12/29/84
- 2 4 Times (Last: vs. Miami 1/9/00)

Most Touchdowns, Both Teams, Game

- 7 Seattle (3) at Green Bay (4) 1/4/04
- 6 Seattle (3) at Miami (3) 12/31/83
- 5 4 Times
- (Last: Seattle [2] at Cincinnati [3] 12/31/88)

Fewest Touchdowns Both Teams, Game

- 2 Seattle (1) at L.A. Raiders (1) 12/22/8
- 4 Seattle (2) at Houston (2) 1/3/88 (OT)
- Seattle (2) vs. Miami (2) 1/9/00
- 5 4 Times (Last: Seattle [2] at Cincinnati [3] 12/31/88)

POINTS AFTER TOUCHDOWN

Most PAT, Game

- 4 vs. Denver 12/24/83
- 3 at Miami 12/31/83
- at Green Bay 1/4/04

Fewest PAT, Game

- 1 vs. L.A. Raiders 12/22/84
- at Miami 12/29/84
- at Cincinnati 12/31/88

Most PAT, Both Teams, Game

- 6 (3) at Green Bay (3) 1/4/04
- 5 4 Times (Last: Seattle [1] at Miami [4] 12/29/84)

Fewest PAT, Both Teams, Game

- 2 Seattle (1) at L.A. Raiders (1) 12/22/84
- 4 Seattle (2) at Houston (2) 1/3/88 (OT)
- Seattle (1) at Cincinnati (3) 12/31/88
- Seattle (2) vs. Miami (2) 1/9/00

FIELD GOALS

Most Field Goals, Game

- 2 at Miami 12/31/83
vs. L.A. Raiders 12/22/84
at Houston 1/3/88 (OT)
at Green Bay 1/4/04 (OT)

Most Field Goals, Both Teams, Game

- 5 Seattle (2) at Houston (3) 1/3/88 (OT)
4 Seattle (2) at Green Bay (2) 1/4/04 (OT)
3 Seattle (0) at L.A. Raiders (3) 1/8/84
Seattle (1) vs. Miami (2) 1/9/00

Most Field Goals Attempted, Game

- 3 at Miami 12/31/83
2 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
at Houston 1/3/88 (OT)
at Green Bay 1/4/04 (OT)

Most Field Goals Attempted, Both Teams, Game

- 7 Seattle (2) at Houston (5) 1/3/88 (OT)
5 Seattle (2) at Miami (3) 12/29/84
5 Seattle (2) at Green Bay (3) 1/4/04 (OT)

FIRST DOWNS

Most First Downs, Game

- 22 at Green Bay 1/4/04
21 at Miami 12/31/83
19 at Cincinnati 12/31/88

Fewest First Downs, Game

- 8 at Miami 12/29/84
11 at Houston 1/3/88 (OT)
12 vs. Miami 1/9/00
16 at L.A. Raiders 1/8/84

Most First Downs, Both Teams, Game

- 44 Seattle (22) at Green Bay (22) 1/4/04
42 Seattle (21) at Miami (21) 12/31/83
41 Seattle (19) at Cincinnati (22) 12/31/88

Fewest First Downs, Both Teams, Game

- 30 Seattle (8) at Miami (22) 12/29/84
Seattle (12) vs. Miami (18) 1/9/00
31 Seattle (17) at L.A. Raiders (14) 12/22/84
37 Seattle (16) at L.A. Raiders (21) 1/8/84

RUSHING

Most First Downs, Rushing, Game

- 12 at Miami 12/31/83
vs. L.A. Raiders 12/22/84
8 vs. Denver 12/24/83

Fewest First Downs, Rushing, Game

- 0 vs. Miami 1/9/00
1 at Houston 1/3/88 (OT)
at Cincinnati 12/31/88
2 at Miami 12/29/84

Most First Downs, Rushing, Both Teams, Game

- 21 Seattle (12) at Miami (9) 12/31/83
18 Seattle (1) at Cincinnati (17) 12/31/88
17 Seattle (12) at L.A. Raiders (5) 12/22/84

Fewest First Downs Rushing, Both Teams, Game

- 7 Seattle (0) vs. Miami (7) 1/9/00
10 Seattle (2) at Miami (8) 12/29/84
Seattle (1) at Houston (9) 1/3/88 (OT)
12 Seattle (4) at Green Bay (8) 1/4/04 (OT)

PASSING

Most First Downs, Passing, Game

- 16 at Cincinnati 12/31/88
at Green Bay 1/4/04 (OT)
10 at L.A. Raiders 1/8/84
at Houston 1/3/88 (OT)
vs. Miami 1/9/00

Fewest First Downs, Passing, Game

- 4 vs. L.A. Raiders 12/22/84
6 at Miami 12/29/84
9 vs. Denver 12/24/83
at Miami 12/31/83

Most First Downs, Passing, Both Teams, Game

- 30 Seattle (16) at Green Bay (14) 1/4/04 (OT)
28 Seattle (10) at Houston (18) 1/3/88 (OT)
23 Seattle (9) vs. Denver (14) 12/24/83

Fewest First Downs Passing, Both Teams, Game

- 12 Seattle (4) at L.A. Raiders (8) 12/22/84
18 Seattle (6) at Miami (12) 12/29/84
20 Seattle (9) at Miami (11) 12/31/83
Seattle (10) vs. Miami (10) 1/9/00

PENALTY

Most First Downs, Penalty, Game

- 2 at L.A. Raiders 1/8/84
at Cincinnati 12/31/88
vs. Miami 1/9/00
at Green Bay 1/4/04
1 vs. L.A. Raiders 12/22/84

Most First Downs, Penalty, Both Teams, Game

- 3 Seattle (2) vs. Miami (1) 1/9/00
2 6 Times (Last: Seattle [2] at GB [0] 1/4/04)

NET YARDS GAINED
RUSHING & PASSING

Most Net Yards Gained, Game

- 340 at Green Bay 1/4/04 (OT)
334 at Miami 12/31/83
324 vs. Denver 12/24/83

Fewest Net Yards Gained, Game

- 167 at L.A. Raiders 1/8/84
171 vs. Miami 1/9/00
251 vs. L.A. Raiders 12/22/84

Most Yards Gained, Both Teams, Game

- 737 Seattle (340) at Green Bay (397) 1/4/04 (OT)
687 Seattle (250) at Houston (437) 1/3/88 (OT)
684 Seattle (324) vs. Denver (360) 12/24/83

Fewest Yards Gained, Both Teams, Game

- 470 Seattle (171) vs. Miami (299) 1/9/00
491 Seattle (251) at L.A. Raiders (240) 12/22/84
568 Seattle (167) at L.A. Raiders (401) 1/8/84

RUSHING

ATTEMPTS

Most Attempts, Game

- 51 vs. L.A. Raiders 12/22/84
42 at Miami 12/31/83
38 vs. Denver 12/24/83

Fewest Attempts, Game

- 11 at Houston 1/3/88 (OT)
17 at Cincinnati 12/31/88
18 at L.A. Raiders 1/8/84
at Miami 12/29/84

Most Attempts, Both Teams, Game

- 76 Seattle (51) at L.A. Raiders (25) 12/22/84
 72 Seattle (42) at Miami (30) 12/31/83
 71 Seattle (38) vs. Denver (33) 12/24/83

Fewest Attempts, Both Teams, Game

- 53 Seattle (21) at Green Bay (32) 1/4/04 (OT)
 54 Seattle (18) at Houston (30) 12/29/84
 57 Seattle (20) vs. Miami (37) 1/9/00

YARDS GAINED**Most Yards Gained, Game**

- 205 vs. L.A. Raiders 12/22/84
 151 at Miami 12/31/83
 145 vs. Denver 12/24/83

Fewest Yards Gained, Game

- 18 at Cincinnati 12/31/88
 29 at Houston 1/3/88 (OT)
 41 vs. Miami 1/9/00

Most Yards Gained, Both Teams, Game

- 310 Seattle (205) at L.A. Raiders (105) 12/22/84
 279 Seattle (151) at Miami (128) 12/31/83
 272 Seattle (18) at Cincinnati (254) 12/31/88

Fewest Yards Gained, Both Teams, Game

- 127 Seattle (49) at Green Bay (78) 1/4/04 (OT)
 149 Seattle (41) vs. Miami (108) 1/9/00
 194 Seattle (51) at Miami (143) 12/29/84

AVERAGE GAIN**Highest Average Gain, Game**

- 4.02 vs. L.A. Raiders 12/22/84 (51-205)
 3.82 vs. Denver 12/24/83 (38-145)
 3.61 at L.A. Raiders 1/8/84 (18-65)

Lowest Average Gain, Game

- 1.06 at Cincinnati 12/31/88 (17-18)
 2.05 vs. Miami 1/9/00 (20-41)
 2.33 at Green Bay 1/4/04 (21-49) (OT)

TOUCHDOWNS**Fewest Touchdowns, Game**

- 0 5 Times (Last: vs. Miami 1/9/00)

Most Touchdowns, Game

- 3 at Green Bay 1/4/04
 2 at Miami 12/31/83
 1 vs. Denver 12/24/83
 at Cincinnati 12/31/88

Most Touchdowns, Both Teams, Game

- 5 Seattle (3) at Green Bay (2) 1/4/04 (OT)
 4 Seattle (1) at Cincinnati (3) 12/31/88
 3 Seattle (2) at Miami (1) 12/31/83

Fewest Touchdowns, Both Teams, Game

- 0 Seattle (0) at L.A. Raiders (0) 12/22/84
 1 4 Times (Last: Seattle [0] vs. Miami [1] 1/9/00)

PASSING**ATTEMPTS****Most Attempts, Game**

- 50 at Cincinnati 12/31/88
 45 at Green Bay 1/4/04 (OT)
 39 at Houston 1/3/88 (OT)

Fewest Attempts, Game

- 10 vs. L.A. Raiders 12/22/84
 13 vs. Denver 12/24/83
 29 at Miami 12/31/83

Most Attempts, Both Teams, Game

- 83 Seattle (45) at Green Bay (38) 1/4/04 (OT)
 71 Seattle (39) at Houston (32) 1/3/88 (OT)
 69 Seattle (35) at Miami (34) 12/29/84
 Seattle (50) at Cincinnati (19) 12/31/88

Fewest Attempts, Both Teams, Game

- 37 Seattle (13) vs. Denver (24) 12/24/83
 Seattle (10) at L.A. Raiders (27) 12/22/84
 55 Seattle (29) at Miami (26) 12/31/83

COMPLETIONS**Most Completions, Game**

- 25 at Green Bay 1/4/04 (OT)
 24 at Cincinnati 12/31/88
 20 at Miami 12/29/84

Fewest Completions, Game

- 4 vs. L.A. Raiders 12/22/84
 12 vs. Denver 12/24/83
 14 vs. Miami 1/9/00

Most Completions, Both Teams, Game

- 51 Seattle (25) at Green Bay (26) 1/4/04
 41 Seattle (20) at Miami (21) 12/29/84
 37 Seattle (16) at Houston (21) 1/3/88 (OT)

Fewest Completions, Both Teams, Game

- 18 Seattle (4) at L.A. Raiders (14) 12/22/84
 30 Seattle (15) at Miami (15) 12/31/83
 31 Seattle (24) at Cincinnati (7) 12/31/88
 Seattle (14) vs. Miami (17) 1/9/00

Highest Completion %, Game (Min. 20 Attempts)

- 57.14 at Miami 12/29/83 (20-35)
 55.56 at Green Bay 1/4/04 (25-45) (OT)
 51.72 at Miami 12/31/83 (15-29)

Lowest Completion %, Game (Min. 20 Attempts)

- 41.03 at Houston 1/3/88 (16-39) (OT)
 47.22 at L.A. Raiders 1/8/84 (17-36)
 48.00 at Cincinnati 12/31/88

NET YARDS GAINED**Most Yards Gained, Game**

- 291 at Green Bay 1/4/04 (OT)
 276 at Cincinnati 12/31/88
 221 at Houston 1/3/88 (OT)

Fewest Yards Gained, Game

- 46 vs. L.A. Raiders 12/22/84
 102 at L.A. Raiders 1/8/84
 179 vs. Denver 12/24/83

Most Yards Gained, Both Teams, Game

- 624 Seattle (305) at GB (319) 1/4/04 (OT)
 480 Seattle (221) at Houston (259) 1/3/88 (OT)
 478 Seattle (216) at Miami (262) 12/29/84

Fewest Yards Gained, Both Teams, Game

- 181 Seattle (46) at L.A. Raiders (135) 12/22/84
 298 Seattle (102) at L.A. Raiders (196) 1/8/84
 376 Seattle (183) at Miami (193) 12/31/83

TIMES SACKED**Most Times Sacked, Game**

- 4 at L.A. Raiders 1/8/84
 2 6 Times (Last: at Green Bay 1/4/04)

Fewest Times Sacked, Game

- 1 at Miami 12/31/83

Most Times Sacked, Both Teams, Game

- 8 Seattle (2) at L.A. Raiders (6) 12/22/84
 6 Seattle (4) at L.A. Raiders (2) 1/8/84
 4 3 Times (Last: Seattle [2] at Cincinnati [2] 12/31/88)

Fewest Times Sacked, Both Teams, Game

- 1 Seattle (1) at Miami (0) 12/31/83
- 2 Seattle (2) at Miami (0) 12/29/84
Seattle (2) at Green Bay (0) 1/4/04 (OT)

TOUCHDOWNS**Most Touchdowns, Game**

- 3 vs. Denver 12/24/83
- 2 at L.A. Raiders 1/8/84
at Houston 1/3/88 (OT)

Most Touchdowns, Both Teams, Game

- 4 Seattle (3) vs. Denver (1) 12/24/83
Seattle (1) at Miami (3) 12/29/84
- 3 Times (Last: Seattle [2] at Houston [1] 1/3/88[OT])

INTERCEPTIONS BY**Most Interceptions By, Game**

- 2 5 Times (Last: at Miami 12/29/84)

Most Interceptions By, Both Teams, Game

- 7 Seattle (2) at L.A. Raiders (5) 1/8/84
- 3 Seattle (2) at Miami (1) 12/31/83
- 2 5 Times (Last: Seattle [0] vs. Miami (2) 1/9/00)

YARDS GAINED**Most Yards Gained, Game**

- 45 vs. Denver 12/24/83
at Miami 12/29/84
- 28 at Houston 1/3/88 (OT)

Most Yards Gained, Both Teams, Game

- 61 Seattle (8) at L.A. Raiders (53) 1/8/84
- 52 Seattle (0) at Green Bay (52) 1/4/04 (OT)
- 45 Seattle (45) vs. Denver (0) 12/24/83
Seattle (45) at Miami (0) 12/29/84

TOUCHDOWNS**Most Touchdowns, Game**

None

PUNTING**Most Punts, Game**

- 8 vs. L.A. Raiders 12/22/84
- 7 at Miami 12/29/84
at Houston 1/3/88 (OT)
vs. Miami 1/9/00

Fewest Punts, Game

- 3 vs. Denver 12/24/83
- 4 at Miami 12/31/83
- 5 at L.A. Raiders 1/8/84

Most Punts, Both Teams, Game

- 16 Seattle (8) at L.A. Raiders (8) 12/22/84
- 15 Seattle (7) vs. Miami (8) 1/9/00
- 12 Seattle (6) at Cincinnati (6) 12/31/88

Fewest Punts, Both Teams, Game

- 7 Seattle (3) vs. Denver (4) 12/24/83
Seattle (5) at L.A. Raiders (2) 1/8/84
- 8 Seattle (4) at Miami (4) 12/31/83

AVERAGE YARDAGE**Highest Average, Punting, Game (4 Punts)**

- 47.86 vs. Miami 1/9/00
- 44.29 at Houston 1/3/88 (7-310) (OT)
- 44.17 at Cincinnati 12/31/88 (6-265)

Lowest Average, Punting, Game (4 Punts)

- 32.00 at L.A. Raiders 1/8/84 (5-160)
- 37.00 at Miami 12/29/84 (7-259)
- 37.50 at Green Bay 1/4/04 (6-225) (OT)

PUNT RETURNS**Most Punt Returns, Game**

- 5 vs. L.A. Raiders 12/22/84
at Cincinnati 12/31/88
- 4 vs. Denver 12/24/83

Fewest Punt Returns, Game

- 0 at L.A. Raiders 1/8/84
at Miami 12/31/83
- 1 at Miami 12/29/84
at Green Bay 1/4/04 (OT)

Most Punt Returns, Both Teams, Game

- 8 Seattle (5) at L.A. Raiders (3) 12/22/84
Seattle (5) at Cincinnati (3) 12/31/88
Seattle (3) vs. Miami (5) 1/9/00
- 7 Seattle (4) vs. Denver (3) 12/24/83

Fewest Punt Returns, Both Teams, Game

- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 2 Seattle (0) at Miami (2) 12/31/83
- 4 Seattle (1) at Miami (3) 12/29/84
Seattle (1) at Green Bay (3) 1/4/04 (OT)

YARDS GAINED**Most Yards Gained, Game**

- 66 at Houston 1/3/88 (OT)
- 58 vs. Denver 12/24/83
- 52 vs. L.A. Raiders 12/22/84

Fewest Yards Gained, Game

- 0 at Miami 12/31/83
at L.A. Raiders 1/8/84
- 2 at Miami 12/29/84

Most Yards Gained, Both Teams, Game

- 93 Seattle (66) at Houston (27) 1/3/88 (OT)
- 87 Seattle (24) vs. Miami (63) 1/9/00
- 68 Seattle (58) vs. Denver (10) 12/24/83

Fewest Yards, Gained, Both Teams, Game

- 1 Seattle (0) at L.A. Raiders (1) 1/8/84
- 32 Seattle (0) at Miami (32) 12/31/83
- 35 Seattle (5) at Miami (30) 12/29/84

TOUCHDOWNS**Most Touchdowns, Game**

None

KICKOFF RETURNS**Most Kickoff Returns, Game**

- 7 at L.A. Raiders 1/8/84
at Green Bay 1/4/04 (OT)
- 6 at Houston 1/3/88 (OT)

Fewest Kickoff Returns, Game

- 2 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
- 3 at Cincinnati 12/31/88

Most Kickoff Returns, Both Teams, Game

- 13 Seattle (7) at Green Bay (6) 1/4/04 (OT)
- 10 Seattle (4) at Miami (6) 12/31/83
Seattle (6) at Houston (4) 1/3/88 (OT)

Fewest Kickoff Returns, Both Teams, Game

- 4 Seattle (2) at L.A. Raiders (2) 12/22/84
- 6 Seattle (3) at Cincinnati (3) 12/31/88

YARDS GAINED

Most Yards Gained, Game

- 159 vs. Miami 1/9/00
- 136 at L.A. Raiders 1/8/84
- 132 at Houston 1/3/88 (OT)

Fewest Yards Gained, Game

- 28 vs. L.A. Raiders 12/22/84
- 43 vs. Denver 12/24/83
- 66 at Cincinnati 12/31/88

Most Yards Gained, Both Teams, Game

- 247 Seattle (159) vs. Miami (88) 1/9/00
- 234 Seattle (130) at Miami (104) 12/31/83
- 201 Seattle (982) at Green Bay (103) 1/4/04 (OT)

Fewest Yards Gained, Both Teams, Game

- 66 Seattle (38) at L.A. Raiders (28) 12/22/84
- 120 Seattle (66) at Cincinnati (54) 12/31/88
- 128 Seattle (77) at Miami (51) 12/29/84

TOUCHDOWNS

Most Touchdowns, Game

- 1 vs. Miami 1/9/00

PENALTIES

Most Penalties, Game

- 7 vs. L.A. Raiders 12/22/84
- 5 at Cincinnati 12/31/88
- 4 at Miami 12/29/84

Fewest Penalties, Game

- 2 at Miami 12/31/83
at L.A. Raiders 1/8/84
vs. Miami 1/9/00
at Green Bay 1/4/04 (OT)
- 3 vs. Denver 12/24/83
at Houston 1/3/88 (OT)

Most Penalties, Both Teams, Game

- 15 Seattle (7) at L.A. Raiders (8) 12/22/84
- 9 Seattle (2) at L.A. Raiders (7) 1/8/84
- 8 Seattle (3) vs. Denver (5) 12/24/83
- Seattle (2) vs. Miami (6) 1/9/00

Fewest Penalties, Both Teams, Game

- 5 Seattle (4) at Miami (1) 12/29/84
- 7 4 Times (Last: Seattle [2] at GB [5] 1/4/04 (OT))

YARDS PENALIZED

Most Yards Penalized, Game

- 55 vs. L.A. Raiders 12/22/84
- 45 at Cincinnati 12/31/88
- 34 vs. Denver 12/24/83

Fewest Yards Penalized, Game

- 10 vs. Miami 1/9/00
- 15 at Miami 12/31/83
at Green Bay 1/4/04 (OT)

Most Yards Penalized, Both Teams, Game

- 123 Seattle (55) at L.A. Raiders (68) 12/22/84
- 77 Seattle (10) vs. Miami (67) 1/9/00
- 74 Seattle (45) at Cincinnati (29) 12/31/88

Fewest Yards Penalized, Both Teams, Game

- 25 Seattle (20) at Miami (5) 12/29/84
- 45 Seattle (15) at Miami (30) 12/31/83
- Seattle (20) at Houston (25) 1/3/88 (OT)
- Seattle (15) at Green Bay (30) 1/4/04 (OT)

FUMBLES

Most Fumbles, Game

- 1 6 Times (Last: at Green Bay 1/04/04 [OT])

Fewest Fumbles, Game

- 0 vs. Denver 12/24/83
at Miami 12/31/83
vs. Miami 1/9/00

Most Fumbles, Both Teams, Game

- 4 Seattle (1) at L.A. Raiders (3) 1/8/84
Seattle (1) at Cincinnati (3) 12/31/88
- 3 Seattle (0) at Miami (3) 12/31/83
Seattle (1) at Houston (2) 1/3/88 (OT)

Fewest Fumbles, Both Teams, Game

- 0 Seattle (0) vs. Miami (0) 1/9/00
- 1 Seattle (1) at Miami (0) 12/29/84
Seattle (1) at Green Bay (0) 1/4/04 (OT)

Most Fumbles Lost, Game

- 1 3 Times (Last: at Cincinnati 12/31/88)

Fewest Fumbles Lost, Game

- 0 6 Times (Last: at Green Bay 1/4/04 [OT])

RECOVERIES

Most Total Fumbles Recovered, Game

- 3 vs. Miami 12/31/83 (3-Opp)
at L.A. Raiders 1/8/84 (2-Opp, 1-Own)
- 2 2 Times (Last: at Cincinnati 12/31/88-2-opp)

Most Own Fumbles Recovered, Game

- 1 7 Times (Last: at Green Bay 1/4/04 [OT])

POSTSEASON DEFENSE

TURNOVERS

Most Turnovers, Game

- 5 at L.A. Raiders 1/8/84 (5-Ints)
- 3 at Cincinnati 12/31/88 (2-Ints, 1-Fum)
- 1 3 Times
(Last: at Houston 1/3/88 [1-Fum] [OT])

Fewest Turnovers, Game

- 0 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. Miami 1/9/00
- 1 3 Times (Last: at Houston 1/3/88[1-Fum] [OT])

Most Turnovers, Both Teams, Game

- 9 Seattle (5) at L.A. Raiders (4) 1/8/84
(7-Ints, 2-Fums)

Fewest Turnovers, Both Teams, Game

- 2 Seattle (2) vs. Miami (0) 1/9/00
- 3 4 Times (Last: Seattle [1] at Houston [2] 1/3/88 [OT] [1-Int, 2-Fum])

SCORING

Fewest Points Allowed, Game

- 7 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
- 20 at Miami 12/29/83
vs. Miami 1/9/00

Most Points Allowed, Game

- 31 at Miami 12/29/84
- 30 at L.A. Raiders 1/8/84
- 23 at Houston 1/3/88 (OT)

Fewest Touchdowns Allowed, Game

- 1 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
- 2 at Houston 1/3/88 (OT)
vs. Miami 1/9/00

Most Touchdowns Allowed, Game

- 4 at Miami 12/29/84
- 3 3 Times (Last: at Cincinnati 12/31/88)

FIRST DOWNS

Fewest First Downs Allowed, Game

- 14 vs. L.A. Raiders 12/22/84
- 18 vs. Miami 1/9/00
- 21 3 Times (Last: at L.A. Raiders 1/8/84)

Most First Downs Allowed, Game

- 27 at Houston 1/3/88 (OT)
- 22 at Miami 12/29/84
at Cincinnati 12/31/88

Fewest First Downs Allowed, Rushing, Game

- 5 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
- 7 vs. Miami 1/9/00
- 8 at Miami 12/29/84

Most First Downs Allowed, Rushing, Game

- 17 at Cincinnati 12/31/88
- 10 at L.A. Raiders 1/8/84
- 9 at Miami 12/31/83
2 Times (Last: at Houston 1/3/88 [OT])

Fewest First Downs Allowed, Passing, Game

- 5 at Cincinnati 12/31/88
- 8 vs. L.A. Raiders 12/22/84
- 9 at Miami 12/31/83

Most First Downs Allowed, Passing, Game

- 18 at Houston 1/3/88 (OT)
- 14 vs. Denver 12/24/83 (W)
- 12 at Miami 12/29/84

Most First Downs Allowed, Penalty, Game

- 2 vs. Denver 12/24/83
at Miami 12/29/84
- 3 2 Times (Last: L.A. Raiders 12/22/84)

OFFENSIVE PLAYS

Fewest Opponent Plays Allowed, Game

- 56 at Miami 12/31/83
- 58 vs. L.A. Raiders 12/22/84
- 68 at Cincinnati 12/31/88
vs. Miami 1/9/00

Most Opponent Plays Allowed, Game

- 84 at Houston 1/3/88 (OT)
- 72 at L.A. Raiders 1/8/84
- 70 at Miami 12/29/84

Fewest Opponent Plays Allowed, Rushing, Game

- 25 vs. L.A. Raiders 12/22/84
- 30 at Miami 12/31/83
- 33 vs. Denver 12/24/83

Most Opponent Plays Allowed, Rushing, Game

- 50 at Houston 1/3/88 (OT)
- 47 at Cincinnati 12/31/88
- 46 at L.A. Raiders 1/8/84

Fewest Opponent Plays Allowed, Passing, Game

- 21 at Cincinnati 12/31/88
- 26 at Miami 12/31/83
at L.A. Raiders 1/8/84

Most Opponent Plays Allowed, Passing, Game

- 36 vs. Denver 12/24/83
- 34 at Miami 12/29/84
at Houston 1/3/88 (OT)

NET YARDS ALLOWED GAME

Fewest Yards Allowed, Game

- 240 vs. L.A. Raiders 12/22/84
- 299 vs. Miami 1/9/00
- 321 at Miami 12/31/83
- 345 at Cincinnati 12/31/88

Most Net Yards Allowed, Game

- 437 at Houston 1/3/88 (OT)
- 405 at Miami 12/29/84
- 401 at L.A. Raiders 1/8/84

RUSHING

Fewest Yards Allowed, Rushing, Game

- 105 vs. L.A. Raiders 12/22/84
- 108 vs. Miami 1/9/00
- 125 vs. Denver 12/24/83
- 128 at Miami 12/31/83

Most Yards Allowed, Rushing, Game

- 254 at Cincinnati 12/31/88
 205 at L.A. Raiders 1/8/84
 178 at Houston 1/3/88 (OT)

Most Touchdowns Allowed, Rushing, Game

- 3 at Cincinnati 12/31/88
 2 at L.A. Raiders 1/8/84
 1 4 Times (Last: vs. Miami 1/9/00)

Fewest Touchdowns Allowed, Rushing, Game

- 0 vs. Denver 12/24/83
 vs. L.A. Raiders 12/22/84
 1 4 Times (Last: vs. Miami 1/9/00)

PASSING**Fewest Net Yards Allowed, Passing, Game**

- 91 at Cincinnati 12/31/88
 135 vs. L.A. Raiders 12/22/84
 191 vs. Miami 1/9/00
 193 at Miami 12/31/83

Most Yards Allowed, Passing, Game

- 262 at Miami 12/29/84
 259 at Houston 1/3/88 (OT)
 235 vs. Denver 12/24/83

Fewest Touchdowns Allowed, Passing, Game

- 0 at Cincinnati 12/31/88
 1 5 Times (Last: vs. Miami 1/9/00)

Most Touchdowns Allowed, Passing, Game

- 3 at Miami 12/29/84
 2 at Miami 12/31/83
 1 5 Times (Last: vs. Miami 1/9/00)

SACKS**Most Sacks, Game**

- 6 vs. L.A. Raiders 12/22/84
 2 4 Times (Last: at Cincinnati 12/31/88)

Fewest Sacks, Game

- 0 at Miami 12/31/83
 at Miami 12/29/84
 1 vs. Miami 1/9/00
 2 4 Times (Last: at Cincinnati 12/31/88)

Most Opponents Yards Lost Attempting to Pass, Game

- 49 vs. L.A. Raiders 12/22/84
 19 vs. Denver 12/24/83
 18 at L.A. Raiders 1/8/84

Fewest Opponent Yards Lost Attempting to Pass, Game

- 0 at Miami 12/31/83
 at Miami 12/29/84
 5 vs. Miami 1/9/00
 14 at Houston 1/3/88 (OT)

INTERCEPTIONS BY**Most Passes Intercepted By, Game**

- 2 5 Times (Last: at Miami 12/29/84)

Fewest Passes Intercepted By, Game

- 0 at Cincinnati 12/31/88
 1 at Houston 1/3/88 (OT)
 2 5 Times (Last: at Miami 12/29/84)

Most Consec. Games, One or More Interceptions By

- 6 1983-84, 1987

Most Yards Returning Interceptions, Game

- 45 vs. Denver 12/24/83
 at Miami 12/29/84
 28 at Houston 1/3/88 (OT)

Fewest Yards Returning Interceptions, Game

- 0 at Miami 12/31/83
 8 at Cincinnati 12/31/88
 8 at L.A. Raiders 1/8/84

Most Touchdowns Returning Interceptions, Game

None

Most TDs Returning Interceptions, Both Teams, Game

None

PUNT RETURNS**Fewest Opponent Punt Returns, Game**

- 1 at L.A. Raiders 1/8/84
 2 at Miami 12/31/83
 3 vs. Denver 12/24/83

Most Opponent Punt Returns, Game

- 6 vs. Miami 1/9/00
 4 at Houston 1/3/88(OT)
 3 4 Times (Last: at Cincinnati 12/31/88)

Most Yards Allowed, Punt Returns, Game

- 63 vs. Miami 1/9/00
 32 at Miami 12/31/83
 30 at Miami 12/29/84
 28 vs. L.A. Raiders 12/22/84

Fewest Yards Allowed, Punt Returns, Game

- 1 at L.A. Raiders 1/8/84
 10 vs. Denver 12/24/83
 19 at Cincinnati 12/31/88

Longest Return, Allowed, Game

- 25 vs. Miami 1/9/00
 24 at Miami 12/31/83
 16 at Cincinnati 12/31/88
 12 at Miami 12/29/84

Most Touchdowns Allowed, Punt Return, Game

None

KICKOFF RETURNS**Fewest Opponent Kickoff Returns, Game**

- 2 at L.A. Raiders 1/8/84
 vs. L.A. Raiders 12/22/84
 3 at Miami 12/29/84
 at Cincinnati 12/31/88
 Miami 1/9/00

Most Opponent Kickoff Returns, Game

- 6 vs. Denver 12/24/83
 at Miami 12/31/83
 4 at Houston 1/3/88 (OT)

Fewest Yards Allowed, Kickoff Returns, Game

- 28 vs. L.A. Raiders 12/22/84
 46 at L.A. Raiders 1/8/84
 51 at Miami 12/29/84

Most Yards Allowed, Kickoff Returns, Game

- 118 vs. Denver 12/24/83
 104 at Miami 12/31/83
 88 vs. Miami 1/9/00

Longest Return Allowed, Game

- 47 vs. Miami 1/9/00
 27 at L.A. Raiders 1/8/84
 23 at Miami 12/29/84
 at Cincinnati 12/31/88

Most Touchdowns Allowed, Kickoff Returns, Game
None

FUMBLES

Most Opponent Fumbles, Game
3 at Miami 12/31/83
at L.A. Raiders 1/8/84
at Cincinnati 12/31/88

Fewest Opponent Fumbles, Game
0 at Miami 12/29/84
1 vs. Denver 12/24/83
2 at L.A. Raiders 1/8/84
at Houston 1/3/88 (OT)

FUMBLES RECOVERED

Most Opponent Fumbles Recovered, Game
3 at Miami 12/31/84
2 at L.A. Raiders 1/8/84
at Cincinnati 12/31/88

Fewest Opponent Fumbles Recovered, Game
0 at Miami 12/29/84
1 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
at Houston 1/3/88 (OT)

TURNOVERS

Number of times losing ball on interceptions and fumbles

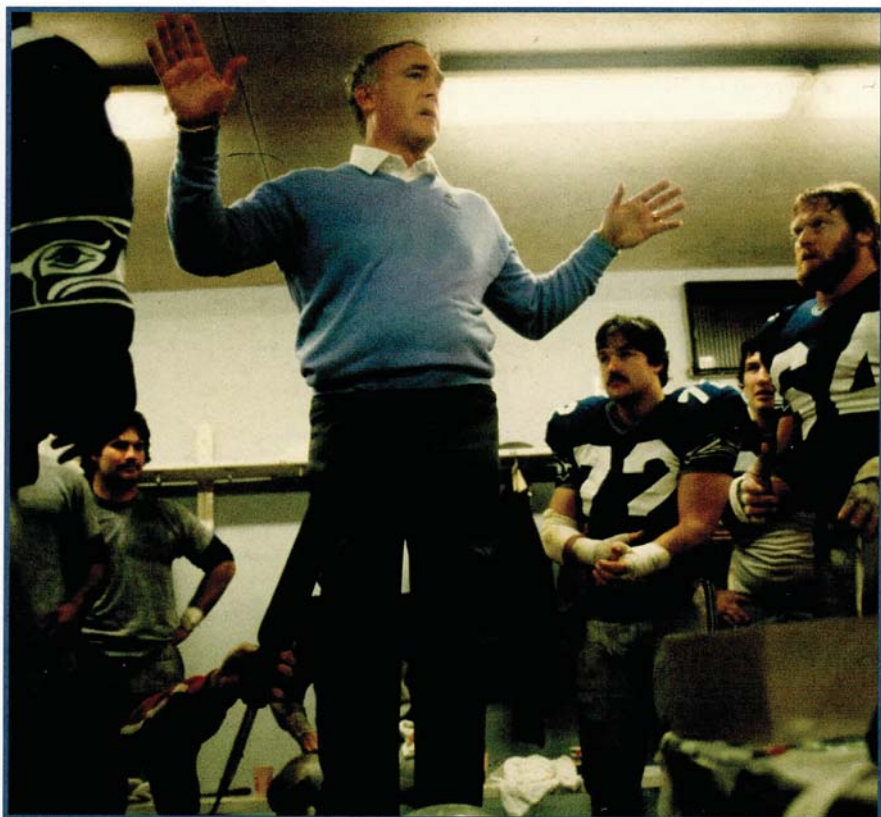
Most Opponents' Turnovers, Game
5 at Miami 12/31/83
4 at L.A. Raiders 1/8/84
3 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84

Fewest Opponents' Turnovers, Game
2 at Miami 12/29/84 (2-Ints)
at Houston 1/3/88 (OT) (1-Int, 1-Fum)
at Cincinnati 12/31/88 (2-Fums)

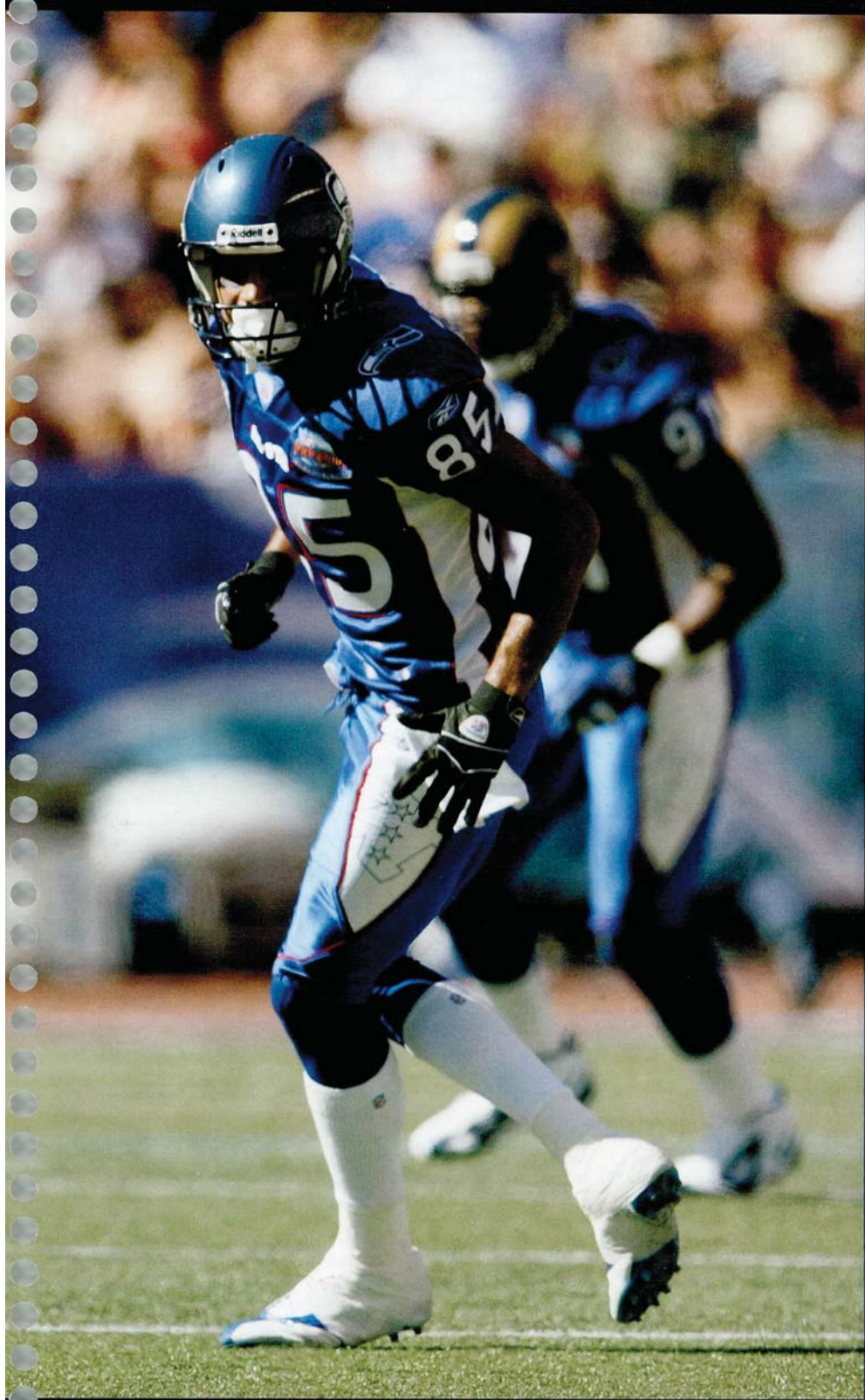
TIME OF POSSESSION

Least Time of Possession Allowed, Game
25:02 at Miami 12/31/83
25:41 vs. L.A. Raiders 12/22/84
30:57 vs. Denver 12/24/83

Most Time of Possession Allowed, Game
47:44 at Houston 1/3/88 (OT)
37:06 at L.A. Raiders 1/8/84
35:48 at Miami 12/29/84



Chuck Knox (1983-91)



BLUE RIBBON PARTNERS

THE SEAHAWKS INTRODUCED FOUR BLUE RIBBON PARTNERS FOR THE 2004 SEASON. EACH PARTNER WILL HAVE TWO GAMES DURING THE SEASON IN WHICH THEY WILL BE ABLE TO DISTRIBUTE AND SELL THE SEAHAWKS *QWEST 12TH MAN MAGAZINE*. EACH OF THE PARTNERS WILL KEEP 100% OF THE PROFIT FROM THE SALE OF THE MAGAZINES AND WILL BE MATCHED BY THE PAUL G. ALLEN FOUNDATION.

BIG BROTHERS BIG SISTERS OF KING & PIERCE COUNTIES

Big Brothers Big Sisters of King & Pierce Counties partners with actively involved community members to match caring adults with children, both of whom benefit from one-to-one mentoring programs.

The mentors (called Bigs), children (called Littles), and families served come from all walks of life. What Littles have in common is a desire to have a caring adult other than their parent or guardian in their lives. What Bigs have in common is a willingness to share some fun with a young person. Big Brothers Big Sisters matches these children and adults, supports their relationships, and strives to present them with opportunities to learn, grow, and explore the world together.

Two mentoring programs are offered, community-based and school-based. Volunteers in the community-based program spend time with their Little three or four times a month, sharing their interests by visiting museums, playing sports, watching movies, or other activities. School-based volunteers meet their Little for one hour a week, every week, on the campus of the child's school. They share time in the gym, library, playground, or other places. Throughout the relationship, Big Brothers Big Sisters provide orientation and trainings, professional match support, monthly activities, and more.

Nationally Big Brothers Big Sisters has been recognized as a *BluePrint For Violence Prevention* by the University of Colorado at Boulder and by *Fortune Magazine* as one of the top ten most efficient charities at focusing its resources on its mission. Nationwide research also shows that children who have a Big Brother or Big Sister are significantly less likely to skip school, use drugs and alcohol, and resort to violence. These children are also more likely to foster better relationships with their family and friends and improve their school performance. For more information, visit www.bigsandlittles.org.

TREEHOUSE

Since 1988, Treehouse has listened to the wants, hopes and dreams of foster children throughout King County and is uniquely committed to helping them attain self-esteem, confidence and reach their fullest potential. Through a unique combination of enrichment and educational programs, Treehouse is giving foster kids a childhood... and a future.

Thanks to the generosity of a community that cares, Treehouse served over 2,800 foster, abused and neglected kids in fiscal year 2003 alone. Treehouse aids in fees for extra-curricular activities and summer camps, educational support services, clothing and supplies, while providing a nurturing environment for a positive childhood.

Founded by Division of Children and Family Services' case-workers who grew weary of watching foster children fall through the cracks, Treehouse has built an organization with programs striving to serve the physical, emotional and educational needs of the over 15,000 children in King County with open case files through Division of Children and Family Services.

Treehouse is committed to bringing a total of 70 volunteers or more to each game and providing a 1:1 ratio of youth ages 12-18 per each adult volunteer. With a current annual budget of \$3.1 million and excellent executive leadership, Treehouse hopes to use the additional funds from the Blue Ribbon Partnership to support its Little Wishes program. Little Wishes will enable foster children to participate in sports activities, music or dance lessons, and other enrichment programs that they could not otherwise afford. For more information, please visit www.treehouseforkids.org



Big Brothers Big Sisters
of King & Pierce Counties



Treehouse

CAMP FIRE USA CENTRAL PUGET SOUND COUNCIL

Camp Fire USA has a proud 94 year history of helping more than two million boys and girls develop their individual strengths and goals through skill building and recreation opportunities, safe child care and service learning. Programs include two resident camps, 11 day camps, 400 after-school programs, licensed school-age child care, two care sites for youth with disabilities, and Youth Volunteer Corps, a program for middle and high school youth interested in community service projects. In 2003 over 17,000 youth program members and 3,000 adult volunteers participated in Camp Fire programs.



Through Camp Fire, many kids have their first experience in the outdoors, whether it's spending a week in the summer at Camp Sealth, a beautiful forest and marine environment, or participating in one or more outdoor program activities with their Camp Fire group. They learn about the environment and what they can do to preserve and protect it.

Last year, Camp Fire's Youth Volunteer Corps, introduced 1,748 teens to the power of volunteerism. During the year, a few of the projects these energetic youth accomplished were: painting bus shelter murals, clearing trails or removing old logging roads in the mountains, restoring salmon habitats, running a food drive and a host of other worth-while endeavors.

A critical benefit of Camp Fire is that parents are often involved. Children and youth do not grow up in a vacuum; programs that reach them while influencing their families - whatever their family structure - work the best. Camp Fire is a program that provides activities for kids and youth, and encourages their parents to be involved.

By participating in Camp Fire programs youth establish positive values by helping others through community service projects, gain self-confidence from learning new skills, feel a sense of belonging because of lasting friendships with adults and peers and most importantly, have fun!! Camp Fire USA builds caring, confident youth and leaders. For more information, visit www.campfire-usa.org.

YMCA OF GREATER SEATTLE

In 1876, Catherine Maynard gathered a group of young Seattle pioneers, including Dexter Horton and Rolland Denny, in her parlor to discuss concerns over the future of their city. Out of that meeting came a dream of a new YMCA organization which would build strong kids, strong families and a strong community.

The dream of Seattle's first families has been passed from generation to generation. For more than 128 years, the YMCA of Greater Seattle has played a vital role in the life of our growing and expanding community. The involvement of more than 11,000 volunteers enables the YMCA to meet ever-changing community needs with creative and innovative services to build strength in spirit, mind and body.

The YMCA of Greater Seattle may be the oldest human service organization in Washington State, but it is by no means old fashioned. Through its 15 branches, three camps and more than 200 program sites in King and south Snohomish counties, the YMCA serves more than 180,000 people annually with an array of services, including child care, parent-child programs, teen development, year-round camping, youth educational/employment programs, foster care, young adult transitional housing, family resource centers, plus wellness and fitness programs for all ages.

The YMCA is a membership organization open to all people. Community members who cannot afford the full cost of a YMCA program or membership may request a confidential financial aid application at any branch to enable their participation, regardless of the economic challenges they may face.

In everything that it does, the YMCA is committed to building strong kids, strong families and strong communities. When visiting any YMCA branch or program, community members can count on finding a caring environment, positive role models, creative activities and opportunities to serve the needs of others. For more information, visit www.seattleyymca.org or call 206-382-5330.



We build strong kids
strong families
strong communities

COMMUNITY OUTREACH

MIDDLE EAST TOUR

In cooperation with the Department of Defense Armed Forces Entertainment Office (AFE), Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group. The tour of Southwest Asia included the countries of United Arab Emirates and Qatar from March 24-31, 2004.

Throughout the week the players visited with troops and the Sea Gals performed their musical program at sites in both countries. The players and Sea Gals were honored to have the chance to meet and entertain the troops and the organization was proud to have representatives make such an important trip to help display the entire NFL's support of the men and women of the armed forces.

Both Bannister and Robinson were especially honored to make the trip having grown up experiencing a military-style of life with family members in the service. Their experience, as well as the Sea Gals and Johns, far exceeded all of their expectations.

The AFE is the single point of contact in the Department of Defense for professional entertainment supporting the troops overseas. The mission of the AFE is to provide high quality, high impact, live, free American entertainment and special events to the U.S. military forces and their families stationed overseas, with a priority to remote and isolated locations such as ships at sea and contingency locations. The main purpose of the program is to lift the spirits and morale of the troops and maintain their readiness and effectiveness while serving in defense of the country.

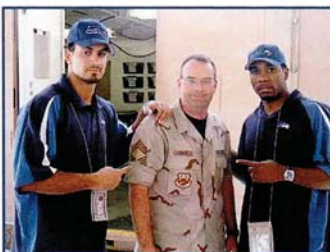
Troops overseas have enjoyed the entertainment provided by musicians such as Kid Rock, Wayne Newton and Toby Keith, in addition to comedians Drew Carey and Tom Green, among numerous other celebrities. The Dallas Cowboys and Washington Redskins have sent their cheerleaders as well. The AFE also oversees the United Service Organizations (USO) which was made so popular by Bob Hope and his many memorable visits to the troops. The USO has been entertaining the troops for over 60 years.

The group departed Seattle on the morning of Wednesday, March 24, bound for Germany where they caught a connecting flight to United Arab Emirates on Thursday. After spending all day Friday touring the area and getting a little time to rest,





the contingent boarded another flight to Qatar on Saturday afternoon. Qatar serves as a Rest and Relaxation site where troops get an opportunity to have days of rest before re-deploying to fight the war on terror. During their



stay in Qatar the group visited many soldiers and met many Seahawks fans. Throughout the trip, the players and Sea Gals were surprised to hear the troops thanking them for visiting when they are the ones who really deserve the thank yous.

"I want to thank Lt. Sergio Rios and AFE for planning this tour for us. Thank you to each of the installations we stopped by for making us feel so welcome, comfortable and safe. Thanks to our servicemen and women for all that you are doing to protect our freedoms. We want you to know that you are very appreciated and certainly not forgotten. As a matter of fact I know of nine other members of the Seahawks organization that are your fans for life. Be careful, be safe and we'll see you stateside. Go Seahawks!"

-- Paul Johns

"We are so grateful for all the appreciation that we have been shown. If only they knew how much more appreciative we are of their dedication to us."

-- Sea Gal Shannon

"Many of the soldiers over there are younger than I am. I am deeply indebted to these servicemen and servicewomen for fighting for my freedom."

-- wide receiver Alex Bannister



BIG MEN BIG HEARTS

The Seattle Seahawks hard-driving dedication to succeed on the football field is indicative of the attitude taken towards work in the community.



Chris Davis, Terreal Bierria and Sea Gal Sarah join a Fred Hutchinson Cancer Research Center patient during Captains' Blitz.

The goal of the organization is to have an impact on those who are less fortunate, focusing on developmental programs for youth, especially academic and athletic programs.



Sea Gal Sarah brought many smiles to Fred Hutchinson Cancer Research Center patients.

Following are some of the programs developed by the Seahawks, all of which have the intent of creating a positive impact in the community.

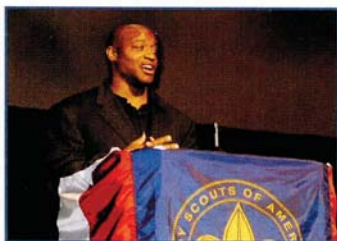
Captains' Blitz

The holiday season is a difficult time for many families who have children or loved ones in the hospital. Since 1978 during the holiday season, the Captains' Blitz program has been encouraging to folks who are going through some tough times. Seahawks players, Sea Gals and Blitz help to put smiles on the faces of those who are hospitalized by visiting them and spreading holiday cheer. This past year, the Seahawks visited patients at Children's Hospital and the Fred Hutchinson Cancer Research Center patients at the University of Washington Medical Center.

Players participating in last year's events included Matt Hasselbeck, Tom Rouen, Seneca Wallace, Terreal Bierria, J.P. Darche and Chris Davis.

Quarterback Matt Hasselbeck and Blitz spend time with many children during Captain's Blitz at Children's Hospital.





Fullback Mack Strong (left) spoke at last year's Boy Scouts of America breakfast.



Marcus Trufant (right) attended the Boys & Girls Club Football Jamboree at Qwest Field.

Communities in Schools 'First & Goal' Luncheon

Setting goals in school is easy, but actually achieving those goals is a challenge in itself. Since 1995, the Seahawks have teamed up with Communities in Schools to host a luncheon for 800 school children from the Puget Sound Region who have set and achieved personal goals. The students are recognized for accomplishing short-term personal improvement goals in academics, attendance, behavior, and/or community service since the school year began. The luncheon also gives the students the opportunity to meet and interact with numerous Seahawks players and Sea Gals.



Josh Brown is joined by teammates and Sea Gals after serving as the keynote speaker at the 'First & Goal' Luncheon.

Josh Brown served as the keynote speaker for last year's event. Players in attendance included Alex Bannister, Solomon Bates, Walter Bernard, Kerry Carter, Ken Hamlin, Rashad Moore, Seneca Wallace, Taco Wallace, and Jason Willis.

Kraft Football 101

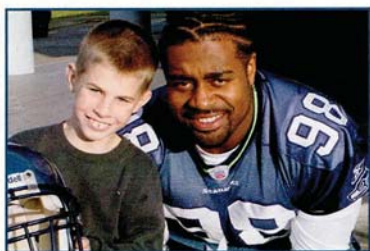
In 1998, the Seahawks realized that there was an entire group of women who are football fans or potential fans who did not understand the game of football.

A five-hour clinic was developed which teaches the basics of football to women with little or no knowledge of the game. Seahawks alumni are brought in to teach classes on offense, defense and special teams and then the women head to the field to participate in some drills. Former Seahawks Ron Howard, Paul Johns and Eddie McMillan served as Alumni coaches for last year's clinic. The event was presented by Kraft.

Former Seahawks wide receiver Paul Johns reviews some of the finer points with a participant in Football 101.



THE SEAHAWKS ORGANIZATION GETS INVOLVED



Cedric Woodard made many new friends at the Book Brigade.

Game Day Drives

* Food Drive

The 'Tackle Hunger' Food Drive, held in partnership with 710 KIRO Radio, is held annually at Qwest Field. Food and cash donations are collected for Northwest Harvest at the game. Northwest Harvest collects and distributes food to nearly 300 hunger programs in communities statewide. Last year's drive collected 2,800 pounds of food and \$7,100.

* Toy Drive

The United States Marine Corps 'Toys for Tots' Drive collects new, unwrapped toys and cash donations at a home game. Toys are distributed to needy children during the holiday season. Approximately 800 toys were donated when the Seahawks played Cleveland on November 30.

* Book Drive

Held in cooperation with the Washington State Lottery, this drive collects new children's books for Page Ahead, a non-profit organization that prevents literacy problems among America's youth. Participating fans receive a lottery ticket in exchange for their donation. Last year, Seahawks fans made a difference in the lives of Washington's youth by donating 1,400 new books. The NFL/Scholastic program donated 100 books and Page Ahead also donated books to the Seahawks Academy.

Isaiah Kacyvenski shares one of his favorite books during 'Read Across America'.

* School Supply Drive

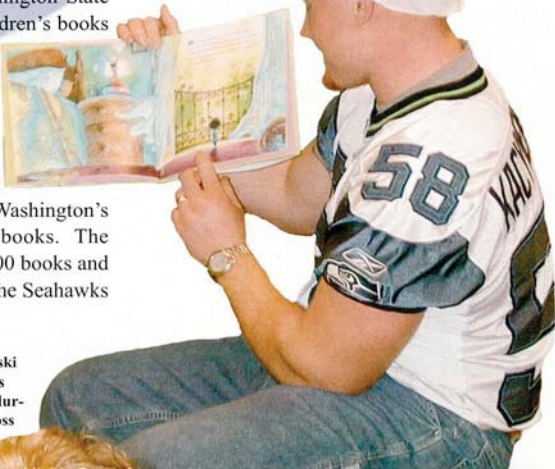
The Seahawks Partnered with McCormick & Schmick Restaurants to collect school supplies and cash donations for kids in need. This game day collection generated cases of school supplies and \$1,362. McCormick and Schmick also collected 177 backpacks.

* Pet Food Drive

In an effort to benefit the Homeward Pet Adoption, Pasado's Safe Haven Spay and Neuter Project Seahawks fans donated food and \$1,100.

Blood Drive

The Seahawks continue to pay tribute to the more than 6,000 people who gave blood following the September 11 attack on America, as well as encouraging others to give blood or join the marrow registry at the Seahawks Blood Drive and Marrow Registration. Last year Anthony Simmons and Sea Gal Monique served as spokespeople. The event generated 144 donations, including 13 first-time donors and 15 donations of rare blood types. Forty-one people also joined the Bone Marrow Registry. All donations benefitted the Puget Sound Blood Center.





Itula Mili entertains the crowd at Phantom Lake Elementary School during the Outback Steakhouse Book Brigade.

The Sea Gals welcome a new member of the squad, Cammie, who's brother Chris was a guest of the Seahawks from the Make-A-Wish Foundation (right).



Gatorade Junior Training Camps

The Seahawks have made a commitment to the athletic improvement and life skills development of the youth of the Pacific Northwest by holding football camps at a number of locations throughout the region. These four-hour camps, free to all boys and girls ages 8-15, feature numerous Seahawks players and area high school coaches who teach basic football skills to all participants.

Camps are scheduled during the summer months and are held in Seattle and various cities in Central and Eastern Washington.



United Way Hometown Huddle



In a league-wide day of community service called Hometown Huddle, all 32 NFL teams participate in a project that benefits a local United Way agency. Last year's project benefitted Habitat for Humanity. The Seahawks taped and put mud on drywall at a five-unit housing complex at Patterson Park in Redmond.

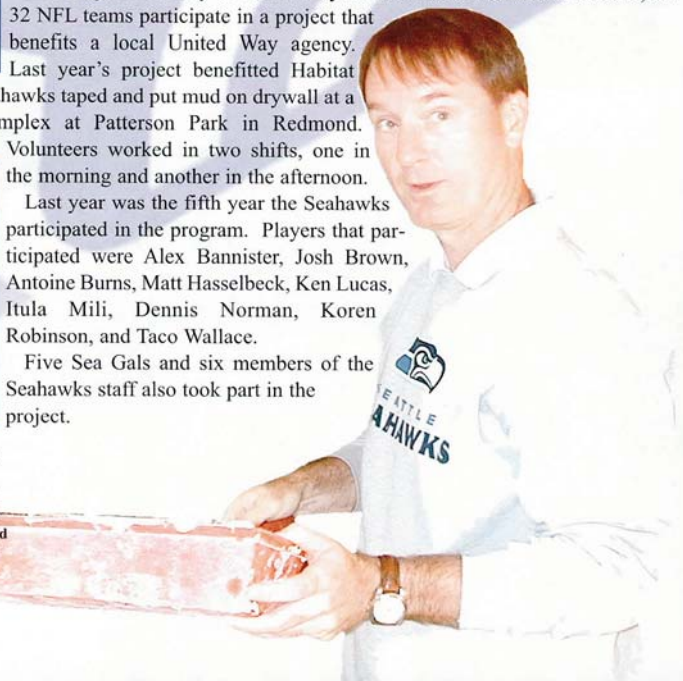
Volunteers worked in two shifts, one in the morning and another in the afternoon.

Last year was the fifth year the Seahawks participated in the program. Players that participated were Alex Bannister, Josh Brown, Antoine Burns, Matt Hasselbeck, Ken Lucas, Itula Mili, Dennis Norman, Koren Robinson, and Taco Wallace.

Five Sea Gals and six members of the Seahawks staff also took part in the project.



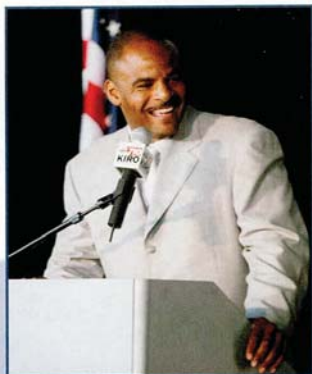
Seahawks President Bob Whitsitt (right), Matt Hasselbeck (above), and Sea Gals Sheila and Kim (top) and many others did their part for the United Way Hometown Huddle.



Pete Gross House

The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex providing housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings.

This housing project is named after Pete Gross, the Seahawks play-by-play announcer from 1976-92, who succumbed to cancer in 1992 just three days after being inducted into the Seahawks Ring of Honor. The Seahawks took a very active roll in seeing this project through to completion and annually hold the "Pete Gross House Luncheon" to raise funds for the continued upkeep of the facility. The apartments have been at capacity since this housing development opened.



Former Seahawks quarterback and new Seahawks radio broadcast color analyst Warren Moon served as the keynote speaker at the Pete Gross House Luncheon.



Mack and Zoe Strong (left) served as spokespeople for the Courage House Dinner/Auction while Trent and Cass Difer (right) showed their support.

Seahawks Courage House

Childhaven, an organization designed to assist abused or neglected children five years old or younger, was named the Seahawks Courage House in 1999. Last year, the team held the second-annual Seattle Seahawks Dinner/Auction to benefit Childhaven. The event raised approximately \$150,000 for Childhaven's Capital Campaign.



Darrell Jackson, Shaun Alexander and Koren Robinsen stopped to chat with Chris Pomeroy after practice. Chris visited the Seahawks facility through the Make-A-Wish Foundation.

High School Coach of the Week & Coach of the Year

In a program supported by the NFL, the Seahawks honor a local high school football coach each week during the football season. The coaches are selected by the WIAA (Washington Interscholastic Athletic Association) and winners are honored in a pregame ceremony at a home game at the end of the season. Each coach receives \$100 savings bond from Sterling Savings Bank, an Outback Steakhouse gift certificate, and a game ball signed by Coach Holmgren. The Coach of the Year also receives two round-trip tickets on Alaska Airlines, as well as the Jim Ennis Award.

This past season, Butch Goncharoff of Bellevue High School in Bellevue, Wash. was named the Seahawks High School Coach of the Year after his team posted a 13-1 record.



Bellevue's Butch Goncharoff raises his High School Coach of the Year trophy to the fans at Qwest Field.

Special Olympics Football Clinic

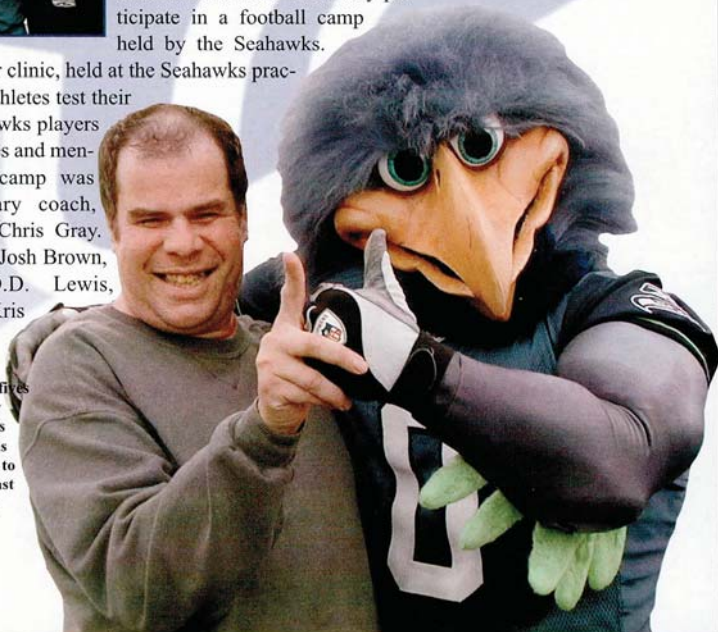


"Let me win; but if I cannot win, let me be brave in the attempt." This is the oath of the Special Olympics athletes and one which 100 hard-working and fiercely competitive athletes who are mentally and physically disabled take to heart when they participate in a football camp held by the Seahawks.



During the one-hour clinic, held at the Seahawks practice facility, these athletes test their skills against Seahawks players who serve as coaches and mentors. Last year's camp was hosted by honorary coach, offensive lineman Chris Gray. He was assisted by Josh Brown, Kerry Carter, D.D. Lewis, Dennis Norman, Kris Richard and Blitz.

D.D. Lewis delivers high fives (above right), Chris Gray strikes a pose with friends (above left) and Blitz joins Special Olympian, Terry, to give two thumbs up for last year's Special Olympics Football Clinic (right).



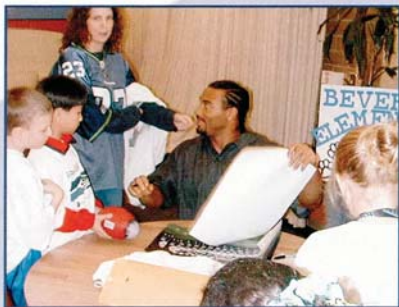
GIVING BACK IS No. 1 PRIORITY



READY, SET, GOALS™



Ready, Set, Goals is the Seahawks literacy program. Presented by Wells Fargo Bank, this program is designed to enhance reading comprehension, writing and goal-setting skills in third through sixth grade students. More than 500 classrooms throughout the state of Washington participate in the program.



Anthony Simmons signs autographs after participating in a live video conference for 'Ready, Set, Goals'.

Created in partnership with the Office of Superintendent of Public Instruction in 1999, Ready, Set, Goals brings Seahawks players and Blitz directly into participating classrooms. Each month during the school year, a player writes a story based around a goal he had set and achieved. The students then write stories about their own personal goals.

Five classrooms are chosen each month to participate in a live videoconference with the Seahawks player of the month. Participating players have included Chad Brown, Anthony Simmons and Robbie Tobeck.

Practice with the Pros

Practice with the Pros showcases the NFL/CFL Alliance grassroots initiatives. It provides Canadian boys and girls with an opportunity to participate in a non-contact skills clinic hosted by their favorite Seahawks and B.C. Lions football players.

The event is a one-day two-hour clinic held since 1997 in British Columbia.



Isaiah Kacyvenski offers some final tips before handing the ball off at Practice with the Pros.



There are skills such as passing, receiving, pass routes, proper running techniques, and kicking in the clinic.

Last spring, Alex Bannister, Terreal Bierria, Josh Brown, Kerry Carter, J.P. Darche, Isaiah Kacyvenski, D.D. Lewis, Ken Lucas, Seneca Wallace and Blitz participated in the clinic.

The event generates local marketing, public relations and goodwill for the Seahawks and the B.C. Lions.



D.D. Lewis cheers on an aspiring running back (left) as J.P. Darche recognizes a job well done (above).



GAMEDAY INCENTIVE PROGRAMS

Stats For Kids

Throughout the football season, there are a number of ways in which players can benefit local charities by raising their level of performance on the field. Programs have been developed that team up charities with sponsors who donate money based on game day performances. The program earned a grand total of \$283,085. Listed below are the programs which were in place during the 2003 football season:

First Downs For Kids

For every Seahawks first down, a donation was made to Boyer Children's Clinic. The program raised \$20,000.

Takeaway Cancer

For every Seahawks takeaway, a donation was made to the Pete Gross House. The program raised \$10,400.

Touchdowns for Charity

For every Seahawks offensive touchdown, a donation was made to Big Brothers Big Sisters. The program raised \$17,400.

SACK Attack

The Boys & Girls Clubs of King County received a donation every time the Seahawks sacked the opposing quarterback. The program ed \$30,400.

Run for Their Future

A donation was made to the Seahawks Academy for every Seahawks rushing yard. The program raised \$34,000.

Catches for Kids

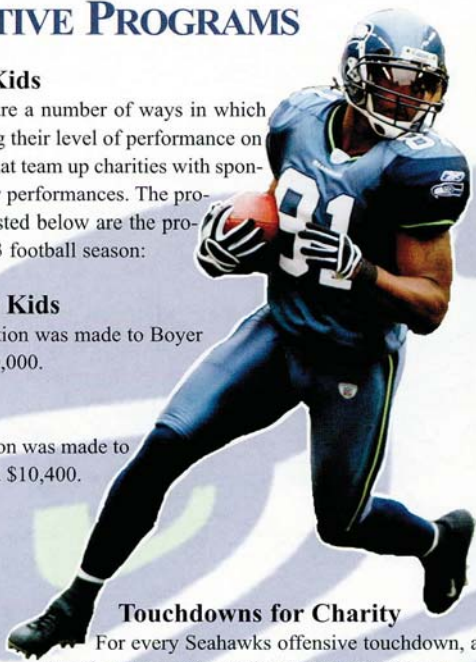
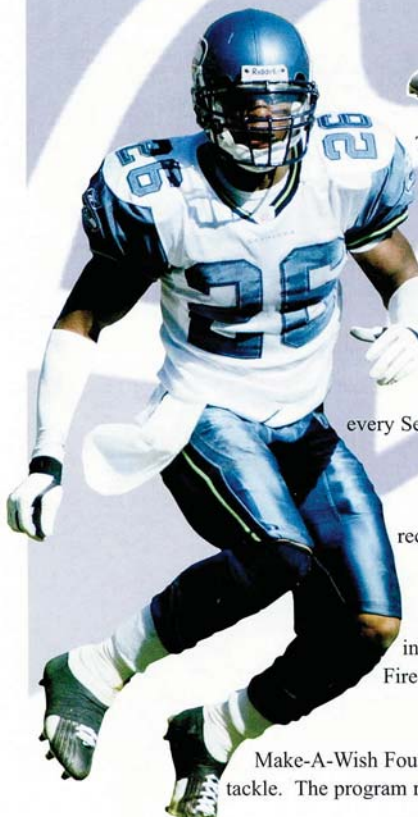
Childhaven received a donation for every Seahawks reception. The program raised \$31,700.

Special Kicks - Field Goals & Punts

For every successful field goal and punt landing inside the 20-yard line, a donation was made to Camp Fire USA. The program raised \$136,600.

Tackles for Wishes

Make-A-Wish Foundation received a donation for every Seahawks tackle. The program raised \$2,585.



Community Quarterback Award

To recognize the thousands of incredible volunteers throughout the country, the NFL developed the Community Quarterback Award that pays tribute to six outstanding volunteers in each of the 32 NFL markets. The Seahawks had the difficult job of choosing six volunteers from nearly 100 applicants. Five finalist were chosen and each received a \$2,000 grant. One individual then was selected as the Seahawks

Community Quarterback award winner and received \$10,000 for their charity.

The 2003 Seahawks Community Quarterback award winner was Rognar Anderson of the Centennial Elementary School V.I.S.I.T.S. Program in Mt. Vernon, Washington.



The Seahawks Community Quarterback winners take a break from their hard work to be appreciated for their efforts.

Punter Tom Rouen participated in a PSA with Camp Fire USA for Special Kicks.



Terreal Bierria hangs out with some buddies at the First Place Holiday party (above), while Blitz gives a 'bear hug' at Albertsons (left).

Duffy the Clown entertains guest at the Trufant Family Foundation dinner (right).



A young fan tries on a Seahawks helmet at the Outback Steakhouse Book Brigade (below).



SEAHAWKS ACADEMY DELIVERS HOPE AND COMMITMENT



A Communities In Schools Partnership

COMMUNITY OUTREACH

The *Seahawks Academy*, founded in 1997, is a collaborative venture between Seattle Public Schools and Communities In Schools of Seattle. The Academy, located in Seattle's Central District, provides a special caring community for middle school stu-



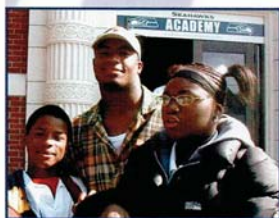
dents. Emphasis is placed on discipline as well as one-on-one encouragement, to promote academic success in children who have struggled in other school programs.

Students, who wear Seahawks Academy uniforms, must commit to strict behavior contracts signed by the student and parents. The Academy's policies foster positive expectations and a "Seahawks Academy culture,"



teaching students to respect each other, teachers and themselves. Teachers emphasize individual instruction while insisting on adherence to schools rules. The thrust of the program is that every child must believe that he or she can succeed in school and in society by taking responsibility for their actions, applying themselves and cooperating with teachers and peers.

The Seahawks and the Academy's other corporate partners provide financial support to the school, as well as mentors for the students.

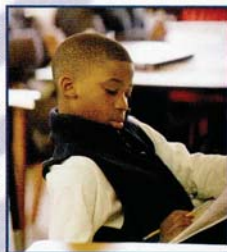


Solomon Bates attended the Seahawks Academy Pizza Party.

Seahawks players visit with the students, encouraging them to succeed academically and socially. Darrell Jackson and Koren Robinson provided game tickets and the Seahawks provided promotional items as incentives for positive behavior. Community and national leaders have also spent time with the students, including Governor Gary Locke, and United States Secretary of Education Dr. Rod Paige.



Kris Richard and Jerheme Urban sign autographs during the Academy Pizza Party.



Sea Gals Staci and Amie serve up turkey and all the fixings at the Seahawks Academy Thanksgiving lunch.

SEAHAWKS PLAYER FOUNDATIONS



Shaun Alexander Family Foundation

The Foundation's mission is to be the answer to families' and youth's deepest prayers. Through youth rallies, motivational camps and financial aid, the Foundation strives to give that little something extra to those who need a helping hand.

Website: www.shaunalexander.org

TD4HIM (Trent Dilfer)

The foundation was established to make distributions to religious organizations, local Boys and Girls Clubs and community service organizations which promote cancer research. Trent Dilfer is the foundation director and makes the decisions as to the recipients of charitable donations from the foundation.



The Matthew Hasselbeck Foundation

The Matthew Hasselbeck Foundation strives to assist the community in meeting its educational, social and health needs by offering unique resources, experiences and financial support to local charitable organizations.

Damien Robinson 4th and 1 Scholarship Fund

Recipients are students who might fall slightly below the radar when it comes to getting scholarships and, therefore, are completely overlooked. Once in college, the foundation is updated annually on their achievements and successes.



Trufant Family Foundation (Marcus Trufant)

The Trufant Family Foundation wishes to make a lasting impact on the community that is positive and motivating. We want our family and the people who volunteer their assistance to understand the importance of giving to others and to experience the satisfaction of helping others.

Website: www.trufantfamilyfoundation.com



Grant Wistrom Foundation

The Grant Wistrom Foundation works to positively affect the lives of children, especially those with cancer, through fun and recreational activities. With these efforts, the foundation provides the opportunity for friendships and personal growth. Founded in 2002.

Website: www.grantwistrom.net



Wunsch Family Foundation (Jerry Wunsch)

The Wunsch Family Foundation provides children with cancer and chronic blood disorders emotional, motivational and memorable experiences through supportive and empowering opportunities.

Website: www.wunschfamilyfoundation.org

SEAHAWKS ALUMNI FOUNDATIONS

The August Foundation
(Steve August)

Blades Foundation
(Brian & Bennie Blades)

Central Area Community Festival
(Vic Minor)

Crescent Moon Foundation
(Warren Moon)

Curt Warner Autism Foundation
(Curt Warner)

Families Northwest
(Jeff Kemp)

**George F. Hoaglin
Charitable
Foundation**
(Fred Hoaglin)

**George Koonce, Sr.
Foundation**
(George Koonce)

**GIK (God is
King)
Foundation**
(Derrick Fenner)

Glenn Foley Wings Foundation
(Glenn Foley)

Jacob Green Charity Golf Classic
(Jacob Green)

Jaycee's Children Treatment Center
(Jacob Green)

L.E.A.P
(Mike Pritchard)

Life Athletes Inc.
(Chris Godfrey)

Mac's Miracle Fund
(Michael McCrary)

**Marcus Robertson
Children's Foundation**
(Marcus Robertson)

Myles for Kids Foundation
(DeShone Myles)

Pro Athletes Outreach
(Norm Evans)

Reggie McKenzie Foundation
(Reggie McKenzie)

**Ricky Watters
Foundation**
(Ricky Watters)

**Robert
Penchion
Foundation**
(Robert
Penchion)

**Robinson
Family
Foundation**
(Eugene Robinson)

The Ruby Shelmon Foundation
(Clarence Shelmon)

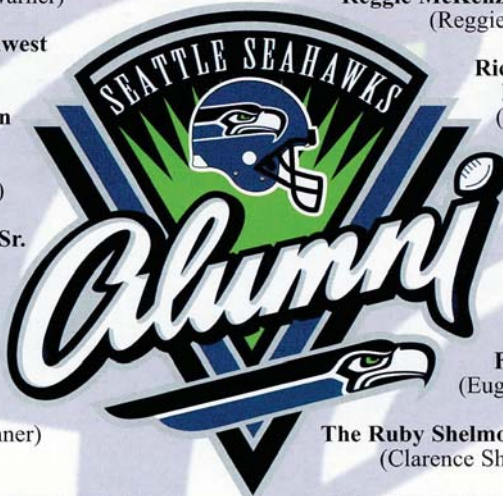
S.M.A.R.T. Students, Inc.
(Doug Hollie)

Talon Foundation
(Byron Franklin)

Timothy Hill Children's Ranch
(James Hill)

Tom Flores Youth Foundation
(Tom Flores)

U.N.I Sports
(Alex Waits)





BLITZ

Since 1998, life within Seattle has never been the same. It was that season that the Seattle Seahawks introduced their insanely wild new mascot, Blitz. This overgrown blue bird has entertained millions of excited fans with his goofy props, crazy skits, dazzling acrobatics and zany humor. He can be seen at every home game amidst the excitement, dancing along side the Sea Gals, or jetting amongst the crowd.

Blitz spends a tremendous amount of time sharing his energy in the community. Often found at children's hospitals, schools, charity events, parades, festivals, fundraisers, and corporate gatherings, guests rave about his energetic performances. Whether signing autographs, doing magic tricks or an acrobatic routine, Blitz always entertains the crowd.



Blitz is no bird brain! Using his degree from Wing State University in his role as the keynote



BLITZ is ready for the 2004 season.

personality in the Seattle Seahawks nationally recognized literacy program, Ready, Set, Goals!, Blitz tours the state throughout the school year. He visits third through sixth grade students

encouraging and challenging them with their reading comprehension, writing skills and goal-setting proficiency.

When Blitz does have a free moment he enjoys traveling, spending time with his mascot friends at the Pro Bowl or in the gym working his bird legs, as Qwest Field's "no fly zone" requires him to climb each stair to entertain all the fans in the stadium.

Ask for Blitz to be a part of your next event at blitz@seahawks.com. So lock up your pets and hide your toys... Blitz is here to make some noise!



Blitz always brings smiles to kids.

SEA GALS



Sea Gals Director Sherri Thompson

Twenty-eight women make up the Sea Gals, a sideline dance group that balances a busy schedule of practicing, performing and making public appearances in the community throughout the year.

Sherri Thompson, who has been involved with the Sea Gals since 1981 as a squad member (1981-83) and choreographer (1984-86) will begin her 19th year as director. Her assistants are Robin Houlbjerg and Shannon Kingsley, also former Sea Gals.

In addition to numerous practices and game day performances, the Sea Gals are heavily involved in the community, donating much of their time to benefit local charities and organizations.

The Sea Gals hold an annual fund-raising event to provide Christmas presents for the women and children living at a local women's shelter.

The Sea Gals have also developed a "Show Group," a one-hour variety show that includes character dance routines, singing and crowd participation for all ages. This group has twice performed in Hong Kong on an invitation from the Hong Kong Tourist Association. The Show Group has also performed across the nation, Middle East and European military bases. Information about the Sea Gals can be obtained by accessing www.seahawks.com or by calling (425) 827-9777.



The 2004 Sea Gals.

SEA HAWKERS 2004

Just as the Seattle Seahawks are entering 2004 with renewed energy, the Sea Hawks Booster Club enters the new year with some energy of their own.

MEMBERSHIP

There is strength in numbers, and this year the Sea Hawks will be looking to attract a new legion of members. The Sea Hawks will be actively recruiting through membership drives, as well as an increased visibility in the media, in the stands, and in the community. Look for them at an event near you!

BENEFITS

In 2004, a Sea Hawks Membership Card will be your ticket to events not available to the general public. The Sea Hawks have always enjoyed "members-only" events: a BBQ at the Kirkland Headquarters, the annual Sea Hawks Spring Banquet at the stadium, and much more.

However, this year that list includes a Sea Hawks-only tailgate area at the Qwest Center prior to each game.

CHARITY EVENTS

Since their inception in 1976, the Sea Hawks have been involved in helping charities throughout the community. This year the Sea Hawks will again support the Boyer's Children's Clinic "Thunder Ride," and many other Seahawks supported charity events.

The Sea Hawks expect to do great things in 2004. Join us and be part of the fun!

Call us at 1-888-Hawk-Fan or visit us in the Fan Zone at www.Seahawks.com.

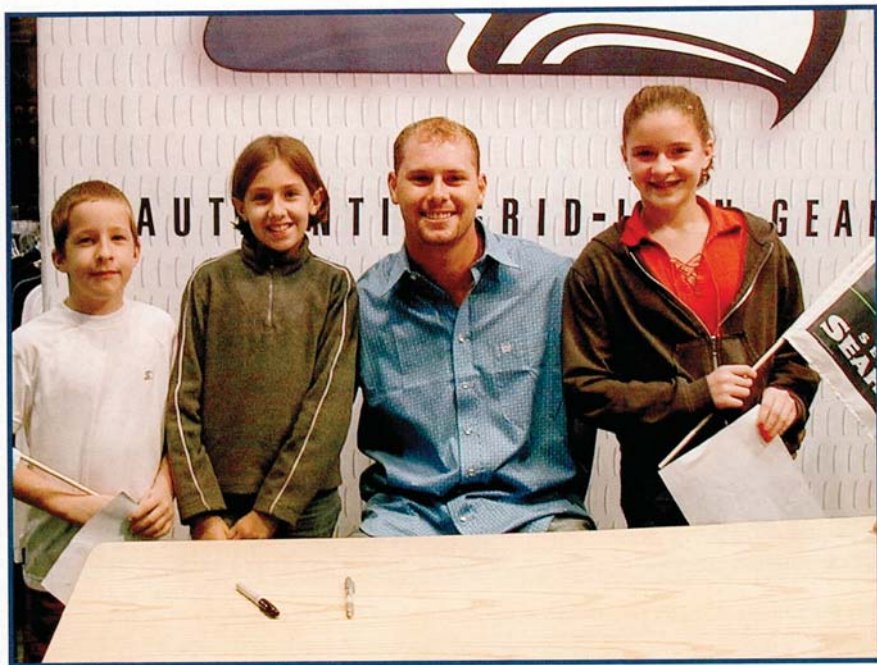


The Sea Hawks enjoyed a beautiful day at their annual BBQ on the practice field at Seahawks headquarters.

SEAHAWKS PRO SHOP

Located inside Qwest Field, the Seahawks Pro Shop features official sideline product and the best selection of Seahawks merchandise available. Shoppers will find everything from Seahawks sweatshirts to water bottles, as well as their favorite player's jersey.

During the season, fans are encouraged to come meet their favorite player at the weekly autograph sessions. For the best selection of Seahawks merchandise, fans can also shop www.seahawks.com and visit the Pro Shop online. For more information fans can call 206-682-2900.



Kicker Josh Brown appeared at the Pro Shop. Every Tuesday during the regular season, a player appears at the Pro Shop to meet fans and sign autographs.

SEAHAWKS ALUMNI

KEEPING THE SEAHAWKS LEGACY ALIVE

Seahawks alumni continue to make their mark off the playing field by making various appearances year after year.

After giving their heart and soul during their playing days with the Seahawks and the National Football League, they continue that drive and urgency off the field well after their professional playing days are over.

Seahawks alumni in the state of Washington made over two hundred appearances in 2002. Those visits ranged from community celebrations to check presentations and everything in between.

Former players like Charle Young, (TE, 1983-85), Sam Adkins (QB, 1977-82), Blair Bush (C, 1983-88), Randall Morris (RB, 1984-88), and Manu Tuiasosopo (DT, 1979-83) all participated in community events that left lasting impressions on everyone involved.

Seahawks alumni are also successful in business and politics as well.

Steve Largent (WR, 1976-89) is the lone Seahawks player in the NFL Hall of Fame and has made his mark in national politics as a U.S. Congressman in the 1st District of the State of Oklahoma. In 2002, his run for Governor of Oklahoma was unsuccessful, but he continues to make a difference with community organizations.

His 13,089 yards and 100 touchdowns made him an instant choice for the prestigious honor in his first year of eligibility. He is in the Seahawks Ring of Honor (1989) and was recently inducted into the Washington Sports Hall of Fame.

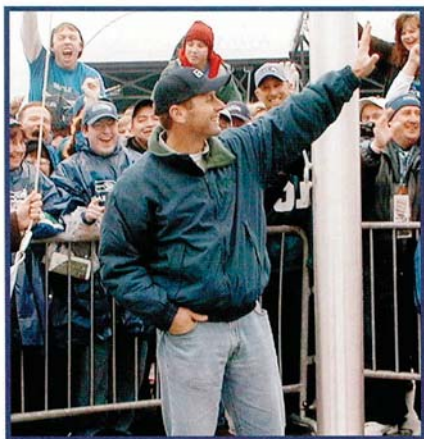
Seahawks Ring of Honor inductee Jacob Green, (DE, 1980-91), gives back to the community year in and year out.

Green, the Seahawks' all-time sack leader with 116.0, is the celebrity host of a golf outing each year. The Jacob Green Charity Golf Classic benefits the Fred Hutchinson Cancer Research Center and has raised over a million dollars since 1988.

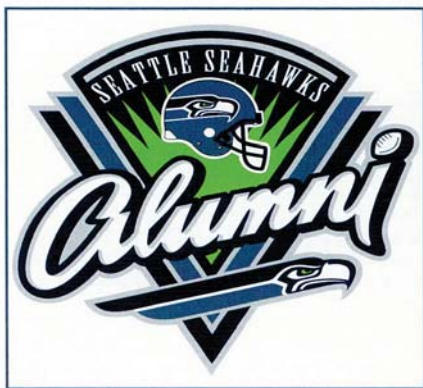
Steve Raible (WR, 1976-81) an original member of the Seahawks, now enters his 23rd season but first doing play-by-play for KIRO Radio.

Sam McCullum (WR, 1976-81), is the president and owner of Meat Distributors and Central Food Sales in Kirkland and Renton, Wash. McCullum ranks in three receiving categories: pass receptions, receiving yards, and receiving touchdowns. He now supplies meat to restaurants, hotels, and schools in Washington.

Seahawks Hall of Fame wide receiver Steve Largent returned to Seattle to raise the '12th Man' flag.



Kenny Easley (S, 1981-87) completed his third year of owning the Norfolk Nighthawks, an Arena Football League team in Virginia. His three interceptions versus the San Diego Chargers in October 1984 still ties a Seahawks record. In 2002, Easley became only the sixth player to be inducted into the Seahawks Ring of Honor.



2004 BROADCASTING

TELEVISION

Seahawks Broadcasting is the in-house production and syndication unit of the Seattle Seahawks. Now in its seventh season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest, including the first NFL team broadcast of a game in HDTV.

SEAHAWKS TELEVISION NETWORK

Kick off the 2004 season with the Seahawks preseason telecast on The Seahawks Television Network. Check Seahawks.com for the Seahawks Television Network affiliate in your area.

PRESEASON FOOTBALL

Monday, August 16	at Green Bay Packers	5:00 p.m. PT	ABC
Saturday, August 21	Denver Broncos	7:00 p.m. PT	KONG/STN
Friday, August 27	at San Diego Chargers	7:00 p.m. PT	KONG/STN
Thursday, September 2	Minnesota Vikings	6:00 p.m. PT	KONG/STN

VERNE LUNDQUIST - PLAY-BY-PLAY

Legendary announcer Verne Lundquist joins the Seahawks Broadcasting Team for pre-season telecasts this season. The lead play-by-play announcer for CBS' coverage of college football, Verne has also worked with NFL analysts Terry Bradshaw, Dan Fouts and John Madden. Lundquist also provides commentary for Masters, PGA Championship, among other PGA Tour events, and 2004 marked his 20th year covering the Masters.

Verne has broadcast 20 different sports for CBS and serves as play-by-play announcer for CBS's coverage of NCAA Basketball, including the NCAA Men's Basketball Championship and the lead play-by-play announcer for CBS' coverage of figure skating including the 1992, 1994 and 1998 Olympic Winter Games. In addition to his work at CBS, Verne spent eight years at ABC Sports and three years as play-by-play announcer for TNT covering NFL, NBA, golf, and figure skating (1995-97). He also was the long-time radio voice for the Dallas Cowboys (1972-84).

Verne grew up in Everett, Washington, and currently resides in Steamboat Springs, Colorado with his wife Nancy where he serves on the Board of Directors of the summer chamber music festival, Strings in the Mountains.

PAUL MOYER - ANALYST

Former Seahawks defensive back and coach, Paul Moyer, returns to the TV booth having served as the preseason analyst during the 2000 and 2001 seasons. A regular to Seahawks broadcasts, Paul has been the sideline reporter on radio broadcasts for the past two seasons, in addition to hosting Hawk Talk and other Seahawks programming on 710 KIRO for the past six seasons (1998-2003).

Paul spent seven seasons (1983-89) patrolling the defensive backfield for the Seahawks after having signed with the team as a free agent after the 1983 college draft. During the 1988 season, Paul led the club in interceptions as the Seahawks won their first AFC Western Division Title. In 1989, Moyer joined the Seahawks coaching staff as a defensive assistant. In 1992, he was promoted to defensive backs coach.

Paul resides in Clyde Hill with his wife, Heather, and their children, Taylor and Nicholas.

The Seahawks Television Network continues each week of the season with *Seahawks Live* and *Mike Holmgren Q&A*.

"SEAHAWKS LIVE"

Join former Seahawks QB Warren Moon and FSN's Angie Mentink for "Seahawks Live" each Monday night during the regular season. Broadcast from the FOX Sports Grill in Seattle, this fast paced, high energy show features Seahawks guests as they take a look back at yesterday's game and review games from around the NFL. Catch "Seahawks Live" on FSN or be part of the audience at the FOX Sports Grill. You never know who may show up.

"MIKE HOLMGREN Q&A"

Join Mike Holmgren each week for the Holmgren Q&A. Be there for an uncensored look as Coach Holmgren answers the tough questions and provides insights into that week's thought process as he sits down with the media during his weekly press conference. Also get the inside information from Seahawks players as they prepare for their upcoming game.

2004 BROADCASTING

RADIO BROADCAST

GAME DAY

Seahawks Radio can once again be found on 710 KIRO AM, the flagship station for the 2004 season. Wall to wall coverage begins each game day with the "Pregame Huddle" hosted by Dori Monson and Paul Moyer. Steve Raible and Warren Moon follow with the call of the game, and the broadcast day concludes with a post-game show featuring interviews with Seahawks players and "Hawk Talk" in which fans can call-in and discuss the Seahawks. Check Seahawks.com for a Seahawks Radio affiliate in your area.

"SEAHAWKS HUDDLE"

"Seahawks Huddle," the club's weekly radio show hosted by New York Vinnie, can be heard on 710 KIRO every Thursday from 7:00-9:00pm. Beginning July 29 and concluding February 10, the "Huddle" offers an inside look at the Seahawks and the NFL and features Seahawks players, coaches and guests from around the NFL.

STEVE RAIBLE - PLAY-BY-PLAY

Steve Raible returns for his 23rd season in the radio booth, his first as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and has missed only four games in the franchise's history, either as a player or broadcaster (after suffering a collapsed lung in 1981). Following his football career, Steve joined KIRO-TV where he has won five local Emmy Awards, including two for "Best Anchor." He currently anchors KIRO-7 Eyewitness News at 5:00, 6:30 and 11:00.

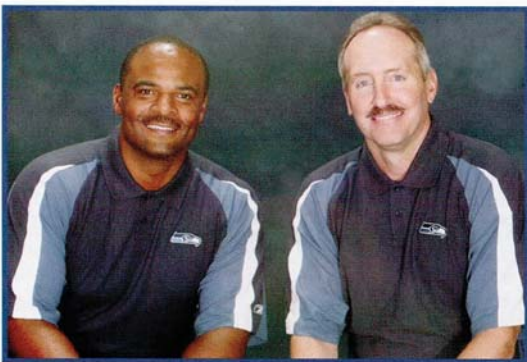
One of the Northwest's favorite masters of ceremonies, Steve has twice been honored with the United Way Community Service Award and was recently named Outstanding Role Model of 2000 by Big Brothers Big Sisters. He is also a 2001 recipient of the prestigious NCAA Silver Anniversary Award along with former Seahawks teammate, Steve Largent. A graduate of Georgia Tech, Steve lives in Enumclaw with his wife, Sharon.

WARREN MOON - ANALYST

Future Hall of Fame quarterback, Warren Moon, joins the Seahawks Radio Team for the first time after serving as the preseason television analyst for the past two seasons. After finishing a playing career in which he was nominated to an NFL-record eight straight Pro Bowls (1988-95), adding a ninth overall in 1997, Moon has become one of football's leading broadcast analysts. He has spent recent years as a Westwood One radio analyst and sideline reporter and also spent time in the booth during Fox Sports Net's Pac-10 College Game of the Week.

The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, recently surpassed by Matt Hasselbeck last season. He also ranks in the top three of 11 categories all-time in the NFL record books, including most career passing yards (third with 49,325), most career completions (third with 3,988), most yards passing in a single game (second with 527), and most career 400 plus passing games (tied for second with seven).

Named the NFL's Man of the Year in 1989 for his work in the community, Warren established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul. He remains active in charity work, co-hosting a celebrity golf tournament with Steve Pool which benefits Seattle's Children's Hospital. Additionally, Warren has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.



Radio Broadcast Team: (L to R) Warren Moon and Steve Raible.

2004 BROADCASTING

TELEVISION NETWORK

Preseason Telecasts			Seahawks Live		
Station	Network		Station	Network	
Washington			Northwest Region FSN NW		
Seattle	KONG 6/16	Ind.			
Spokane	KAYU - 28	FOX	Mike Holmgren Q&A		
Tri-Cities	KFFX - 66	FOX	Station	Network	
Yakima	KCYU - 68	FOX	Seattle	ESPN2	Cable
			Seattle	Comcast - 17	HSN
Oregon					
Bend	KFXO - 39	FOX			
Eugene	KEZI - 9	ABC			
Klamath Falls	KDKF - 31	ABC			
Medford	KDRV - 12	ABC			
Portland	KPTV - 12	FOX			
Portland	KPDX - 49#	UPN			
Idaho					
Boise	KNIN TV - 9	UPN			
Twin Falls	KSAW - 52	ABC			
Sun Valley	KSAW - 52	ABC			
Alaska					
Anchorage	KIMO - 13	ABC			
Fairbanks	KATN - 2	ABC			
Juneau	KJUD - 8	ABC			

Key

- Aired Friday August 27 game vs. San Diego Chargers



RADIO NETWORK

Station	Frequency	Station	Frequency
Washington		Alaska	
Aberdeen	KDUX 104.7 FM	Cordova	KLAM 1450 AM
Bellingham	KPUG 1170 AM	Haines	KRSA 94.9 FM
Centralia	KMNT 102.9 FM	Juneau	KINY 800 AM
Colfax	KMAX 840 AM	Petersburg	KRSA 580 AM
Colville	KCVL 1240 AM	Sitka	KRSA 94.9 FM
Ellensburg	KXLE 1240 AM	Wrangell	KRSA 94.9 FM
Everett	KRKO 1380 AM		
Forks	KVAC 1490 AM	British Columbia	
Grand Coulee	KEYG 98.5 FM	Vancouver	CKST 1040 AM
Longview	KRQT 107.1 FM		
Moses Lake	KBSN 1470 AM	Idaho	
Mt. Vernon	KBRC 1430 AM	Coeur d'Alene	KVNI 1080 AM
Olympia	KGY 1240 AM		
Omak	KOMW 680 AM	Montana	
Port Angeles	KONP 1450 AM	Missoula	KGRZ 1450 AM
Prosser	KZXR 1310 AM		
Seattle	KIRO 710 AM	Nevada	
Shelton	KMAS 1030 AM	Las Vegas	KLAV 1230 AM
Spokane	KXLY 920 AM		
Tri-Cities	KONA 610 AM	Oregon	
Walla Walla	KUJ 1420 AM	Albany	KGAL 1580 AM
Wenatchee	KPQ 560 AM	Astoria	KAST 1370 AM
Yakima	KIT 1280 AM	Eugene	KPNW 1120 AM
		Portland	KXL 750 AM
		Salem	KYKN 1430 AM

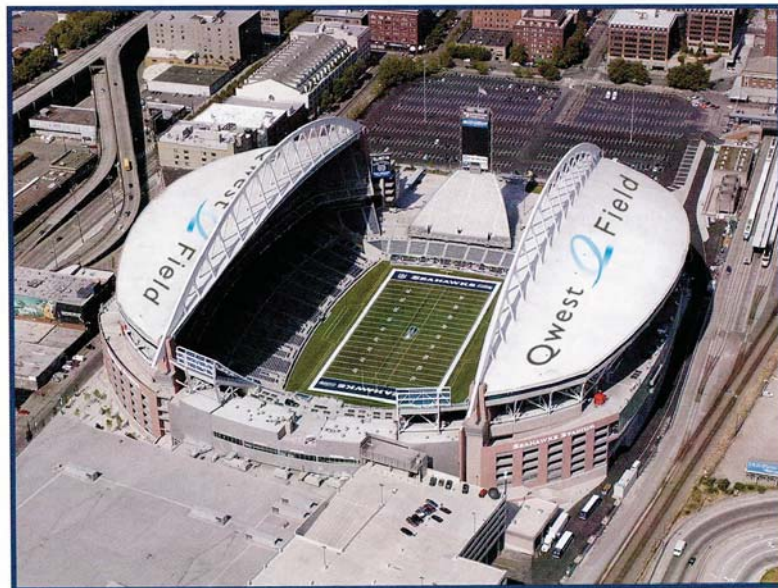
In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center.

Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in new Seahawks Stadium, renamed Qwest Field on June 2, 2004. The facility, built atop of the site of the Kingdome, is not only home to the Seahawks, but the stadium accommodates many levels of soccer competition, including Major League Soccer, amateur, international, World Cup and collegiate soccer.

Qwest Field is designed with a 67,000 seat capacity, with 5,000 additional seats available for special events, and 1,400 seats for fans with disabilities. With a roof covering 70 percent of the seating area, fans will enjoy wide, comfortable seats with sideline seating a mere 52 feet from the playing field and end-zone seats just 40 feet from the action. The facility also features a dozen elevators and expansive concourses with an ample provision of concessions stands and restrooms.

In addition to having perfect views of the field and surrounding areas, fans experience elements of diversity and culture in part of the Stadium Art Program. In 1998, a request for qualifications yielded a total of 254 responses from around the United States and Canada. After reviewing the full range of submissions, 12 artists and projects were selected. Today, the stadium includes nearly \$2 million worth of art.

For more information about the Seahawks new home, go to qwestfield.com.



This year, Qwest Field will host the second Monday Night Football game in its three year history.



QWEST FIELD FACTS & FIGURES

- * 67,000 fixed seats - can be expanded to 72,000
- * 63 restrooms (799 toilets/364 urinals) - twice as many as the Kingdome
- * 1,400 seats for people with disabilities and their companions - compared to 70 at the Kingdome
- * 10,000 cubic yards of concrete - equal to a 3' sidewalk from Seattle to Boise, ID
- * 3,756 miles of cable - could reach from Seattle to just beyond the Panama Canal
- * 841 televisions
- * 12 elevators - compared to three at the Kingdome
- * The FieldTurf production used more than 35,000 recycled ground-up tennis shoes and 30,000 recycled ground up tires
- * 50 Concession stands/47 Beer Concessions - twice as many per person as the Kingdome
- * The roof contains 5,700 tons of steel - equal to 35 Statues of Liberty or 1,000 Orca whales
- * The roof is 760 feet long - the same as three Boeing 747's parked end-to-end
- * The roof is 210,000 square feet - enough to cover 3.5 football fields
- * 100% of the concrete from the Kingdome was processed and recycled (50% built into Qwest Field)
- * Wide concourses offer outstanding views of the Seattle skyline, Safeco Field, the Cascades and Mt. Rainier, Puget Sound and the Olympic Mountains.
- * There is a 2,000 car garage - part of 6,500 spaces near Qwest Field.

QWEST FIELD FUNDING

The \$430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least \$130 million, while the public contributed up to \$300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

\$130 million private investment led by Paul Allen

\$127 million from new, sports related games, similar to the Mariners' baseball-themed scratch games

\$101 million in sales taxes collected in King County attributable to events in the stadium/exhibition center

\$56 million from facility admission and parking taxes

\$15 million from extending King County's share of the existing hotel-motel tax

\$1 million per year of in-kind advertising for the new lottery games will be provided by Paul Allen

All excess stadium revenues will fund youth athletic facilities throughout

Washington State in addition to a \$10 million contribution from Paul Allen

\$14 million of the public contribution will come from interest earned on the \$50 million private contribution from Paul Allen

Paul Allen agreed to pay for any construction cost overruns

As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., an entity that represented the interests of Qwest Field in the construction of the new stadium and now manage the stadium and exhibition center on a daily basis.

KINGDOME

The KINGDOME was originally located on 35.9 ACRES. Due to construction of the new parking garage and exhibition center the acreage is now 23.9 acres.

The Kingdome had the LARGEST CONCRETE ROOF IN THE WORLD - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained 52,800 cubic yards of concrete and 443 TONS of structural steel.

It was 250 FEET HIGH and 660 FEET ACROSS to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted FOOTBALL, SOCCER, BASEBALL, BASKETBALL, TENNIS, VOLLEYBALL, RODEOS, MOTOR SPORTS, CONCERTS, MEETINGS and TRADE & CONSUMER shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than 72 MILLION PEOPLE entered the Kingdome through a variety of entertainment over 23 years.

Over 3,250 major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a BILLY GRAHAM CRUSADE.

ORIGINAL COST, including property, was \$67 million; another \$47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is \$57 million.

The roof and ceiling renovation was \$70 MILLION.

The total debt on the Kingdome is \$127

TOP 10 MOMENTS*

NOVEMBER 7, 1976

First home win versus the Atlanta Falcons

NOVEMBER 16, 1981

First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

DECEMBER 24, 1983

First home playoff win versus the Denver Broncos

NOVEMBER 4, 1984

NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

DECEMBER 2, 1984

Clinched a playoff berth with a 38-17 win over Detroit

DECEMBER 22, 1984

Eliminated defending Super Bowl Champion Los Angeles Raiders in

the AFC Wild Card Game at the Kingdome

OCTOBER 6, 1986

Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

DECEMBER 11, 1988

Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

NOVEMBER 30, 1992

Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

NOVEMBER 3, 1996

John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

million with the majority of it due to be retired in the year 2016.

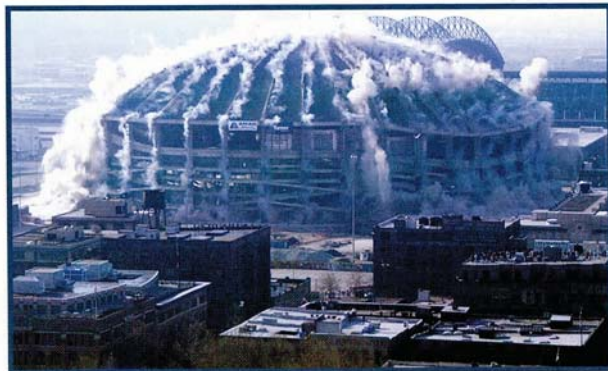
ANNUAL PAYMENTS of \$6.3 million are received from a 2% hotel/motel room tax and a 1% rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports-BASEBALL, FOOTBALL, BASKETBALL and SOCCER (Seattle Sounders).

The Kingdome was imploded on March 26, 2000.

* Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999.



HUSKY STADIUM

The SEATTLE SEAHAWKS played their entire 2000 and 2001 home schedule at HUSKY STADIUM. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1902 at a cost of \$600,000, the stadium's initial capacity was 30,000. The stadium officially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936

and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost \$1.7 million.

The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface.

The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000.

Seating capacity increased one more time in 1987, in a \$13 million project.



TEAM HEADQUARTERS

On June 18, 1986, the Seattle Seahawks moved into their office and training headquarters adjacent to Northwest College in Kirkland, Washington.

The two-story building went through major renovation that were completed in 1999, to create a first-class facility. The lower-level houses meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms.

The Seahawks are able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field is then covered by an inflatable bubble as the weather worsens.

To reach the headquarters from Seattle, take Highway 520 East and exit at the Kirkland Exit. Go right onto Northup Way and left onto 108th Avenue NE (next light). Follow 108th for approximately one mile and turn right onto NE 53rd St. Continue

to the top of the hill, passing the player and staff entrance on your left. Turn left at top of the hill into the visitor's parking area.

From the Eastside, take Highway 520 West from I-405 and exit onto 108th Avenue NE. Turn right at the stop sign at the end of the exit and proceed up the hill on 108th. Go approximately one mile to NE 53rd Street and turn right. Turn left at top of the hill into the visitor's parking area.

From Southbound on I-405, take the N.E. 70th Street Exit. Take a left at N.E. 72nd Place and another left at 108th Avenue N.E. Go approximately one mile to NE 53rd Street and turn left. Turn left at top of the hill into the visitor's parking area.

From Sea-Tac Airport, follow the signs to I-405 North. Exit onto Highway 520 Westbound (Seattle) after 20-25 minutes. Take Highway 520 from I-405 and exit onto 108th Avenue NE. Turn right at the stop light at the end of the exit and proceed up the hill on 108th. Go approximately one mile to NE 53rd Street and turn right. Turn left at top of the hill into the visitor's parking area.

TICKET INFORMATION

The Seahawks ticket offices are located inside Qwest Field. Fans may purchase tickets in person at the stadium's ticket windows, by phone or via www.seahawks.com. Questions during the week may be directed to one of the following offices:

Ticket Operations

(206) 682-2800

Ticket Sales

1-888-NFL-HAWK

(1-888-635-4295)



GENERAL ■ \$62 ■ \$52 ■ \$44 ■ \$40 ■ \$30 ■ \$20
 CLUB SECTION ■ \$280 ■ \$220 ■ \$150 ■ \$95

2004 NFL PRESEASON SCHEDULE

HALL OF FAME WEEKEND

AUGUST 7-9

AUG 9 HALL OF FAME GAME, CANTON, OH
 DENVER VS WASHINGTON

WEEK 1, AUGUST 12-16

AUG 12 ATLANTA AT BALTIMORE
 AUG 12 CHICAGO AT ST. LOUIS
 AUG 13 PHILADELPHIA AT NEW ENGLAND
 AUG 13 NEW YORK JETS AT NEW ORLEANS
 AUG 13 KANSAS CITY AT NEW YORK GIANTS
 AUG 14 ARIZONA AT MINNESOTA
 AUG 14 CAROLINA AT WASHINGTON
 AUG 14 CINCINNATI AT TAMPA BAY
 AUG 14 CLEVELAND AT TENNESSEE
 AUG 14 DALLAS AT HOUSTON
 AUG 14 INDIANAPOLIS AT SAN DIEGO
 AUG 14 JACKSONVILLE AT MIAMI
 AUG 14 OAKLAND AT SAN FRANCISCO
 AUG 14 PITTSBURGH AT DETROIT
 AUG 15 DENVER AT BUFFALO
 AUG 16 SEATTLE AT GREEN BAY

WEEK 2, AUGUST 19-23

AUG 19 NEW YORK GIANTS AT CAROLINA
 AUG 20 BALTIMORE AT PHILADELPHIA
 AUG 20 TAMPA BAY AT JACKSONVILLE
 AUG 20 MINNESOTA AT ATLANTA
 AUG 21 NEW YORK JETS AT INDIANAPOLIS
 AUG 21 DALLAS AT OAKLAND
 AUG 21 DENVER AT SEATTLE
 AUG 21 DETROIT AT CLEVELAND
 AUG 21 HOUSTON AT PITTSBURGH
 AUG 21 NEW ENGLAND AT CINCINNATI
 AUG 21 NEW ORLEANS AT GREEN BAY
 AUG 21 SAN DIEGO AT ARIZONA
 AUG 21 SAN FRANCISCO AT CHICAGO
 AUG 21 TENNESSEE AT BUFFALO
 AUG 21 WASHINGTON AT MIAMI
 AUG 23 ST. LOUIS AT KANSAS CITY

WEEK 3, AUGUST 26-30

AUG 26 PITTSBURGH AT PHILADELPHIA
 AUG 27 WASHINGTON AT ST. LOUIS
 AUG 27 GREEN BAY AT JACKSONVILLE
 AUG 27 HOUSTON AT DENVER
 AUG 27 NEW ORLEANS AT CHICAGO
 AUG 27 NY GIANTS AT NY JETS
 AUG 27 SAN FRANCISCO AT MINNESOTA
 AUG 27 SEATTLE AT SAN DIEGO
 AUG 28 OAKLAND AT ARIZONA
 AUG 28 MIAMI AT TAMPA BAY
 AUG 28 NEW ENGLAND AT CAROLINA
 AUG 28 BUFFALO AT INDIANAPOLIS
 AUG 28 CINCINNATI AT ATLANTA
 AUG 28 CLEVELAND AT KANSAS CITY
 AUG 28 DETROIT AT BALTIMORE
 AUG 30 TENNESSEE AT DALLAS

WEEK 4, SEPTEMBER 2-3

SEPT 2 ARIZONA AT DENVER
 SEPT 2 SAN DIEGO AT SAN FRANCISCO
 SEPT 2 ST. LOUIS AT OAKLAND
 SEPT 2 KANSAS CITY AT DALLAS
 SEPT 2 JACKSONVILLE AT NEW ENGLAND
 SEPT 2 TAMPA BAY AT HOUSTON
 SEPT 2 MINNESOTA AT SEATTLE
 SEPT 2 BALTIMORE AT NEW YORK GIANTS
 SEPT 2 BUFFALO AT DETROIT
 SEPT 2 CAROLINA AT PITTSBURGH
 SEPT 3 ATLANTA AT WASHINGTON
 SEPT 3 CHICAGO AT CLEVELAND
 SEPT 3 GREEN BAY AT TENNESSEE
 SEPT 3 INDIANAPOLIS AT CINCINNATI
 SEPT 3 MIAMI AT NEW ORLEANS
 SEPT 3 PHILADELPHIA AT NEW YORK JETS

PRIME TIME SCHEDULE

Thursday, September 9	Indianapolis at New England (ABC)	9:00p ET
Sunday, September 12	Kansas City at Denver (ESPN)	6:30p MT
Monday, September 13	Green Bay at Carolina (ABC)	9:00p ET
Sunday, September 19	Miami at Cincinnati (ESPN)	8:30p ET
Monday, September 20	Minnesota at Philadelphia (ABC)	9:00p ET
Sunday, September 26	Tampa Bay at Oakland (ESPN)	5:30p PT
Monday, September 27	Dallas at Washington (ABC)	9:00p ET
Sunday, October 3	St. Louis at San Francisco (ESPN)	5:30p PT
Monday, October 4	Kansas City at Baltimore (ABC)	9:00p ET
Sunday, October 10	Baltimore at Washington (ESPN)	8:30p ET
Monday, October 11	Tennessee at Green Bay (ABC)	8:00p CT
Sunday, October 17	Minnesota at New Orleans (ESPN)	7:30p CT
Monday, October 18	Tampa Bay at St. Louis (ABC)	8:00p CT
Monday, October 25	Denver at Cincinnati (ABC)	9:00p ET
Sunday, October 31	San Francisco at Chicago (ESPN)	7:30p CT
Monday, November 1	Miami at New York Jets (ABC)	9:00p ET
Sunday, November 7	Cleveland at Baltimore (ESPN)	8:30p ET
Monday, November 8	Minnesota at Indianapolis (ABC)	9:00p ET
Sunday, November 14	Buffalo at New England (ESPN)	8:30p ET
Monday, November 15	Philadelphia at Dallas (ABC)	8:00p CT
Sunday, November 21	Green Bay at Houston (ESPN)	7:30p CT
Monday, November 22	New England at Kansas City (ABC)	8:00p CT
Sunday, November 28	Oakland at Denver (ESPN)	6:30p MT
Monday, November 29	St. Louis at Green Bay (ABC)	8:00p CT
Sunday, December 5	Pittsburgh at Jacksonville (ESPN)	8:30p ET
Monday, December 6	Dallas at Seattle (ABC)	6:00p PT
Sunday, December 12	Philadelphia at Washington (ESPN)	8:30p ET
Monday, December 13	Kansas City at Tennessee (ABC)	8:00p CT
Saturday, December 18	Carolina at Atlanta (ESPN)	8:30p ET
Sunday, December 19	Baltimore at Indianapolis (ESPN)	8:30p ET
Monday, December 20	New England at Miami (ABC)	9:00p ET
Saturday, December 25	Denver at Tennessee (ESPN)	7:30p CT
Sunday, December 26	Cleveland at Miami (ESPN)	8:30p ET
Monday, December 27	Philadelphia at St. Louis (ABC)	8:00p CT
Sunday, January 2	Dallas at New York Giants (ESPN)	8:30p ET

2004 NFL SCHEDULE

(All times local)

THURSDAY, SEPTEMBER 9 (FIRST WEEKEND) (OPEN DATE: NONE)

SUNDAY, SEPTEMBER 19 (SECOND WEEKEND) (OPEN DATE: NONE)

- 1. INDY AT NEW ENGLAND 9:00p
- SUNDAY, SEPTEMBER 12**
- 2. JACKSONVILLE AT BUFFALO 1:00p
- 3. DETROIT AT CHICAGO 12:00p
- 4. BALTIMORE AT CLEVELAND 1:00p
- 5. SAN DIEGO AT HOUSTON 12:00p
- 6. TENNESSEE AT MIAMI 1:00p
- 7. SEATTLE AT NEW ORLEANS 12:00p
- 8. CINCINNATI AT NEW YORK JETS 1:00p
- 9. OAKLAND AT PITTSBURGH 1:00p
- 10. ARIZONA AT ST. LOUIS 12:00p
- 11. TAMPA BAY AT WASHINGTON 1:00p
- 12. DALLAS AT MINNESOTA 3:15p
- 13. NY GIANTS AT PHILADELPHIA 4:15p
- 14. ATLANTA AT SAN FRANCISCO 1:15p
- 15. KANSAS CITY AT DENVER 6:30p

MONDAY, SEPTEMBER 13

- 16. GREEN BAY AT CAROLINA 9:00p

- 17. ST. LOUIS AT ATLANTA 1:00p
- 18. PITTSBURGH AT BALTIMORE 1:00p
- 19. HOUSTON AT DETROIT 1:00p
- 20. CHICAGO AT GREEN BAY 12:00p
- 21. DENVER AT JACKSONVILLE 1:00p
- 22. CAROLINA AT KANSAS CITY 12:00p
- 23. SAN FRAN AT NEW ORLEANS 12:00p
- 24. WASHINGTON AT NY GIANTS 1:00p
- 25. INDIANAPOLIS AT TENNESSEE 12:00p
- 26. SEATTLE AT TAMPA BAY 4:05p
- 27. NEW ENGLAND AT ARIZONA 1:15p
- 28. CLEVELAND AT DALLAS 3:15p
- 29. BUFFALO AT OAKLAND 1:15p
- 30. NEW YORK JETS AT SAN DIEGO 1:15p
- 31. MIAMI AT CINCINNATI 8:30p

MONDAY, SEPTEMBER 20

- 32. MINNESOTA AT PHILADELPHIA 9:00p

SUNDAY, SEPTEMBER 26

(THIRD WEEKEND)

(OPEN DATES: BUFFALO, CAROLINA,
NEW ENGLAND, NY JETS)

33. ARIZONA AT ATLANTA	1:00p
34. BALTIMORE AT CINCINNATI	1:00p
35. PHILADELPHIA AT DETROIT	1:00p
36. HOUSTON AT KANSAS CITY	12:00p
37. PITTSBURGH AT MIAMI	1:00p
38. CHICAGO AT MINNESOTA	12:00p
39. CLEVELAND AT NY GIANTS	1:00p
40. NEW ORLEANS AT ST. LOUIS	12:00p
41. JACKSONVILLE AT TENNESSEE	12:00p
42. SAN DIEGO AT DENVER	2:05p
43. GREEN BAY AT INDIANAPOLIS	3:15p
44. SAN FRANCISCO AT SEATTLE	1:15p
45. TAMPA BAY AT OAKLAND	5:30p

MONDAY, SEPTEMBER 27

46. DALLAS AT WASHINGTON	9:00p
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SUNDAY, OCTOBER 3

(FOURTH WEEKEND)

(OPEN DATES: DALLAS, DETROIT,
MINNESOTA, SEATTLE)

47. NEW ENGLAND AT BUFFALO	1:00p
48. PHILADELPHIA AT CHICAGO	12:00p
49. WASHINGTON AT CLEVELAND	1:00p
50. NY GIANTS AT GREEN BAY	12:00p
51. OAKLAND AT HOUSTON	12:00p
52. INDY AT JACKSONVILLE	1:00p
53. CINCINNATI AT PITTSBURGH	1:00p
54. NEW ORLEANS AT ARIZONA	1:05p
55. ATLANTA AT CAROLINA	4:05p
56. NEW YORK JETS AT MIAMI	4:15p
57. TENNESSEE AT SAN DIEGO	1:15p
58. DENVER AT TAMPA BAY	4:15p
59. ST. LOUIS AT SAN FRANCISCO	5:30p

MONDAY, OCTOBER 4

60. KANSAS CITY AT BALTIMORE	9:00p
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SUNDAY, OCTOBER 10

(FIFTH WEEKEND)

(OPEN DATES: CHICAGO, CINCINNATI,
KANSAS CITY, PHILADELPHIA)

61. DETROIT AT ATLANTA	1:00p
62. NEW YORK GIANTS AT DALLAS	12:00p
63. MINNESOTA AT HOUSTON	12:00p
64. OAKLAND AT INDIANAPOLIS	12:00p
65. MIAMI AT NEW ENGLAND	1:00p
66. TAMPA BAY AT NEW ORLEANS	12:00p
67. CLEVELAND AT PITTSBURGH	1:00p
68. BUFFALO AT NEW YORK JETS	4:05p
69. JACKSONVILLE AT SAN DIEGO	1:05p
70. CAROLINA AT DENVER	2:15p
71. ARIZONA AT SAN FRANCISCO	1:15p
72. ST. LOUIS AT SEATTLE	1:15p
73. BALTIMORE AT WASHINGTON	8:30p

MONDAY, OCTOBER 11

74. TENNESSEE AT GREEN BAY	8:00p
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SUNDAY, OCTOBER 17

(SIXTH WEEKEND)

(OPEN DATES: ARIZONA, BALTIMORE,
INDIANAPOLIS, NY GIANTS)

75. SAN DIEGO AT ATLANTA	1:00p
76. MIAMI AT BUFFALO	1:00p
77. WASHINGTON AT CHICAGO	12:00p
78. CINCINNATI AT CLEVELAND	1:00p
79. GREEN BAY AT DETROIT	1:00p
80. KANSAS CITY AT JACKSONVILLE	1:00p
81. SEATTLE AT NEW ENGLAND	1:00p
82. SAN FRANCISCO AT NY JETS	1:00p
83. CAROLINA AT PHILADELPHIA	1:00p
84. HOUSTON AT TENNESSEE	12:00p
85. PITTSBURGH AT DALLAS	3:15p
86. DENVER AT OAKLAND	1:15p
87. MINNESOTA AT NEW ORLEANS	7:30p

MONDAY, OCTOBER 18

88. TAMPA BAY AT ST. LOUIS	8:00p
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SUNDAY, OCTOBER 24

(SEVENTH WEEKEND)

(OPEN DATES: HOUSTON, PITTSBURGH,
SAN FRANCISCO, WASHINGTON)

89. BUFFALO AT BALTIMORE	1:00p
90. SAN DIEGO AT CAROLINA	1:00p
91. PHILADELPHIA AT CLEVELAND	1:00p
92. JACKSONVILLE AT INDY	12:00p
93. ATLANTA AT KANSAS CITY	12:00p
94. ST. LOUIS AT MIAMI	1:00p
95. TENNESSEE AT MINNESOTA	12:00p
96. DETROIT AT NEW YORK GIANTS	1:00p
97. CHICAGO AT TAMPA BAY	1:00p
98. NY JETS AT NEW ENGLAND	4:05p
99. SEATTLE AT ARIZONA	1:15p
100. DALLAS AT GREEN BAY	3:15p
101. NEW ORLEANS AT OAKLAND	1:15p

MONDAY, OCTOBER 25

102. DENVER AT CINCINNATI	9:00p
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SUNDAY, OCTOBER 31

(EIGHTH WEEKEND)

(OPEN DATES: CLEVELAND, NEW
ORLEANS, ST. LOUIS, TAMPA BAY)

103. ARIZONA AT BUFFALO	1:00p
104. DETROIT AT DALLAS	12:00p
105. JACKSONVILLE AT HOUSTON	12:00p
106. INDY AT KANSAS CITY	12:00p
107. NY GIANTS AT MINNESOTA	12:00p
108. BALTIMORE AT PHILADELPHIA	1:00p
109. CINCINNATI AT TENNESSEE	12:00p
110. GREEN BAY AT WASHINGTON	1:00p
111. ATLANTA AT DENVER	2:05p
112. CAROLINA AT SEATTLE	1:05p
113. NEW ENGLAND AT PITTSBURGH	4:15p
114. OAKLAND AT SAN DIEGO	1:15p
115. SAN FRANCISCO AT CHICAGO	7:30p

MONDAY, NOVEMBER 1

116. MIAMI AT New York JETS	9:00p
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SUNDAY, NOVEMBER 7
(NINTH WEEKEND)
(OPEN DATES: ATLANTA, JACKSONVILLE, GREEN BAY, TENNESSEE)

117.	NEW YORK JETS AT BUFFALO	1:00p
118.	OAKLAND AT CAROLINA	1:00p
119.	DALLAS AT CINCINNATI	1:00p
120.	WASHINGTON AT DETROIT	1:00p
121.	ARIZONA AT MIAMI	1:00p
122.	PHILADELPHIA AT PITTSBURGH	1:00p
123.	KANSAS CITY AT TAMPA BAY	1:00p
124.	CHICAGO AT NEW YORK GIANTS	4:05p
125.	NEW ORLEANS AT SAN DIEGO	1:05p
126.	SEATTLE AT SAN FRANCISCO	1:05p
127.	HOUSTON AT DENVER	2:15p
128.	NEW ENGLAND AT ST. LOUIS	3:15p
129.	CLEVELAND AT BALTIMORE	8:30p

MONDAY, NOVEMBER 8

130.	MINNESOTA AT INDIANAPOLIS	9:00p
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SUNDAY, NOVEMBER 14
(TENTH WEEKEND)
(OPEN DATE: DENVER, MIAMI, OAKLAND, SAN DIEGO)

131.	TAMPA BAY AT ATLANTA	1:00p
132.	PITTSBURGH AT CLEVELAND	1:00p
133.	HOUSTON AT INDIANAPOLIS	1:00p
134.	DETROIT AT JACKSONVILLE	1:00p
135.	KC AT NEW ORLEANS	12:00p
136.	BALTIMORE AT NEW YORK JETS	1:00p
137.	SEATTLE AT ST. LOUIS	12:00p
138.	CHICAGO AT TENNESSEE	12:00p
139.	CINCINNATI AT WASHINGTON	4:05p
140.	NEW YORK GIANTS AT ARIZONA	2:15p
141.	MINNESOTA AT GREEN BAY	3:15p
142.	CAROLINA AT SAN FRANCISCO	1:15p
143.	BUFFALO AT NEW ENGLAND	8:30p

MONDAY, NOVEMBER 15

144.	PHILADELPHIA AT DALLAS	8:00p
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SUNDAY, NOVEMBER 21
(ELEVENTH WEEKEND)

145.	DALLAS AT BALTIMORE	1:00p
146.	ST. LOUIS AT BUFFALO	1:00p
147.	ARIZONA AT CAROLINA	1:00p
148.	INDIANAPOLIS AT CHICAGO	12:00p
149.	PITTSBURGH AT CINCINNATI	1:00p
150.	NEW YORK JETS AT CLEVELAND	1:00p
151.	TENNESSEE AT JACKSONVILLE	1:00p
152.	DETROIT AT MINNESOTA	12:00p
153.	DENVER AT NEW ORLEANS	12:00p
154.	SAN FRANCISCO AT TAMPA BAY	1:00p
155.	SAN DIEGO AT OAKLAND	1:05p
156.	MIAMI AT SEATTLE	1:05p
157.	ATLANTA AT NEW YORK GIANTS	4:15p
158.	WASHINGTON AT PHILADELPHIA	4:15p
159.	GREEN BAY AT HOUSTON	7:30p

MONDAY, NOVEMBER 22

160.	NEW ENGLAND AT KANSAS CITY	6:00p
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THURSDAY, NOVEMBER 25
(TWELFTH WEEKEND)

161.	INDIANAPOLIS AT DETROIT	12:30p
162.	CHICAGO AT DALLAS	3:15p

SUNDAY, NOVEMBER 28

163.	TAMPA BAY AT CAROLINA	1:00p
164.	CLEVELAND AT CINCINNATI	1:00p
165.	TENNESSEE AT HOUSTON	12:00p
166.	SAN DIEGO AT KANSAS CITY	12:00p
167.	JACKSONVILLE AT MINNESOTA	12:00p
168.	BALTIMORE AT NEW ENGLAND	1:00p
169.	PHILADELPHIA AT NY GIANTS	1:00p
170.	WASHINGTON AT PITTSBURGH	1:00p
171.	NEW ORLEANS AT ATLANTA	4:05p
172.	NEW YORK JETS AT ARIZONA	2:15p
173.	MIAMI AT SAN FRANCISCO	1:15p
174.	BUFFALO AT SEATTLE	1:15p
175.	OAKLAND AT DENVER	6:30p

MONDAY, NOVEMBER 29

176.	ST. LOUIS AT GREEN BAY	8:00p
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SUNDAY, DECEMBER 5
(THIRTEENTH WEEKEND)

177.	CINCINNATI AT BALTIMORE	1:00p
178.	MINNESOTA AT CHICAGO	12:00p
179.	NEW ENGLAND AT CLEVELAND	1:00p
180.	ARIZONA AT DETROIT	1:00p
181.	TENNESSEE AT INDIANAPOLIS	1:00p
182.	BUFFALO AT MIAMI	1:00p
183.	CAROLINA AT NEW ORLEANS	12:00p
184.	HOUSTON AT NEW YORK JETS	1:00p
185.	SAN FRANCISCO AT ST. LOUIS	12:00p
186.	ATLANTA AT TAMPA BAY	1:00p
187.	KANSAS CITY AT OAKLAND	1:05p
188.	DENVER AT SAN DIEGO	1:05p
189.	GREEN BAY AT PHILADELPHIA	4:15p
190.	NY GIANTS AT WASHINGTON	4:15p
191.	PITTSBURGH AT JACKSONVILLE	8:30p

MONDAY, DECEMBER 6

192.	DALLAS AT SEATTLE	6:00p
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SUNDAY, DECEMBER 12
(FOURTEENTH WEEKEND)

193.	OAKLAND AT ATLANTA	1:00p
194.	NY GIANTS AT BALTIMORE	1:00p
195.	CLEVELAND AT BUFFALO	1:00p
196.	NEW ORLEANS AT DALLAS	12:00p
197.	DETROIT AT GREEN BAY	12:00p
198.	INDIANAPOLIS AT HOUSTON	12:00p
199.	CHICAGO AT JACKSONVILLE	1:00p
200.	SEATTLE AT MINNESOTA	12:00p
201.	CINCINNATI AT NEW ENGLAND	1:00p
202.	MIAMI AT DENVER	2:05p
203.	NEW YORK JETS AT PITTSBURGH	4:05p
204.	SAN FRANCISCO AT ARIZONA	2:15p
205.	ST. LOUIS AT CAROLINA	4:15p
206.	TAMPA BAY AT SAN DIEGO	1:15p
207.	PHIL. AT WASHINGTON	8:30p

MONDAY, DECEMBER 13

208.	KANSAS CITY AT TENNESSEE	8:00p
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**SATURDAY, DECEMBER 18
(FIFTEENTH WEEKEND)**

209. PITTSBURGH AT NY GIANTS 1:30p
 210. WASH. AT SAN FRANCISCO 2:00p
 211. CAROLINA AT ATLANTA 8:30p

SUNDAY, DECEMBER 19

212. HOUSTON AT CHICAGO 12:00p
 213. BUFFALO AT CINCINNATI 1:00p
 214. JACKSONVILLE AT GREEN BAY 12:00p
 215. MINNESOTA AT DETROIT 1:00p
 216. SAN DIEGO AT CLEVELAND 1:00p
 217. SEATTLE AT NEW YORK JETS 1:00p
 218. DALLAS AT PHILADELPHIA 1:00p
 219. ST. LOUIS AT ARIZONA 2:05p
 220. NEW ORLEANS AT TAMPA BAY 4:05p
 221. DENVER AT KANSAS CITY 3:15p
 222. TENNESSEE AT OAKLAND 1:15p
 223. BALTIMORE AT INDIANAPOLIS 8:30p

MONDAY, DECEMBER 20

224. NEW ENGLAND AT MIAMI 9:00p

**FRIDAY, DECEMBER 24
(SIXTEENTH WEEKEND)**

225. GREEN BAY AT MINNESOTA 2:00p

SATURDAY, DECEMBER 25

226. OAKLAND AT KANSAS CITY 4:00p
 227. DENVER AT TENNESSEE 7:30p

SUNDAY, DECEMBER 26

228. NY GIANTS AT CINCINNATI 1:00p
 229. CHICAGO AT DETROIT 1:00p
 230. SAN DIEGO AT INDIANAPOLIS 1:00p
 231. HOUSTON AT JACKSONVILLE 1:00p
 232. ATLANTA AT NEW ORLEANS 12:00p
 233. BALTIMORE AT PITTSBURGH 1:00p
 234. CAROLINA AT TAMPA BAY 1:00p
 235. NEW ENGLAND AT NY JETS 4:05p
 236. BUFFALO AT SAN FRANCISCO 1:05p
 237. WASHINGTON AT DALLAS 3:15p
 228. ARIZONA AT SEATTLE 1:15p
 239. CLEVELAND AT MIAMI 8:30p

MONDAY, DECEMBER 27

240. PHILADELPHIA AT ST. LOUIS 8:00p

**SUNDAY, JANUARY 2, 2005
(SEVENTEENTH WEEKEND)**

241. MIAMI AT BALTIMORE 1:00p
 242. PITTSBURGH AT BUFFALO 1:00p
 243. NEW ORLEANS AT CAROLINA 1:00p
 244. GREEN BAY AT CHICAGO 12:00p
 245. CLEVELAND AT HOUSTON 12:00p
 246. SAN FRAN. AT NEW ENGLAND 1:00p
 247. CINCINNATI AT PHILADELPHIA 1:00p
 248. NEW YORK JETS AT ST. LOUIS 12:00p
 249. DETROIT AT TENNESSEE 12:00p
 250. MINNESOTA AT WASHINGTON 1:00p
 251. TAMPA BAY AT ARIZONA 2:05p
 252. ATLANTA AT SEATTLE 1:05p
 253. INDIANAPOLIS AT DENVER 2:15p
 254. JACKSONVILLE AT OAKLAND 1:15p
 255. KANSAS CITY AT SAN DIEGO 1:15p
 256. DALLAS AT NEW YORK GIANTS 8:30p

POSTSEASON

- Sat. Jan. 8 Wild Card Playoffs
 Sun. Jan. 9 Wild Card Playoffs
 Sat. Jan. 15 Divisional Playoffs
 Sun. Jan. 16 Divisional Playoffs
 Sun. Jan. 23 Championship Games
 Sun. Feb. 6 Super Bowl XXXIX
 ALLTEL Stadium, Jacksonville
 Sun. Feb. 13 AFC-NFC Pro Bowl
 Honolulu, Hawaii



3RD-AND-AUTOMATIC

Since 2000, the Seahawks have finished in the top 10 in third-down conversion percentage three times, including tops in the NFL in 2003 (46.8). Seattle finished sixth in 2002 (43.1), and 10th in 2000 (40.5). Along with Seattle, only Indianapolis, Minnesota, St. Louis, San Francisco and Tennessee have finished in the top 10 at least three times since 2000.

2003 3RD-DOWN CONVERSION LEADERS

<u>Team</u>	<u>Made</u>	<u>Att.</u>	<u>Pct.</u>
1. Seattle	96	205	46.8
2. Minnesota	102	219	46.6
3. New Orleans	106	229	46.3
4. Cincinnati	102	228	44.7
5. St. Louis	92	216	42.6

2004 OPPONENTS



GREEN BAY PACKERS
Head Coach: Mike Sherman
Stadium: Lambeau Field

AUG. 16
Public Relations: Jeff Blumb
Phone: 920/496-5700



DENVER BRONCOS
Head Coach: Mike Shanahan
Stadium: Invesco Field

AUG. 21
Public Relations: Jim Saccomano
Phone: 303/649-9000



SAN DIEGO CHARGERS
Head Coach: Marty Schottenheimer
Stadium: Qualcomm Stadium

AUG. 27
Public Relations: Bill Johnston
Phone: 858/874-4500



MINNESOTA VIKINGS
Head Coach: Mike Tice
Stadium: Metrodome

SEPT. 2/DEC. 12
Public Relations: Bob Hagan
Phone: 952/828-6500



NEW ORLEANS SAINTS
Head Coach: Jim Haslett
Stadium: Louisiana Superdome

SEPT. 12
Public Relations: Greg Benschel
Phone: 504/733-0255



TAMPA BAY BUCCANEERS
Head Coach: Jon Gruden
Stadium: Raymond James Stadium

SEPT. 19
Public Relations: Jeff Kamis
Phone: 813/870-2700



SAN FRANCISCO 49ERS
Head Coach: Dennis Erickson
Stadium: 3Com Park

SEPT. 26/NOV. 7
Public Relations: Kirk Reynolds
Phone: 408/562-4949



ST. LOUIS RAMS
Head Coach: Mike Martz
Stadium: Edward Jones Dome

OCT. 10/NOV. 14
Public Relations: Duane Lewis
Phone: 314/982-7267



NEW ENGLAND PATRIOTS
Head Coach: Bill Belichick
Stadium: Gillette Stadium

OCT. 17
Public Relations: Stacey James
Phone: 508/543-8200



ARIZONA CARDINALS
Head Coach: Dennis Green
Stadium: Sun Devil Stadium

OCT. 24/DEC. 26
Public Relations: Greg Gladysiewski
Phone: 602/379-0101



CAROLINA PANTHERS
Head Coach: John Fox
Stadium: Ericsson Stadium

OCT. 31
Public Relations: Charlie Dayton
Phone: 704/358-7000



MIAMI DOLPHINS
Head Coach: Dave Wannstedt
Stadium: Pro Player Stadium

NOV. 21
Public Relations: Harvey Greene
Phone: 954/452-7010



BUFFALO BILLS
Head Coach: Mike Mularkey
Stadium: Ralph Wilson Stadium

NOV. 28
Public Relations: Scott Berchtold
Phone: 716/648-1800



DALLAS COYBOYS
Head Coach: Bill Parcells
Stadium: Texas Stadium

DEC. 6
Public Relations: Rich Dalrymple
Phone: 972/556-9900



NEW YORK JETS
Head Coach: Herman Edwards
Stadium: Giants Stadium

DEC. 19
Public Relations: Ron Colangelo
Phone: 516/560-8100



ATLANTA FALCONS
Head Coach: Jim Mora, Jr.
Stadium: Georgia Dome

JAN. 2, 2005
Public Relations: Aaron Salkin
Phone: 770/965-3115

MEDICAL GLOSSARY

AC JOINT-- Acromioclavicular joint; joint of the shoulder where acromion process of the scapula and the distal end of the clavicle meet, most shoulder separations occur at this point.

ABDUCT-- Movement of any extremity away from the midline of the body. This action is achieved by an abductor muscle.

ABRASION-- Any injury which rubs off the surface of the skin.

ABSCESS-- An infection which produces pus; can be the result of a blister, callus, penetration wound or laceration.

ADDUCT-- Movement of an extremity toward the midline of the body. This action is achieved by an adductor muscle.

ADHESION-- Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery which restricts normal elasticity of the structures involved.

AEROBIC-- Exercise in which energy needed is supplied by oxygen inspired and is required for sustained periods of vigorous exercise with a continually high pulse rate.

ANABOLIC STEROIDS-- Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth. The main anabolic steroid is testosterone.

ANAEROBIC-- Exercise without use of oxygen as an energy source; short of bursts of vigorous exercises.

ANAPHYLACTIC SHOCK-- Shock that is caused by an allergic reaction.

ANTERIOR COMPARTMENT SYNDROME-- Condition in which swelling within the anterior compartment of the lower leg jeopardizes the viability of muscles, nerves and arteries that serve the foot. In severe cases, emergency surgery is necessary to relieve the swelling and pressure.

ANTERIOR CRUCIATE LIGAMENT (ACL)-- A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint. A complete tear of the ACL necessitating reconstruction could require up to 12 months of rehabilitation.

ANTERIOR TALOFIBULAR LIGAMENT-- A ligament of the ankle that connects the fibula (lateral ankle bone) to the talus. This ligament is oft times subject to sprain.

ANTI-INFLAMMATORY-- Any agent which prevents inflammation, such as aspirin or ibuprofen.

ANTERIOGRAM-- A film demonstrating arteries after injection of a dye.

ARTHROGRAM-- X-ray technique for joints using air and/or dye injected into the affected area; useful in diagnosing meniscus tears of the knee and rotator cuff tears of the shoulder.

ARTHROSCOPE-- An instrument used to visualize the interior of a joint cavity.

ARTHROSCOPY-- A surgical examination of the internal structures of a joint by means for viewing through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of any damage or confirm a diagnosis.

ASPIRATION-- The withdrawal of fluid from a body cavity by means of a suction or siphonage apparatus, such as a syringe.

ATROPHY-- To shrivel or shrink from disuse, as in muscular atrophy.

AVASULAR NECROSIS-- Death of a part due to lack of circulation.

AVULSION-- The tearing away, forcibly, of a part or structure.

BAKER'S CYST-- Localized swelling of a bursa sac in the posterior knee as a result of fluid that has escaped from a knee capsule. A Baker's cyst indicates that there is a trauma inside the knee joint that leads to excessive fluid production.

BONE SCAN-- An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bony injury. If the radioactive substance is taken up the bone at the injury site, the injury will show as a "hot spot" on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

BRACHIAL PLEXUS-- Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand, and fingers.

BRUISE-- A discoloration of the skin due to an extravasation of blood into the underlying tissues.

BURSA-- A fluid-filled sac that is located in areas where friction is likely to occur, then minimizes the friction; for example between a tendon and bone.

- CAPSULE**-- An enclosing structure which surrounds the joint and contains ligaments which stabilize that joint.
- CARTILAGE**-- Smooth, slippery substance preventing two ends of bones from rubbing together and grating.
- CAT SCAN**-- Use of a computer to produce a cross-sectional view of the anatomical part being investigated from X-ray data.
- CELLULITIS**-- Inflammation of cellular or connective tissue.
- CERVICAL VERTEBRAE**-- Group of seven vertebrae located in the neck.
- CHARLEY HORSE**-- A contusion or bruise to any muscle resulting in intramuscular bleeding. No other injury should be called a charley horse.
- COLLES' FRACTURE**-- A fracture of the distal end of the radius with the lower end being displaced backward.
- CONCENTRIC MUSCLE CONTRACTION**-- A shortening of the muscle as it develops tension and contracts to move a resistance.
- CONCUSSION**-- Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe depending on loss of consciousness, amnesia and loss of equilibrium.
- CONTUSION**-- An injury to a muscle and tissues caused by a blow from a blunt object.
- CORTICAL STEROIDS**-- Used to suppress joint inflammation.
- COSTOCHONDRAL**-- Cartilage that separates the bones within the rib cage.
- CRYOKINETICS**-- Treatment with cold and movement.
- CRYOTHERAPY**-- A treatment with the use of cold.
- CYST**-- Abnormal sac containing liquid or semi-solid matter.
- DEGENERATIVE JOINT DISEASE**-- Changes in the joint surface as a result of repetitive trauma.
- DELTOID LIGAMENT**-- Ligament that connects the tibia to bones of the medial aspect of the foot and is primarily responsible for stability of the ankle on the medial side. Is sprained less frequently than other ankle ligaments.
- DELTOID MUSCLE**-- Muscles at top of the arm, just below the shoulder, responsible for shoulder motions to the front, side and back.
- DISC, INTERVERTEBRAL**-- A flat, rounded plate between each vertebrae of the spine. The disc consists of a thick fiber ring which surrounds a soft gel-like interior. It functions as a cushion and shock absorber for the spinal column.
- DISLOCATION**-- Complete displacement of joint surfaces.
- ECCENTRIC MUSCLE CONTRACTION**-- An overall lengthening of the muscles as it develops tension and contracts to control motion performed by an outside force; oft times referred to as a "negative" contraction in weight training.
- ECCYMOSSIS**-- Bleeding into the surface tissue below the skin, resulting in a "black and blue" effect.
- EDEMA**-- Accumulation of fluid in organs and tissues of the body; swelling.
- EFFUSION**-- Accumulation of fluid, in various spaces in the body, or the knee itself. Commonly, the knee has an effusion after an injury.
- ELECTRICAL GALVANIC STIMULATION (EGS)**-- An electrical therapeutic modality that sends a current to the body at select voltages and frequencies in order to stimulate pain receptors, disperse edema, or neutralize muscle spasms among other functional applications.
- ELECTROMYOGRAM (EMG)**-- Test to determine nerve function.
- EPICONDYLITIS**-- Inflammation in the elbow due to overuse.
- ETHYL CHLORIDE**-- "Cold spray," a chemical coolant sprayed onto an injury site to produce a local, mild anesthesia.
- FAT PERCENTAGE**-- The amount of body weight that is adipose, fat tissue. Fat percentages can be calculated by underwater weighing, measuring select skinfold thickness, or by analyzing electrical impedance.
- FEMUR**-- Thigh bone; longest bone in the body.
- FIBULA**-- Smaller of the two bones in the lower leg; runs from the knee to the ankle along the outside of the lower leg.
- FLEXIBILITY**-- The ability of muscle to relax and yield to stretch forces.
- FLEXIBILITY EXERCISE**-- General term used to describe exercise performed by an athlete to passively or actively elongate soft tissue without the assistance of an athletic trainer.

- FRACTURE**-- Breach of continuity of a bone. Types of fractures include simple, compound, comminuted, greenstick incomplete, impacted, longitudinal, oblique, stress, or transverse.
- GAMEKEEPER'S THUMB**-- Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.
- GLYCOGEN**-- Form in which foods are stored in the body as energy.
- GRADE ONE INJURY**-- A mild injury in which ligament, tendon, or other musculoskeletal tissue may have been stretched or contused, but not torn or otherwise disrupted.
- GRADE TWO INJURY**-- A moderate injury when musculoskeletal tissue has been partially, but not totally, torn which causes appreciable limitation in function of the injured tissue.
- GRADE THREE INJURY**-- A severe injury in which tissue has been significantly, and in some cases totally, torn or otherwise disrupted causing a virtual total loss of function.
- HAMSTRING**-- Category of muscle that runs from the buttocks to the knee along the back of the thigh. It functions to flex the knee, and is oft times injured as a result of improper conditioning or lack of muscle flexibility.
- HEAT CRAMPS**-- Painful muscle spasms of the arms or legs caused by excessive body heat and depletion of fluids and electrolytes.
- HEAT EXHAUSTION**-- Mild form of shock due to dehydration because of excessive sweating when exposed to heat and humidity.
- HEAT STROKE**-- Condition of rapidly rising internal body temperature that overwhelms the body's mechanisms of release of heat and could result in death if not cared for appropriately.
- HEEL CUP**-- Orthotic device that is inserted into the shoe and worn under the heel to give support to the Achilles tendon and help absorb impacts at the heel.
- HEMATOMA**-- Tumor-like mass produced by an accumulation of coagulated blood in a cavity.
- HOT PACK**-- Chemical pack that rests in water, approximately 160 degrees, and retains its heat for 15-20 minutes when placed in a towel for general therapeutic application.
- HUMERUS**-- Bone of the upper arm that runs from the shoulder to the elbow.
- HYDROTHERAPY**-- Treatment using water.
- HYPEREXTENSION**-- Extreme extension of a limb or body part.
- ILLIOTIBIAL BAND**-- A thick, wide fascial layer that runs from the iliac crest to the knee joint and is occasionally inflamed as a result of excessive running.
- INFLAMMATION**-- The body's natural response to injury in which the injury site might display various degrees of pain, sweating, heat, redness, and/or loss of function.
- INTERNAL ROTATION**-- Rotation of a joint or extremity medially, to the inside.
- LESION**-- Wound, injury or tumor.
- LIGAMENT**-- Bands of fibrous tissue that connects bone to bone, or bone to cartilage and supports and strengthens joints.
- LUMBAR VERTEBRAE**-- Five vertebrae of the lower back that articulate with the sacrum to form the lumbosacral joint.
- MAGNETIC RESONANCE IMAGING (MRI)**-- Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react to this pulse and through this process a computer display and permanent film establish a visual image. MRI does not require radiation and is very useful in the diagnosis of soft tissue, disc, and meniscus injuries.
- MENISCECTOMY**-- An intra-articular surgical procedure of the knee by which all or part of the damaged meniscus is removed.
- METACARPALS**-- Five long bones of the hand, running from the wrist to the fingers.
- METATARSALS**-- Five long bones of the foot, running from the ankle to the toes.
- MYOSITIS**-- Inflammation of a muscle.
- NECROTIC**-- Relating to death of a portion of tissue.
- NEOPRENE**-- Lightweight rubber used in joint and muscle sleeves designed to provided support and/or insulation and heat retention to the area.
- ORTHOTIC**-- Any device applied to or around the body in the care of physical impairment or disability, commonly used to control foot mechanics.
- PARSTHESIA**-- Sensation of numbness or tingling, indicating nerve irritation.
- PATELLA**-- The knee cap.
- PATELLA TENDINITIS**-- Inflammation of the patella ligament; also known as "jumpers knee."

PATELLOFEMORAL JOINT-- Articulation of the knee cap and femur. Inflammation of this joint can occur through; 1) acute injury to the patella, 2) overuse from excessive running particularly if there is an associated knee weakness, 3) chronic wear and tear of the knee, or 4) as a result of poor foot mechanics. Patellofemoral irritation can lead to chondromalacia, which in its most chronic condition, could require surgery.

PERONEAL MUSCLES-- Group of muscles of the lateral lower leg that are responsible for exerting the knee. Tendons of these three muscles are vital to the stability of the ankle and foot.

PHALANX-- Any bone of the fingers or toes; plural is phalanges.

PHLEBITIS-- An inflammation of a vein.

PLICA-- Fold of tissue in the joint capsule and common result of a knee injury.

POSTERIOR CRUCIATE LIGAMENT (PCL)-- A primary stabilizing ligament of the knee that provides significant stability and prevents displacement of the tibia backward within the knee joint. A complete tear of this ligament necessitating reconstruction would require up to 12 months of rehabilitation.

QUADRICEPS MUSCLES-- Commonly referred to as "quads." A group of four muscles of the front thigh that run from the hip and form a common tendon at the patella; they are responsible for knee extension.

RADIOGRAPHY-- Taking X-rays.

RADIUS-- Forearm bone on the thumb side.

RECONSTRUCTION-- Surgical rebuilding of a joint using natural, artificial or transplanted materials.

REFERRED PAIN-- Pain felt in an undamaged area of the body away from the actual injury.

RETRACTION-- The moving of tissue to expose a part or structure of the body.

ROTATOR CUFF-- Comprised of four muscles in the shoulder area that can be irritated by over use. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor, and subscapularis.

ROTATOR CUFF IMPINGEMENT SYNDROME-- A microtrauma or overuse injury caused by stress, and the four stages are: 1) Tendinitis with temporary thickening of the bursa and rotator cuff; 2) Fiber dissociation in the tendon with permanent thickening of the bursa and scar formation; 3) A partial rotator cuff tear of less than one centimeter; or 4) A complete tear of one centimeter or more.

SACRUM-- Group of five fused vertebrae located just below the lumbar vertebrae of the lower back.

SCAPULA-- Shoulder blade.

SCIATICA-- Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.

SCIATIC NERVE-- Major nerve that carries impulses for muscular action and sensations between the lower back and thigh and lower leg; it is the longest nerve in the body.

SHIN SPLINT-- A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

SORBOTHANE-- An energy absorbing polyurethane utilized in some foot orthotics to absorb shock forces of the foot.

SPASM (THEORY)-- Muscle soreness induced by exercise; is the result of reduced muscle blood flow, which results in pain.

SPLEEN-- Large, solid organ responsible for the normal production and destruction of blood cells.

SPONDYLITIS-- Inflammation of one or more vertebrae.

SPRAIN-- Injury resulting from a stretch or twist of the joint and causes various degrees of stretch or tear of a ligament or other soft tissue at the joint.

STERNUM-- The breast bone.

STEROIDS-- Any one of a large number of hormone-like substances. See anabolic steroids and cortical steroids.

STRAIN-- Injury resulting from a pull or torsion to the muscle or tendon that causes various degrees of stretch or tear to the muscle or tendon tissue.

STRESS FRACTURE-- A hair-line type break in a bone caused by overuse.

STRESS X-RAY-- A continual X-ray taken when a portion of the body is stressed to its maximum in order to determine joint stability. This is a test utilized in some ankle injuries.

STRETCHING-- Any therapeutic maneuver designed to elongate shortened soft tissue structures and thereby increase flexibility.

SUBLUXATION-- Partial dislocation of a joint. The term usually implies that the joint can return to its normal position without formal reduction.

TALUS-- The ankle bone that articulates with the tibia and fibula to form the ankle joint.

TARGET HEART RATE-- A pre-determined pulse to be obtained during exercise when circulation is working at full efficient capacities.

TARSALS-- Group of seven bones of the foot consisting of the calcaneal, talus, cuboid, and three cuneiform bones.

TEMPOROMANDIBULAR JOINT (TMJ)-- The articulation of the jaw and skull; considered by some to be vital in resolution of injuries throughout the body.

TENDINITIS-- Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.

TENDON-- Tissue that connects muscle to bone.

TENNIS ELBOW-- General term for lateral elbow pain.

THORACIC-- Group of twelve vertebrae located in the thorax and articulate with the 12 ribs.

THORACIC OUTLET COMPRESSION SYNDROME-- A neuro-vascular disorder of the upper extremity common in throwing.

TIBIA-- Larger of the two bones of the lower leg and is the weight-bearing bone of the shin.

TOMOGRAPH-- A special type of X-ray apparatus that demonstrates an organ or tissue at a particular depth.

TRACHEA-- The windpipe.

TRASCUTANEOUS ELECTRICAL NERVE STIMULATOR (TENS)-- An electrical modality that sends mild current through pads at the injury site which stimulates the brain to release the natural analgesic, endorphin.

TRANSVERSE PROCESS-- Small lateral projection off the right side and the left side of each vertebrae that functions as an attachment site for muscles and ligaments of the spine.

TRAPEZIUS-- Flat triangular muscle covering the posterior surface of the neck and shoulder.

TRICEPS-- Muscle of the back of the upper arm, primarily responsible for extending the elbow.

ULNA-- Forearm bone that runs from the tip of the elbow to the little finger side of the wrist.

ULNAR NERVE-- Nerve in the elbow commonly irritated from excessive throwing.

ULTRASOUND-- An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema.

VALGUS-- Angulation outward and away from the midline of the body.

VARUS-- Angulation inward and toward the midline of the body.

VASOCONSTRICTION-- Decrease of local blood flow.

VASODILATION-- Increase of local blood flow.

"WIND-KNOCKED-OUT"-- Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

ZYGOMA-- The cheekbone.

RUSH TO JUDGEMENT

Although the Seahawks defense only improved in overall rank from 28th to 19th from 2002 to 2003, Seattle shaved 42.7 rushing yards allowed/game off their average. The Seahawks ranked last against the run in 2002, but under Ray Rhodes made the second greatest improvement in the NFL in terms of yards allowed/game. Seattle finished this season ranked 14th in the NFL versus the run.

DIFFERENCE IN RUSHING YARDS/GAME

TEAM	2002 (RANK)	2003 (RANK)	DIFFERENCE
New England	137.4 (31)	89.6 (4)	-47.8
<i>Seattle</i>	<i>152.6 (32)</i>	<i>109.9 (14)</i>	<i>-42.7</i>
Jacksonville	129.4 (25)	87.9 (2)	-41.5
Buffalo	132.6 (29)	100.4 (8)	-32.2
Dallas	113.6 (15)	89.1 (3)	-24.5

2004-2005 KEY DATES

- Mid-July --
Training camps open. Clubs not permitted to open camps before July 5. Veteran players cannot be required to report earlier than 15 days prior to club's first preseason game or July 15, whichever is later.
- July 22* --
Signing period ends at 4:00 PM ET for unrestricted free agents who received June 1 tender.
- (* Or the first scheduled day of the first NFL training camp, whichever is later.)
- August 9 --
Pro Football Hall of Fame Game – Denver Broncos vs. Washington Redskins (ABC).
- August 12-16 --
First full preseason weekend.
- August 31 --
Roster cutdown to maximum of 65 players.
- September 5 --
Roster cutdown to maximum of 53 players.
- September 6 --
Clubs may establish practice squad of eight players.
- September 9-13 --
Kickoff 2004.
- October 19 --
Trading deadline.
- October 26-27 --
NFL Fall Meeting, Detroit, Michigan.

2005

- January 2 --
Regular season ends.
- January 8-9 --
Wild Card Playoffs.
- January 15-16 --
Divisional Playoffs.
- January 23 --
Conference Championships.
- February 6 --
Super Bowl XXXIX, Jacksonville, Florida (FOX).
- February 13 --
AFC-NFC Pro Bowl, Honolulu, Hawaii (ESPN).
- February 23-March 1 --
Scouting Combine, Indianapolis, Indiana.
- March 20-23 --
NFL Annual Meeting, Maui, Hawaii.
- April 23-24 --
NFL Draft, New York City.
- May 23-25 --
NFL Spring Meeting (Site TBD).

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ESCAPE.


Don't spend game day fighting traffic and searching for parking. For every Seahawks Sunday afternoon regular season game, Sound Transit will run two trains from Tacoma to King Street Station—and, now, one train from Everett to King Street Station. From Tacoma, there are convenient stops in Puyallup, Sumner, Auburn, Kent and Tukwila. From Everett, Sounder makes one stop at Edmonds. Trains arrive at King Street Station with plenty of time to enjoy Seahawks Stadium and all of the pre-game activities.

Regular commuter rail fares apply. Tickets are available at vending machines at any Sounder station.

Sound Transit also offers ST Express bus service to downtown Seattle from Everett (Route 510), Lynnwood (Route 511), Bellevue (Route 550), Issaquah (Route 554) and Lakewood/Tacoma (Route 594).

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