NFC WEST

2014 SEATTLE SEAHAWKS

LOOKBACK - Pete Carroll completely overhauled the roster in 4Y and they have improved each ssn during his tenure. LY they had some key FA acquisitions and were clearly one of the favorites to win the SB in the pre-ssn. They started the ssn 11-1 before splitting out their final 4 gms. Their 13-3 overall mark was good enough to give them home field advantage in the strongest home venue in the league today (15-1 L/2 yrs). After narrow home victories against the Saints and 49ers in the Divisional and NFC Championship rounds, SEA dismantled the Broncos in the SB from the 1st play on as they held them to 306 yds and 8 pts (151 yds and 30 pts under their regular ssn avg) and claimed their 1st Lombardi Trophy in franchise history.

OFFENSE - The Seahawks have been pretty consistent in Russell Wilson's 2 yrs with B2B #17 finishes in ttl offense (339 ypg LY). Wilson's individual numbers were also nearly identical to his rookie campaign as in '12 he threw for 3,118 yds (64%, 26-10) while adding 489 rush (5.2) and LY threw for 3,357 yds (63%, 26-9) while adding 539 rush (5.6). SEA is a run first offense (finished 1st in rush att's in 2012 and 2nd in 2013) and deservedly so with Marshawn Lynch in the backfield. The Seahawks finished 4th in the NFL last ssn with 137 ypg (4.3) with Lynch surpassing the 1,000+ yd mark for a 3rd straight ssn here including having 39 ttl td's in that span. The backup spot behind Lynch is set with 2013 2nd Rnd DC Christine Michael as the primary along with Robert Turbin. Michael has drawn considerable praise from the coaching staff this offseason and there is some growing concern with Lynch now having more than 1,800 career carries. SEA traded away their 1st Rnd pick in '13 to acquire Percy Harvin but hip surgery saw him play in just 1 regular ssn gm (1 catch). His impact was felt however vs DEN as he had an 87 yd KR td to open the 2H of the SB while also posting 45 yds on a pair of fly-sweeps. Golden Tate was the tm's leading receiver (898, 14.0) but the play of Doug Baldwin (778, 15.6) gave the front office enough confidence to allow Tate to walk following the ssn with a now healthy Harvin. SEA also adds in 2nd Rd DC Paul Richardson while also boasting a solid duo of TE's (Zach Miller and Luke Willson) who combined for 53 catches a ssn ago. Despite having a mobile QB like Wilson, the OL all'd 44 sks (#20 LY), however much of that could be attributed to Wilson's inexp in the pocket and refusal to throw a lot of bad passes. The projected st'rs for 2014 each started at least 8 gms a ssn ago (tm returns 57 of 80 sts) and as Wilson becomes more aware of his surroundings in the pocket, the OL should see the amount of sks decrease. While the Seahawks did a good job re-tooling their offense with a few FA's and DC's, HC Pete Carroll has already made it abundantly clear that he's not changing a winning formula on offense despite Wilson now having 37 career sts under his belt and wanting more on his shoulders.

DEFENSE - SEA has finished in the Top 10 of ttl defense in each of the past 3 ssns including their #1 performance a ssn ago when they surrendered just 274 ypg (best mark in NFL the past 2 yrs). The Seahawks were 7th in the league in rush defense all'g 102 ypg but do lose a pair of st'rs heading into '14 in Red Bryant and Chris Clemons (26 combined sts). Fortunately, the unit still appears to be in solid shape as the depth on the DL in '13 was among the best in the NFL. A prime example of this would be DE's Michael Bennett and Cliff Avril who only had a combined 5 sts a ssn ago between them yet finished #1 and #2 in team sks with 8.5 and 8 respectively. SEA returns their top 9 tkl'rs in '14 with 4 LB's in that group including leading tkl'r Bobby Wagner (120 tkls) who now has 260 tkls over his 1st 2 ssns. It also helps when you can have a Super Bowl MVP as a bkp and that is the case with Malcolm Smith. The secondary received most of the praise in '13 as they all'd just 172 ypg (59%, league-leading 28 int's) tying the '11 Steelers for the fewest pass yds surrendered since 2009. The 3 returning st'rs to the secondary (Richard Sherman, Earl Thomas and Kam Chancellor) each earned spots on the All-Pro tm while Sherman led the NFL with 8 int and was rewarded with a 4 yr $57 million contract. While they do face some tough offenses outside of their division in '14 (open up vs GB, SD & DEN), the Seahawks will once again have one of the top defenses in all of the NFL.

SPECIAL TEAMS - After a #1 finish in Carroll's 1st ssn in '10, the Seahawks have come back to reality in our ST rankings including a #24 performance LY. A healthy Harvin, who had just 1 return a ssn ago will certainly help this year as he has 5 career KR td's and is expected to take over both return duties in '14. Steven Hauschka hit 24-27 (89%) in '12 and followed that up a ssn ago by hitting on 33-35 (94%, #2 NFL). P Jon Ryan did see his numbers dip a bit (45.6, 40.8 net '12) to 42.7 (39.2 net). Everyone but PR Tate returns TY giving SEA a solid chance to move up in our rankings this ssn.

OVERVIEW - The NFL is well know for being a copycat league and the Seahawks model is spreading rapidly amongst tms. SEA lost 6 st'rs and 10 ply'rs overall from LY's SB winning team, and it seems the NFL punished them because of their strong homefield edges as they didn't give them a single SNF/MNF home game. SB winners usually get one of the toughest sked the following yr and this yr is no diff (#9) as the Seahawks open up vs 3 playoff tms in GB, SD and DEN. They also have 3 tough road gms in their final 5 incl having only 4 days to prep for their Thanksgiving night showdown at revenging SF. There are also several factors pointing down as they benefitted from a league-best +20 TO's LY while also having beneficial offensive and defensive ypp's along with 2 net close wins. Despite all this, the Seahawks still have most of their remaining key pieces from LY, now have a healthy Harvin on offense and they have a solid shot at becoming just the 2nd team in the new millennium to repeat as SB champs joining NE ('03-'04).

SEATTLE SEAHAWKS PROJECTED FINISH **(12-4)**

PHIL STEELE'S POWER POLL **1** Power Rating 102.49

PHIL STEELE'S UNIT RANKINGS
QUARTERBACK RATING #14
RUNNING BACK RATING #5
RECEIVER RATING #19
OFFENSIVE LINE RATING #21
DEFENSIVE LINE RATING #9
LINEBACKERS RATING #3
DEFENSIVE BACKS RATING #1
SPECIAL TEAMS RATING #5
STRENGTH OF SCHEDULE #9

2014 SAN FRANCISCO 49ers

LOOKBACK - All the 49ers have done in the Jim Harbaugh era is post a 36-11-1 overall record and earn a spot in 3 consecutive NFC Championship gms (SB appearance in '12). After a road win vs GB to open the ssn, the 49ers shockingly suffered B2B blowout losses to SEA and IND as the 49ers struggled to transition to a passing team. They would win their next 5 gms by 23 ppg by getting back to basics but then had 2 losses by a comb 4 pts. They would close out their ssn w/6 str wins but finished 2nd to SEA in the division and would have to play on the road throughout the playoffs. After notching wins over GB and CAR, the 49ers were driving for the winning td in Seattle with a trip to SB48 on the line. However, SF was int'd on a tremendous tip play by Richard Sherman and would go on to lose 23-17, which marked the 3rd str ssn they have come up just short.

OFFENSE - While the 49ers saw their ttl offense ranking drop from #11 to #24 LY, their ppg a ssn ago actually improved for a 4th consecutive ssn (17.5 to 25.4 LY). After leading the 49ers to SB 47 (took over for Alex Smith in '12 during bye wk) Colin Kaepernick started all 16 gms in 2013 throwing for 3,197 yds (58.4%) with a 21-8 ratio while also rushing for 524 yds (5.7, 4 td). While he did receive a lucrative extension it's really a team friendly contract Kaepernick is on. While Frank Gore is still penciled in as the st'r here after yet another 1,000 yd ssn (7th in 8 yrs), this unit is stacked with highly drafted talent as the 49ers have now picked a RB in the top 4 rounds in each of the last 4 ssns. Carlos Hyde (#2 DC) is the newest member of the group after becoming the 1st RB in Urban Meyer's HC career to top 1,000 yards rushing. LaMichael James has been relegated to more of a ST's role but Marcus Lattimore finally appears to be past his gruesome leg inj of '12 at South Carolina and could challenge Hyde and LY's bkp Kendall Hunter for some PT in the backfield. Needless to say it's one of the deepest RB corps in the league. OC Greg Roman was unable to use 3 and 4-WR sets in 2013 due to the lack of healthy players at the position making it tough for Kaepernick to find functional targets for a good portion of the yr. With Michael Crabtree now 100% and Vernon Davis still in the debate as one of the top TE's in the league, this unit can be dangerous in '14 esp with both players jockeying for new contracts. SF also dealt a low draft pick to pull in a quality WR for a 2nd straight ssn (Anquan Boldin '13) with the addition of Stevie Johnson. Throw in the drafting of speedy Bruce Ellington and the 49ers now have the ability to expand the passing game and relinquish some of the gimmick formations that they've been forced to utilize in the last couple of yrs to keep the offense productive. SF had the #3 rush offense in the NFL LY (138 ypg, 4.4) and should be as effective in '14 assuming they find a starting C as Daniel Kilgore and rookie 3rd rounder Marcus Martin will be in a legit TC battle for the spot. The unit returns 64 of their 80 sts from LY and still remains one of the top OL's. Assuming the offense as a whole maintains better health, the 49er offense could see their ppg improve for a 5th straight year.

DEFENSE - SF has boasted a top 5 defense in each of the past 3 ssns including a #5 finish in '13 that saw them allow just 317 ypg. 2008 was the last year that the 49ers surrendered more than 100 ypg on the ground (96 ypg, 3.9 in '13) and that trend may end in 2014 as while the front-3 returns intact led by DE Justin Smith, the LB corps has plenty of questions. Leading tkl'r NaVorro Bowman (145) will likely begin the ssn on the PUP after a major knee inj in the playoffs and OLB Aldon Smith (42 sks in 3Y) has a substantial suspension in his future. Patrick Willis returns to the group and has tallied 100+ tkls in 6 of his 7 ssns (97 in '11) while Ahmad Brooks also returns after tying Smith for the tm lead in sks LY (8.5). The tm did post 38 sks for a 2nd consec yr but dropped overall from #11 to #18. The secondary did lose 3 of their 4 st'rs after a #7 pass D performance (221 ypg, 59%, 19-18) but does get two key FA's in return that started a combined 27 sts a ssn ago led by Antoine Bethea. Jimmie Ward, who was selected in the 1st Rnd of the draft will provide quality depth. Assuming that the LB corps is able to hold up until both Bowman and Smith return, the SF defense will still continue to be a solid group although another top 5 finish seems a bit unlikely for 2014.

SPECIAL TEAMS - Brad Seely is one of the best ST's coordinators in the game today and his #2 finish in our rankings a ssn ago is a prime example. LY the 49ers added an underrated K Phil Dawson from CLE and he would go on to convert 32 of 36 att's, a huge improvement from what David Akers did here in '12 (29-42). Andy Lee is in the discussion for being one of the top P's in the league today as he once again found himself in the top 5 in both avg (48.2) and net (41.7). All the key contributors return again in '14 including LaMichael James who had a 26.8 KR and 10.9 PR avg. The 49ers are clearly one of the elite ST's units in the NFL.

OVERVIEW - The 49ers 36-11-1 record the last 3 seasons is 2nd only to NE's 37-11 mark but like NE, they have nothing to show for it when it comes to the Lombardi Trophy. TY the hope is that the offense will be more diversified with a healthy rec corps but the health of the defense particularly at LB raises some red flags. While the 49ers always rank near the top of the NFL in TO margin, they also had positive offensive and defensive ypp's and only outgained their foes by 7 ypg a year ago which is more indicative of a 8-8 or 9-7 team (-52 ypg vs foes that finished w/a winning record). The sked sees opening up at a rebuilding DAL tm followed by 3 HG's in the next 4 all vs tms who won 8 or more gms LY. They have three B2B road trips on the ssn incl road trips vs DEN and NO in non-div play. They do finish with 2 str HG's on the ssn. Three straight trips to the NFC Championship is a tremendous feat and there is no question the 49ers will be one of the NFL's elite teams yet again as they open their new stadium. The big question however is whether that grind of 3 consecutive runs deep into the postssn will end up catching up to them in '14.

SAN FRANCISCO 49ers PROJECTED FINISH **(10-6)**

PHIL STEELE'S POWER POLL **5** Power Rating 98.62

PHIL STEELE'S UNIT RANKINGS
QUARTERBACK RATING #18
RUNNING BACK RATING #11
RECEIVER RATING #2
OFFENSIVE LINE RATING #2
DEFENSIVE LINE RATING #13
LINEBACKERS RATING #15
DEFENSIVE BACKS RATING #17
SPECIAL TEAMS RATING #3
STRENGTH OF SCHEDULE #4

SEATTLE SEAHAWKS

NFC WEST
1st Place

Projected 2014 Finish: 12-4

HEAD COACH: PETE CARROLL

5TH YEAR HERE / 9TH OVERALL (NE '97-'99)

Record Here: 38-26 — Playoffs: 5-2
Record Overall: 71-57 — Playoffs: 6-4

Previous HC: Jim L. Mora Jr ('09, 5-11)

2013 REC: 13-3

		PT DIFF +186	HOME 7-1	AWAY 6-2	DIV 4-2

LEADERS
- QB Russell Wilson 3357 yds, 257-407 (63.1%), 26-9, 101.2 QBR
- RB Marshawn Lynch 1257 yds, 301 att, 4.2 ypc, long 43, 12 td's
- REC Golden Tate 898 yds, 64 rec, 14.0 ypc, long 80, 5 td's
- SCR Steven Hauschka 143 pts, 33 FG's, 44 XP's
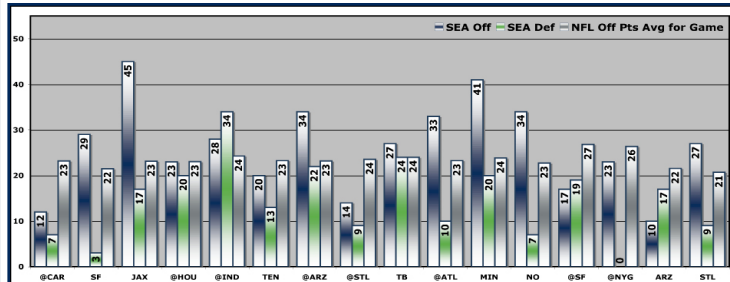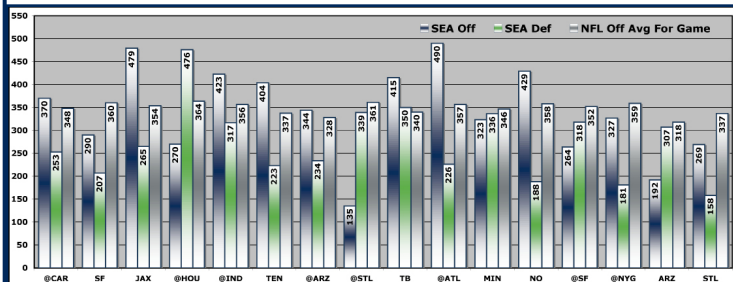- TKL Bobby Wagner 120 tkls, 72 solo

2012 REC: 11-5

		PT DIFF +167	HOME 8-0	AWAY 3-5	DIV 3-3

LEADERS
- QB Russell Wilson 3118 yds, 252-393 (64.1%), 26-10, 100.0 QBR
- RB Marshawn Lynch 1590 yds, 315 att, 5.0 ypc, long 77, 11 td's
- REC Sidney Rice 748 yds, 50 rec, 15.0 ypc, long 46, 7 td's
- SCR Steven Hauschka 118 pts, 24 FG's, 46 XP's
- TKL Bobby Wagner 140 tkls, 87 solo

Off YPG: 339 (#18) • Def YPG: 274 (#1) • YPG Diff: +65.4 (#3)

Off PPG: 26.1 (#9) • Def PPG: 14.4 (#1) • PPG Diff: +11.6 (#2)
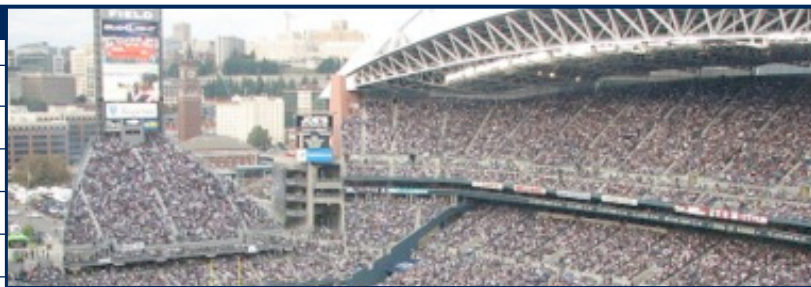

2013 GAME-BY-GAME STATISTICS

Foe	Score	Tot Off	FD	Rush Att-Yds	Avg	Pass Co-Att	Yds	Sks Vs	Tot Def	FD	Rush Att-Yds	Avg	Pass Co-Att	Yds	Sks By	Net Yds	TO's	Diff Pts	FD	Off vs Foe	Def vs Foe	Gm Grade	SSN Rank	NFL Rank
at Carolina	12-7	370	18	26-70	2.7	25-33	300	2	253	17	26-134	5.2	16-23	119	1	117	1	5	1	#12	72	#4	68	88.3	#9	#68
San Francisco	29-3	290	19	47-172	3.7	8-19	118	4	207	12	20-100	5.0	13-28	107	3	83	4	26	7	#16	-26	#13	125	90.8	#6	#31
Jacksonville	45-17	479	28	36-156	4.3	21-29	323	2	265	17	25-51	2.0	18-38	214	3	214	1	28	11	#11	106	#1	31	89.0	#8	#56
at Houston	23-20	270	15	30-179	6.0	12-23	91	5	476	29	35-151	4.3	31-49	325	4	-206	1	3	-14	#1	-51	#12	-137	78.3	#18	#380
at Indianapolis	28-34	423	21	34-218	6.4	15-31	205	2	317	20	29-109	3.8	16-29	208	2	106	0	-6	1	#7	57	#5	40	84.1	#15	#174
Tennessee	20-13	404	21	33-151	4.6	23-31	253	2	223	13	20-66	3.3	17-29	157	3	181	0	7	11	#15	70	#3	121	84.1	#14	#172
at Arizona	34-22	344	21	32-135	4.2	18-29	209	3	234	22	18-30	1.7	30-45	204	7	110	0	12	-1	#13	28	#7	120	92.7	#5	#15
at St Louis	14-9	135	7	15-44	2.9	10-18	91	7	339	23	37-200	5.4	15-31	139	3	-204	2	5	-16	#4	-224	#16	-36	81.3	#16	#268
Tampa Bay	27-24	415	26	35-198	5.7	19-26	217	0	350	24	38-205	5.4	18-24	145	3	65	-3	3	2	#3	71	#5	-78	77.6	#19	#400
at Atlanta	33-10	490	25	42-211	5.0	19-26	279	1	226	16	16-64	4.0	23-36	162	2	264	1	23	9	#14	118	#1	125	95.5	#3	#9
Minnesota	41-20	323	16	28-93	3.3	14-21	230	1	336	13	33-132	4.0	18-35	204	2	-13	4	21	-3	#5	-80	#14	9	87.1	#10	#91
New Orleans	34-7	429	23	38-127	3.3	22-30	302	1	188	12	17-44	2.6	23-38	144	1	241	1	27	11	#17	135	#2	226	99.7	#1	#1
at San Francisco	17-19	264	13	23-86	3.7	15-25	178	2	318	19	33-163	4.9	15-29	155	2	-54	0	-2	-6	#6	-54	#15	8	85.1	#13	#138
at NY Giants	23-0	327	21	34-134	3.9	20-29	193	4	181	11	14-25	1.8	22-35	156	4	146	0	23	9	#18	-6	#10	135	94.2	#4	#13
Arizona	10-17	192	10	20-103	5.2	11-27	89	4	307	16	43-139	3.2	13-25	168	2	-115	2	-7	-6	#9	-134	#16	42	80.5	#17	#294
St Louis	27-9	269	20	36-111	3.1	15-23	158	4	158	11	18-13	0.7	21-30	145	2	111	2	18	9	#19	-81	#14	157	89.8	#7	#42
New Orleans	23-15	277	13	35-174	5.0	9-18	103	3	409	25	26-108	4.2	24-43	301	1	-132	1	8	-12	#17	135	#2	226	86.2	#11	#115
San Francisco	23-17	308	14	29-115	4.0	16-25	193	4	308	16	28-161	5.8	14-24	147	2	0	2	6	-2	#16	-26	#13	125	86.1	#12	#116
at Denver	43-8	341	17	29-135	4.7	18-26	206	0	306	18	14-27	1.9	34-49	279	1	35	4	35	-1	#10	-134	#2	42	97.1	#2	#2
TOTALS	506-271	6350	351	602-2612	4.3	310-489	3738	51	5401	341	490-1922	3.9	381-640	3479	48	949	27	235	10	#13	-37	#1	1115	1667.5		#1
AVERAGES	27-14	334	18	32-137	4.3	63.4%	197	10.4%	284	18	26-101	3.9	59.5%	183	7.5%	50	1	12	1	#13	-2	#1	59	87.8		#1
HOME	28-14	339	19	34-140	4.2	63.5%	199	10.0%	275	17	27-102	3.8	59.0%	173	7.0%	64	1	14	3	#17	3	#1	64	88.1		#2
AWAY	25-14	329	18	29-135	4.6	63.3%	195	10.8%	294	20	25-100	4.1	62.0%	194	8.0%	35	2	11	-2	#14	-7	#1	52	88.5		#2
Vs DIVISION	22-14	257	15	29-109	3.8	56.0%	148	16.9%	267	17	28-115	4.1	57.1%	152	9.9%	-10	2	8	-2	#32	-71	#3	62	86.6		#2
Vs NON-DIV	29-15	379	21	33-154	4.6	67.2%	225	7.1%	294	19	24-93	3.8	60.7%	201	6.3%	85	1	14	2	#8	38	#1	57	88.4		#2

2013 GAME-BY-GAME PLAYER STATISTICS

	Player	Gm 1 @CAR	Gm 2 SF	Gm 3 JAX	Gm 4 @HOU	Gm 5 @IND	Gm 6 TEN	Gm 7 @ARZ	Gm 8 @STL	Gm 9 TB	Gm 10 @ATL	Gm 11 MIN	BYE	Gm 12 NO	Gm 13 @SF	Gm 14 @NYG	Gm 15 ARZ	Gm 16 STL	Div NO	Conf SF	SB DEN	Total
PASSING	Russell Wilson	25-33 320-1-0	8-19 142-1-1	14-21 202-4-1	12-23 123-0-1	15-31 210-2-1	23-31 257-0-0	18-29 235-3-0	10-18 139-1-2	19-26 217-2-2	19-26 287-2-0	13-18 230-2-0	-	22-30 310-3-0	15-25 199-1-1	18-27 206-1-1	11-27 108-1-1	15-23 172-1-0	9-18 103-0-0	16-25 215-1-0	18-25 206-2-0	300-475 3881-29-9
	Tarvaris Jackson	#2 QB	#2 QB	7-8 129-1-0	#2 QB	#2 QB	#2 QB	#2 QB	#2 QB	#2 QB	#2 QB	1-3 16-0-0	-	#2 QB	#2 QB	2-2 16-0-0	#2 QB	#2 QB	#2 QB	#2 QB	1-0 1-0-0	11-13 151-1-0
RUSHING	Marshawn Lynch	17-43	29-98	17-69	17-98	17-102	21-77	21-91	8-23	21-125	24-145	17-54	-	16-45	20-72	16-47	18-71	23-97	28-140	22-109	15-39	366-1545-4.2
	Russell Wilson	5-7	10-33	2-14	10-77	13-102	10-61	8-29	3-16	6-36	3-20	2-14	-	8-47	1-2	8-50	2-32	5-(-1)	3-16	5-0	3-26	107-581-5.4
	Robert Turbin	3-17	6-31	3-5	3-4	4-14	1-13	3-15	3-5	8-37	7-13	7-17	-	11-34	2-12	9-34	0-0	7-13	3-9	2-6	9-25	91-304-3.3
	Christine Michael	INA	INA	9-37	INA	0-0	INA	INA	INA	INA	8-33	1-9	-	INA	INA	INA	INA	INA	INA	INA	INA	18-79-4.4
RECEIVING	Doug Baldwin	7-91	1-51	1-35	3-39	5-80	4-48	1-16	1-12	6-75	5-76	2-63	-	4-77	3-36	6-71	1-8	0-0	2-30	6-106	5-66	63-980-15.6
	Golden Tate	4-51	1-19	5-88	3-17	5-61	5-33	4-77	5-93	3-29	6-106	1-26	-	4-45	6-65	2-25	2-34	8-129	1-13	4-31	3-17	72-959-13.3
	Jermaine Kearse	2-49	0-0	1-17	0-0	1-28	3-17	1-17	0-0	2-43	3-75	0-0	-	2-26	2-15	2-21	3-38	0-0	1-25	2-44	4-65	29-480-16.6
	Zach Miller	3-42	2-22	2-5	1-7	0-0	INJ	5-40	2-14	3-49	0-0	4-69	-	5-86	1-13	1-8	1-11	3-21	1-11	3-25	1-10	38-433-11.4
	Marshawn Lynch	2-9	3-37	0-0	3-45	1-5	4-78	1-3	1-4	4-16	3-16	0-0	-	3-12	0-0	6-73	1-7	3-19	3-16	1-5	0-0		
	Luke Willson	0-0	1-5	5-76	0-0	2-28	2-17	1-23	0-0	0-0	1-19	1-7	-	1-2	3-70	2-23	1-3	1-4	0-0	0-0	2-17	22-289-13.1
	Sidney Rice	2-35	1-13	5-79	1-11	1-8	2-35	3-50	0-0	IR	IR	IR	-	IR	IR	IR	IR	IR	IR	IR	IR	15-231-15.4
	Ricardo Lockette	NOR	NOR	NOR	NOR	NOR	NOR	NOR	NOR	1-5	0-0	1-27	-	1-33	0-0	0-0	1-9	1-8	0-0	0-0	1-19	6-101-16.8
TACKLERS	Bobby Wagner	8	7	9-0-1	8	2	INJ	INJ	9	11-1.5	9	9-1-1	--	11	9	10-1.5	9-1	12	9	15	10	154-5-2
	Kam Chancellor	6	5-0-1	3-0-1	7	5	14	7	5	9	9	8	--	8	6	11-0-1	9	14	11-0-1	10-0-1	8	134-0-5
	Earl Thomas	10	3-0-1	7	7-0-1	10	6-0-1	6-0-1	11	12	1	6	--	6	4-0-1	10	2	11	6	7	3	129-0-5
	K.J. Wright	4	6-1	3	5	9	7	7-0.5	INJ	11	5	9	--	6	3	INJ	INJ	INJ	INJ	2	7	89-1.5-0
	Malcolm Smith	2	3	INJ	7	0	4	9-1	9	0	0	2	--	3	4	5	8-0-1	5-0-1	9	4-0-1	10-0-1	77-1-4
	Richard Sherman	2	2-0-1	4	4-0-1	3	3-0-1	7	3	4	0	3	--	3	2-0-2	8-0-2	2	5	2	3	4	58-0-8
	Tony McDaniel	5	1	6	3-1	2	3	3-1	0	7	3	7	--	2	0	4	3	0	3	1	5	57-2-0
	Brandon Mebane	2	1	3	5	5	1	2	3	3	3	1	--	2	2	6	6	3	2	3	1	53-0-0
	Bruce Irvin	SUSP	SUSP	SUSP	SUSP	4-1	4	4	4	2	3	2	--	2	1	2	0	1	2	0	2	45-2-1
	Clinton McDonald	NOR	0	5-1.5	5-1	1	2	2-1	1	0	3-0-1	2	--	2	3-1	1	4-1	5-1	0	1	5	42-5.5-1
	Michael Bennett	0	4-1	3	2	1-1	2-1	0	6-0.5	3-1	1-1	1	--	2	2	1	2-1	6-0.5	3-1	2	2	42-10-0
	Byron Maxwell	1	1	4	4	1	3	2	0	0	3	--	2	5-0-1	1-0-2	1-0-1	5	3	4	40-0-4		
	Walter Thurmond	2	3	5	2	2	3	1	2	1	7	3-0-1	--	SUSP	SUSP	SUSP	SUSP	1	2	0	3	38-1-1
	Red Bryant	1	2	1	4	2	2-0.5	0	2	INJ	3	1	--	3	1	5-1	0	0	3	0	4	33-1.5-0
	Jeremy Lane	0	2	1	INA	3	2	0	3	2	1	2	--	1	1	0	2	2	1	1	2	29-0-0

SEATTLE 2014 SCHEDULE

DATE	OPPONENT	STADIUM	TIME (ET)	NETWORK
Sep. 4	Green Bay (Th)	CenturyLink Field	8:30 PM	NBC
Sep. 14	at San Diego	Qualcomm Field	4:05 PM	FOX
Sep. 21	Denver	CenturyLink Field	4:25 PM	CBS
Sep. 28	BYE WEEK			
Oct. 6	at Washington (M)	FedEx Field	8:30 PM	ESPN
Oct. 12	Dallas	CenturyLink Field	4:25 PM	FOX
Oct. 19	at St Louis	Edward Jones Dome	1:00 PM	FOX
Oct. 26	at Carolina	Bank of America Stadium	1:00 PM	FOX
Nov. 2	Oakland	CenturyLink Field	4:25 PM	CBS
Nov. 9	NY Giants	CenturyLink Field	4:25 PM	FOX
Nov. 16	at Kansas City	Arrowhead Stadium	1:00 PM	FOX
Nov. 23	Arizona	CenturyLink Field	4:05 PM	FOX
Nov. 27	at San Francisco (Th)	Levi's Stadium	8:30 PM	NBC
Dec. 7	at Philadelphia	Lincoln Financial Field	4:25 PM	FOX
Dec. 14	San Francisco	CenturyLink Field	4:25 PM	FOX
Dec. 21	at Arizona	University of Phoenix Stadium	8:30 PM	NBC
Dec. 28	St Louis	CenturyLink Field	4:25 PM	FOX

CENTURYLINK FIELD

SEATTLE, WA
Opened: 2002
Capacity: 67,000 (#22)

2013 ATTENDANCE
HOME: 68,197 (#18) % of cap: 101.8%
OVERALL: 68,383 (#17) % of cap: 99.8%

LAST 10 YEARS STATISTICAL NOTEBOOK

RET STR	TOT OFF	OFF PTS	OFF RUSH	OFF YPC	OFF PASS	PASS %	OFF YPP	SKS VS	TOTAL TURN		RET STR	TOT DEF	DEF PTS	DEF RUSH	DEF YPC	DEF PASS	PASS %	DEF YPP	SKS BY
9*	339 (17)	26.1	137 (4)	4.3	202 (26)	63.6	13.0	44 (20)	+20	2013	10*	274 (1)	14.4	102 (7)	3.9	172 (1)	59.0	19.0	44 (8)
10*	351 (17)	25.8	161 (3)	4.8	189 (27)	64.0	13.6	33 (12)	+13	2012	10*	306 (4)	15.3	103 (10)	4.5	203 (6)	58.0	20.0	36 (18)
7	304 (28)	20.1	110 (21)	4.0	194 (22)	58.7	15.1	50 (29)	+8	2011	9*	332 (9)	19.7	112 (15)	3.8	220 (11)	59.7	16.9	33 (19)
6*	298 (28)	19.4	89 (31)	3.7	209 (19)	59.6	15.4	35 (16)	-9	2010	8*	369 (27)	25.4	119 (21)	4.2	250 (27)	57.9	14.5	37 (13)
9*	317 (21)	20.6	98 (26)	4.0	219 (15)	61.1	15.4	41 (23)	-8	2009	9*	356 (24)	17.6	111 (15)	4.2	245 (30)	60.7	20.3	28 (26)
8	274 (28)	21.2	111 (19)	4.2	164 (29)	55.3	12.9	36 (20)	+7	2008	11	378 (30)	23.8	119 (18)	4.2	259 (32)	64.7	15.9	35 (10)
9*	349 (9)	13.7	101 (20)	3.8	248 (8)	62.9	25.5	36 (18)	+10	2007	8*	322 (15)	22.8	103 (12)	3.9	219 (19)	58.6	14.1	45 (4)
10*	311 (19)	18.6	120 (14)	4.0	191 (20)	57.0	16.7	49 (27)	-8	2006	9	330 (19)	25.8	127 (22)	4.6	204 (16)	59.3	12.8	41 (6)
11*	370 (2)	14.9	154 (3)	4.7	216 (13)	64.8	24.8	27 (5)	+10	2005	7*	317 (16)	26.8	94 (5)	3.6	222 (25)	58.0	11.8	50 (1)
11*	352 (8)	23.2	131 (8)	4.5	221 (13)	57.1	15.2	34 (12)	+7	2004	6*	351 (26)	23.3	127 (23)	4.5	224 (23)	60.8	15.1	36 (21)

2013 DRIVE CHART

DATE	TEAMS	DRIVES	3&OUT	TD	FG	FGA	PUNTS	SOD	TO'S	SAFETY	CLOCK	POINTS	YDS PER DRIVE	PTS PER DRIVE	DRIVE EFF
9/8	Seattle	9	4	1	2	2	4	0	1	0	1	12	41.1	1.3	33.3%
	at Carolina	8	1	1	0	0	5	0	1	0	1	7	31.6	0.9	12.5%
9/15	Seattle	13	0	3	2	2	4	2	1	0	1	29	22.3	2.2	38.5%
	San Francisco	12	1	0	1	1	4	1	5	0	3	17.3	0.3	8.3%
9/22	Seattle	14	2	6	1	1	4	0	2	0	1	45	34.2	3.2	50.0%
	Jacksonville	14	5	2	1	1	7	0	3	0	1	17	18.9	1.2	21.4%
9/29	Seattle	14	1	1	3	3	6	0	2	0	1	23	19.3	1.6	28.6%
	at Houston	14	1	2	2	2	7	0	3	0	0	34.0	1.4	28.6%
10/6	Seattle	11	2	2	4	5	2	0	2	0	1	28	38.5	2.5	54.5%
	at Indianapolis	10	2	3	2	2	2	0	1	1	1	34	31.7	3.4	50.0%
10/13	Seattle	10	1	2	2	3	0	0	2	0	1	20	40.4	2.0	40.0%
	Tennessee	9	1	1	2	2	4	1	2	0	0	13	24.8	1.4	22.2%
10/17	Seattle	13	3	4	2	2	3	1	2	0	1	34	26.5	2.6	46.2%
	at Arizona	13	2	2	3	3	4	1	2	0	1	22	18.0	1.7	38.5%
10/28	Seattle	11	6	2	0	0	9	0	0	0	0	14	12.3	1.3	18.2%
	at St Louis	11	2	0	3	4	4	1	2	0	0	9	30.8	0.8	27.3%
11/3	Seattle	11	0	3	2	2	2	0	3	0	1	27	37.7	2.5	45.5%
	Tampa Bay	11	2	3	1	1	6	0	0	0	1	24	31.8	2.2	36.4%
11/10	Seattle	9	0	3	4	4	2	0	0	0	1	33	54.4	3.7	77.8%
	at Atlanta	10	3	1	1	1	5	0	1	0	2	10	22.6	1.0	20.0%
11/17	Seattle	12	3	4	2	2	5	0	0	0	1	41	26.9	3.4	50.0%
	Minnesota	13	2	2	1	1	3	1	4	0	1	20	25.8	1.5	30.8%
12/2	Seattle	10	2	3	2	2	3	1	0	0	1	34	42.9	3.4	50.0%
	New Orleans	11	5	1	0	0	6	2	1	0	1	7	17.1	0.6	9.1%
12/8	Seattle	11	1	2	1	1	6	0	1	0	1	17	24.0	1.5	27.3%
	at San Francisco	11	2	1	4	4	4	0	1	0	1	19	28.9	1.7	45.5%
12/15	Seattle	13	2	3	0	0	7	0	1	0	0	23	25.2	1.8	38.5%
	at NY Giants	13	4	0	0	0	8	0	0	1	0	13.9	0.0	0.0%
12/22	Seattle	14	7	1	1	1	9	0	2	0	0	10	13.7	0.7	14.3%
	Arizona	15	4	1	3	5	0	4	0	2	17	20.5	1.1	26.7%
12/29	Seattle	11	5	2	2	2	6	0	0	0	1	27	24.5	2.5	36.4%
	St Louis	12	5	1	1	1	7	0	2	0	1	9	13.2	0.8	16.7%
	Seattle	186	40	41	33	32	75	4	19	0	11	417	29.2	2.2	39.8%
	vs Foes	187	42	20	26	27	81	7	37	2	14	231	23.4	1.2	24.6%
	Home	95	20	24	14	15	36	3	10	0	7	233	29.5	2.5	40.0%
	vs Foes	97	25	10	11	11	42	5	21	1	7	110	21.0	1.1	21.6%
	Away	91	20	17	19	17	39	1	9	0	4	184	28.8	2.0	39.6%
	at Foes	90	17	10	15	16	39	2	16	1	7	121	26.0	1.3	27.8%
	Seattle	73	22	14	8	9	37	3	6	0	4	131	20.5	1.8	30.1%
	vs DIV	74	16	5	15	16	28	3	16	1	5	79	21.1	1.1	27.0%
	Seattle	113	18	27	25	23	38	1	13	0	7	286	13.2	2.5	46.0%
	Vs Non DIV	113	26	15	11	11	53	4	21	1	9	152	24.9	1.3	23.0%
	Seattle	11.6	2.5	2.6	2.1	2.0	4.7	0.3	1.2	0.0	0.7	26.1	29.2	2.2	39.8%
	vs Foes (avg)	11.7	2.6	1.3	1.6	1.7	5.1	0.4	2.3	0.1	0.9	14.4	23.4	1.2	24.6%

2014 STRENGTH OF SCHEDULE

	OVERALL	HOME	AWAY	PLAYOFF TMS (H/A/N)
RANKED BY 2013's NFL WINS	6	8	3	3/5
PHIL STEELE'S PRESEASON RANKINGS	9	17	18	3/3

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	10Yr ttl
STRAIGHT UP	9-7	13-3	9-7	10-6	4-12	5-11	7-9	7-9	11-5	13-3	88-72
Home	5-3	8-0	5-3	7-1	2-6	4-4	5-3	4-4	8-0	7-1	55-25
Away	4-4	5-3	4-4	3-5	2-6	1-7	2-6	3-5	3-5	6-2	33-47
ATS	5-11	9-6-1	6-9-1	9-7	7-8-1	6-10	7-9	9-5-2	10-5-1	10-5-1	78-75-7
Home Favorite	1-7	6-2	3-3-1	6-2	1-2	3-2	2-0	1-1	4-1	5-3	32-23-1
Home Dog	0-0	0-0	1-0	0-0	2-2-1	2-1	3-3	4-2	3-0	0-0	15-8-1
Away Favorite	3-2	2-2	0-4	2-2	1-0	1-1	0-1	0-0	1-3	5-2	15-17
Away Dog	1-2	1-2-1	2-2	1-3	3-4	0-6	2-5	4-2-2	2-1-1	0-0-1	16-27-5
On Grass	2-2	2-4-1	2-4	2-4	3-1	0-4	2-4	1-2-2	2-2-1	3-0-1	19-27-5
On Turf	3-9	7-2	4-5-1	7-3	4-7-1	6-6	5-5	8-3	8-3	7-5	59-48-2
vs Conf	5-7	7-4-1	3-8-1	8-4	4-7-1	4-8	6-6	8-3-1	7-4-1	8-3-1	60-54-6
vs Non-Conf	0-4	2-2	3-1	1-3	3-1	2-2	1-3	1-2-1	3-1	2-2	18-21-1
Off SU Win	3-5	7-5-1	3-5	5-5	1-3	1-4	1-5	6-3-1	6-3-1	7-4-1	38-41-4
Off SU Loss	1-6	2-0	3-3-1	3-2	6-4-1	4-6	5-4	5-2-1	4-1	2-1	35-29-3
FAVORITE	4-9	8-4	3-7-1	8-4	2-2	4-3	2-1	1-1	5-4	10-5	47-40-1
By 3 or Less	2-1	1-0	1-4	1-1	1-1	1-1	0-1	0-1	1-3	3-1	11-14
Single Digit	3-9	7-3	7-3	7-4	2-2	3-3	2-1	1-1	4-3	7-2	39-35
Double Digit	1-0	1-1	0-0-1	1-0	0-0	1-0	0-0	0-0	1-1	3-3	8-5-1
UNDERDOG	1-2	1-2-1	3-2	1-3	5-6-1	2-7	5-8	8-4-2	5-1-1	0-0-1	31-35-6
By 3 or Less	0-0	1-2	1-0	1-2	0-2-1	1-2	3-3	3-2-2	3-1	0-0-1	13-14-4
Single Digit	1-2	1-2-1	3-2	1-3	4-5-1	2-4	5-7	7-3-2	5-1-1	0-0-1	29-29-6
Double Digit	0-0	0-0	0-0	0-0	1-1	0-1	0-0	0-0	0-0	0-0	2-6
DIVISION	2-4	5-1	1-5	5-1	3-3	3-3	4-2	3-2-1	2-3-1	3-2-1	31-26-3
Home Favorite	1-2	3-0	1-2	3-0	1-1	1-1	1-0	1-1	2-1	2-1	16-8
Home Dog	0-0	0-0	0-0	0-0	0-1	1-0	2-0	1-0	0-0	0-0	4-2
Away Favorite	1-2	1-1	0-3	2-1	1-0	1-1	0-1	0-0	0-2	1-1	7-12
Away Dog	0-0	1-0	0-0	0-0	1-1	0-1	1-1-1	0-1-0-1	0-0		4-4-3
VS Non-Div	3-7	4-5-1	5-4-1	4-6	4-5-1	3-7	3-7	6-3-1	8-2	7-3	47-49-4
Home Favorite	0-5	3-2	2-1-1	3-2	2-1	2-1	1-0	0-0	2-0	3-2	16-15-1
Home Dog	0-0	0-0	1-0	0-0	2-1-1	1-1	1-3	3-1	3-0	0-0	11-6-1
Away Favorite	2-0	1-1	0-1	0-1	0-0	0-0	0-0	0-0	1-1	4-1	8-5
Away Dog	1-2	0-2-1	2-2	1-3	2-3	0-5	1-4	3-1-1	2-1	0-0	12-23-2

(sideways labels: MIKE HOLMGREN (1999), JIM MORA, PETE CARROLL)

2009 RESULTS

OPPONENT	LINE	SCORE	ATS	O/U
St Louis	-7'	28-0	W	41 U
at San Francisco	+1	10-23	L	39 U
Chicago	+2'	19-25	L	37 O
at Indianapolis	+10	17-34	L	44 O
Jacksonville	-1'	41-0	W	44; U
Arizona	-3	3-27	L	46' U
BYE WEEK				
at Dallas	+9'	17-38	L	46 O
Detroit	-10'	32-20	W	42 O
at Arizona	+8'	20-31	L	46 O
at Minnesota	+10'	9-35	L	46 U
at St Louis	-4	27-17	W	42' U
San Francisco	+1	20-17	W	42' U
at Houston	+7	7-34	L	44' U
Tampa Bay	-6'	7-24	L	39 U
at Green Bay	+13'	10-48	L	42 O
Tennessee	+6	13-17	W	45 U

2010 RESULTS

OPPONENT	LINE	SCORE	ATS	O/U
San Francisco	+3	31-6	W	37 P
at Denver	+3	14-31	L	40 O
San Diego	+4	27-20	W	44 O
at St Louis	-2	3-20	L	40' U
BYE WEEK				
at Chicago	+5'	23-20	W	37 O
Arizona	-7	22-10	W	40 U
at Oakland	+2'	3-33	L	42 U
NY Giants	+7'	7-41	L	40' O
at Arizona	+3	36-18	W	41 O
at New Orleans	+11	19-34	L	44' O
Kansas City	+2	42-24'	L	45' O
Carolina	-4	31-14	W	40 O
at San Francisco	+5	21-40	L	41' O
Atlanta	+6	18-34	L	43' O
at Tampa Bay	+6	15-38	L	43' O
St Louis	+3	16-6	W	42 U

2011 RESULTS

OPPONENT	LINE	SCORE	ATS	O/U
at San Francisco	+5'	17-33	L	38 O
at Pittsburgh	+14	0-24	L	40 U
Arizona	+3	13-10	W	43 U
Atlanta	+5	28-30	W	39 O
at NY Giants	+9'	36-25	W	43' O
BYE WEEK				
at Cleveland	+3	3-6	P	41 U
Cincinnati	+1'	12-34	L	37 O
at Dallas	+11	13-23	W	45 U
Baltimore	+6'	22-17	W	41 U
at St Louis	+3	24-7	W	40 U
Washington	-3	17-23	L	37 U
Philadelphia (Th)	+3	31-14	W	43 O
St Louis (M)	-9	30-13	W	38' U
at Chicago	+3'	38-14	W	35' O
San Fran (S)	+1	17-19	L	37' U
at Arizona (OT)	+3	20-23	P	40' U

2012 RESULTS

OPPONENT	LINE	SCORE	ATS	O/U
at Arizona	-2'	16-20	L	40' U
Dallas	+3	27-7	W	42' U
Green Bay (M)	+3	14-12	W	44' U
at St Louis	-3	13-19	L	39 U
at Carolina	+2'	16-12	W	42 U
New England	+3'	24-23	W	43' O
at San Fran (Th)	+7	6-13	W	37' U
at Detroit	+2'	24-28	L	42 O
Minnesota	-3	30-20	W	38 O
NY Jets	-6	28-7	W	39 U
BYE WEEK				
at Miami	-3	21-24	L	37' O
at Chicago (OT)	+3	23-17	W	37' O
Arizona	-10	58-0	W	36 O
† Buffalo (Toronto)	-4'	50-17	W	43' O
San Fran (N)	-1'	42-13	W	39' O
St Louis	-11'	20-13	L	42' U

2013 RESULTS

OPPONENT	LINE	SCORE	ATS	O/U
at Carolina	-3	12-7	W	45 U
San Francisco (N)	-3	29-3	W	44' U
Jacksonville	-18'	45-17	W	40' O
at Houston (OT)	-2	23-20	W	41 O
Tennessee	-12	20-13	L	41' U
at Indianapolis	-3	28-34	L	44 O
at Arizona (Th)	-6'	34-22	W	41 O
at St Louis (M)	-11	14-9	L	42 U
Tampa Bay	-14'	27-24	L	40 U
at Atlanta	-4	33-10	W	45 U
Minnesota	-12'	41-20	W	45 U
BYE WEEK				
New Orleans (M)	-5	34-7	W	47 U
at San Francisco	+2	17-19	L	41 U
Arizona	-9'	10-17	L	43 U
St Louis	-12	27-9	W	42 U

RUSHING

	POS	ATT	YDS	YPC	TD	20+YDS
Marshawn Lynch - 16 st	RB	301	1257	4.2	12	6
Russell Wilson	QB	96	539	5.6	1	4
Robert Turbin	RB	77	264	3.4	0	0
Christine Michael	RB	18	79	4.4	0	0
Golden Tate (to DET)	WR	3	31	10.3	0	1
Spencer Ware	RB	3	10	3.3	0	0
Doug Baldwin	WR	2	6	3.0	0	0
Derrick Coleman - 3 st	FB	2	3	1.5	0	0
Tarvaris Jackson	QB	4	1	0.3	0	0
Chris Maragos (to PHI)	FS	1	0	0.0	0	0
Michael Robinson 3 st (FA)	FB	1	0	0.0	0	0
Ricardo Lockette	WR	1	-2	-2.0	0	0
Team		509	2188	4.3	14	11
Opponents		422	1626	3.9	4	6
Terrelle Pryor (from OAK)	QB	83	576	6.9	2	8

PASSING

	COM	ATT	PCT	YDS	TD	INT	YPA	QBR
Russell Wilson - 16 st	257	407	63.1	3357	26	9	8.25	101.2
Tarvaris Jackson	10	13	76.9	151	1	0	11.62	140.2
Team	267	420	63.6	3508	27	9	8.35	102.4
Opponents	309	524	59.0	3050	16	28	5.82	63.4
Terrelle Pryor - 9 st (from OAK)	156	272	57.4	1798	7	11	6.61	69.1

RECEIVING

	POS	REC	YDS	YPC	TD	TRGT
Golden Tate 13 st (to DET)	WR	64	898	14.0	5	98
Doug Baldwin - 9 st	WR	50	778	15.6	5	73
Zach Miller - 12 st	TE	33	387	11.7	5	56
Jermaine Kearse - 5 st	WR	22	346	15.7	4	38
Marshawn Lynch	RB	36	316	8.8	2	44
Luke Willson - 7 st	TE	20	272	13.6	1	28
Sidney Rice - 6 st	WR	15	231	15.4	3	35
Ricardo Lockette - 1 st	WR	5	82	16.4	0	7
Derrick Coleman	FB	8	62	7.8	1	8
Robert Turbin	RB	8	60	7.5	0	12
Kellen Davis 4 to (to NYG)	TE	3	32	10.7	1	4
Michael Robinson (FA)	FB	2	27	13.5	0	3
Percy Harvin	WR	1	17	17.0	0	1
Team		267	3508	13.1	27	420
Opponents		309	3050	9.9	16	524

PUNT RETURNS

	NO	YDS	AVG	TD
Golden Tate (to DET)	51	585	11.5	0
Richard Sherman	1	-6	-6.0	0
Team	52	579	11.1	0
Opponents	21	82	3.9	0

KICK RETURNS

	NO	YDS	AVG	TD
Jermaine Kearse	13	283	21.8	0
Robert Turbin	8	177	22.1	0
Percy Harvin	1	58	58.0	0
Golden Tate (to DET)	3	57	19.0	0
Doug Baldwin	2	57	28.5	0
Jeremy Lane	2	47	23.5	0
Luke Willson	1	15	15.0	0
Michael Robinson (FA)	1	4	4.0	0
Team	33	698	21.2	0
Opponents	44	1056	24.0	0
AJ Jefferson (from MIN)	1	21	21.0	0

KICKING

	XP	1-29	30-39	40-49	50+	TTL	LNG
Steven Hauschka	44-44	10-11	9-9	11-12	3-3	33-35	53
Team	44-44	10-11	9-9	11-12	3-3	33-35	53
Opponents	17-17	9-9	7-7	7-7	3-4	26-27	53

PUNTING

	NO	YDS	AVG	FC	NET	BLK	IN20	TB
Jon Ryan	74	3159	42.7	30	39.2	0	28	5
Team	74	3159	42.7	30	39.2	0	28	5
Opponents	81	3779	46.7	14	38	2	22	4

DEFENSE

	POS	TKLS	SKS	INT	PD	FREC
Bobby Wagner - 14 st	MLB	120	5	2	8	1
Earl Thomas - 16 st	FS	105	0	5	13	0
Kam Chancellor - 16 st	SS	99	0	3	9	0
KJ Wright - 13 st	OLB	80	1.5	0	4	1
Malcolm Smith - 8 st	OLB	54	1	2	6	0
Tony McDaniel - 15 st	DT	52	2	0	1	1
Richard Sherman - 16 st	CB	49	0	8	24	2
Brandon Mebane - 16 st	DT	45	0	0	1	1
Bruce Irvin - 12 st	OLB	40	2	1	3	0
Clinton McDonald 1 st (to TB)	DT	35	5.5	1	3	2
Walter Thurmond 3 st (to NYG)	CB	32	1	1	7	1
Michael Bennett - 3 st	DE	31	8.5	0	1	0
Red Bryant 15 st (to JAX)	DE	31	1.5	0	1	0
Byron Maxwell - 5 st	CB	28	0	4	17	1
Jeremy Lane	CB	25	0	4	0	0
Chris Clemons 11 st (to JAX)	DE	24	4.5	0	0	0
Cliff Avril - 2 st	DE	20	8	0	4	1
Brandon Browner 8 st (to NE)	CB	19	0	1	11	0
Heath Farwell	LB	16	0	0	0	0
Chris Maragos (to PHI)	FS	12	0	0	0	2
Mike Morgan	OLB	11	0	0	0	0
O'Brien Schofield - 2 st	LB	8	1	0	0	0
Jermaine Kearse	WR	8	0	0	0	1
Jordan Hill	DT	7	1.5	0	0	0
Jeron Johnson	SS	6	0	0	0	0
D'Anthony Smith	DT	5	0	0	0	0
Derrick Coleman	FB	4	0	0	0	0
John Lotulelei (to JAX)	ILB	3	0	0	0	0
Perrish Cox (to SF)	DB	3	0	0	1	0
Marshawn Lynch	RB	3	0	0	0	0
Russell Wilson	QB	2	0	0	0	5
DeShawn Shead	DB	2	0	0	0	0
Benson Mayowa	DE	2	0	0	0	0
Zach Miller	TE	2	0	0	0	0
Team		1042	44	28	112	23
Opponents		1170	44	9	65	20
Kevin Williams 15 st (from MIN)	DT	29	3.5	1	6	1
AJ Jefferson (from MIN)	CB	5	0	2	2	0

REG SEASON SPLITS

	SEA	OPP
Total First Downs	307	282
Rushing	116	83
Passing	160	156
Penality	31	43
3rd Down: Made/Att	76/204	76/216
3rd Down: Pct	37.3%	35.2%
4th Down: Made/Att	6/11	4/11
4th Down: Pct	54.5%	36.4%
Possession Average	30:32	30:37
Total Net Yards	5424	4378
Avg Per Game	339.0	273.6
Total Plays	973	990
Avg Per Play	5.57	4.42
Net Yards Rushing	2188	1626
Avg Per Game	136.8	101.6
Total Rushes	509	422
Net Yards Passing	3236	2752
Avg Per Game	202.3	172.0
Sacked/Yards Lost	44/272	44/298
Gross Yards	3508	3050
Att/Comp	267/420	309/524
Completion Pct	63.6%	59.0%
Had Intercepted	9	28
Punts/Average	76/41.6	81/46.7
Net Punting Avg	38.3	37.7
Penalties/Yards	128/1183	97/879
Fumbles/Ball Lost	26/10	26/11
Touchdowns	45	22
Rushing	14	4
Passing	27	16
Returns	4	2

SCORE BY QUARTERS

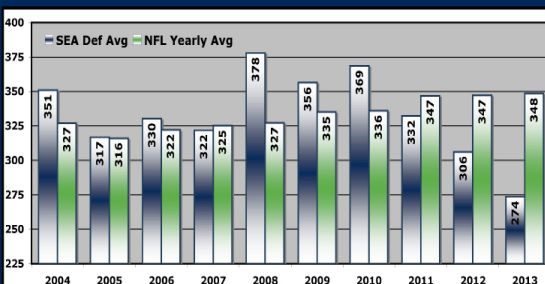|	SEA	OPP
First Quarter	69	22
Second Quarter	140	108
Third Quarter	87	41
Fourth Quarter	115	60
Overtime	6	0
Total Points	417	231

COACHES

HC - Pete Carroll
5th year here/ 5th overall
USC HC ('01-'09), NE HC ('97-'99)
OC - Darrell Bevell (4th)
MIN OC ('06-'10), GB QB ('00-'05)
DC - Dan Quinn (2nd)
Florida DC/DL ('11-'12), SEA DL ('09-'10)
ST - Brian Schneider (5th)
USC ST ('09), OAK ST ('07-'08)
Asst HC - Tom Cable (4th)
OAK HC ('08-'10), OAK OL ('07)

SPECIAL TEAMS

PK	4	Steven Hauschka
P	9	Jon Ryan
LS	49	Clint Gresham
PR	11	Percy Harvin
KR	11	Percy Harvin

2014 ROSTER

#	Name	POS	HT	WT	GM/S-YR	EXP	COLLEGE
28	Phillip Adams	CB	5-11	195	16/2-5th	FA-'10	S Carolina St
84	RaShaun Allen	TE	6-4	250	R-1st	FA-'14	Southern
36	Akeem Auguste	CB	5-10	185	0/0-2nd	FA-'13	South Carolina
56	Cliff Avril	DE	6-3	260	15/2-7th	#3DC-'08	Purdue
78	Alvin Bailey	OT	6-3	320	14/0-2nd	FA-'13	Arkansas
37	Dion Bailey	S	6-0	211	R-1st	FA-'14	USC
89	Doug Baldwin	WR	5-10	189	16/10-4th	FA-'11	Stanford
88	Phil Bates	WR	6-1	220	0/0-3rd	FA-'12	Ohio
72	Michael Bennett	DE	6-4	274	16/3-6th	FA-'09	Texas A&M
73	Michael Bowie	OT	6-4	332	9/8-2nd	#7DC-'13	Northeastern St
68	Justin Britt	OT	6-6	325	R-1st	#2DC-'14	Missouri
30	Demitrius Bronson	RB	5-9	211	R-1st	FA-'14	Eastern Wash
70	Michael Brooks	DE	6-3	291	1/0-2nd	FA-'13	East Carolina
77	James Carpenter	OG	6-5	321	16/10-4th	#1DC-'11	Alabama
31	Kam Chancellor	S	6-3	232	16/16-5th	#5DC-'10	Virginia Tech
65	Dewayne Cherrington	DT	6-3	335	0/0-2nd	FA-'13	Mississippi St
14	Arceto Clark	WR	5-10	180	0/0-2nd	FA-'13	Mississippi St
40	Derrick Coleman	FB	6-0	233	12/3-3rd	FA-'12	UCLA
45	Brock Coyle	LB	6-1	243	R-1st	FA-'14	Montana
5	BJ Daniels	QB	5-11	217	0/0-2nd	#7DC-'13	USF
87	Chase Dixon	TE	6-5	240	R-1st	FA-'14	Central Arkansas
38	Chandler Fenner	CB	6-1	189	0/0-3rd	FA-'12	Holy Cross
79	Garry Gilliam	OT	6-5	306	R-1st	FA-'14	Penn St
49	Clint Gresham	LS	6-3	240	16/0-5th	FA-'10	TCU
11	Percy Harvin	WR	5-11	184	1/0-6th	#1DC-'09	Florida
74	Caylin Hauptmann	OT	6-3	300	0/0-2nd	FA-'13	FIU
4	Steven Hauschka	K	6-4	210	16/0-7th	FA-'08	NC State
48	Cooper Helfet	TE	6-3	239	0/0-3rd	FA-'12	Duke
11	Bruce Irvin	DE	6-3	248	12/12-3rd	#1DC-'12	West Virginia
65	Bronson Irwin	OG	6-4	316	R-1st	FA-'14	Oklahoma
69	Nate Isles	OG	6-5	348	R-1st	FA-'14	NC A&T
7	Tarvaris Jackson	QB	6-2	225	3/0-9th	#2DC-'06	Alabama St
43	Jackson Jeffcoat	LB	6-3	253	R-1st	FA-'14	Texas
32	AJ Jefferson	CB	6-1	190	10/0-5th	#7DC-'10	Fresno St
23	Jeron Johnson	S	5-10	212	7/0-4th	FA-'11	Boise St
15	Jermaine Kearse	WR	6-1	209	15/4-3rd	FA-'12	Washington
20	Jeremy Lane	CB	6-0	190	14/0-3rd	#6DC-'12	Northwestern St
83	Ricardo Lockette	WR	6-2	211	8/1-4th	FA-'11	Fort Valley St
24	Marshawn Lynch	RB	5-11	215	16/16-8th	#1DC-'07	California
91	Cassius Marsh	DE	6-4	254	R-1st	#4DC-'14	UCLA
13	Chris Matthews	WR	6-5	218	0/0-4th	FA-'11	Kentucky
41	Byron Maxwell	CB	6-1	207	16/5-4th	#6DC-'11	Clemson
95	Benson Mayowa	DE	6-3	252	2/0-2nd	FA-'13	Idaho
85	Anthony McCoy	TE	6-5	259	0/0-5th	#6DC-'10	USC
99	Tony McDaniel	DT	6-7	305	16/15-9th	FA-'06	Tennessee
92	Brandon Mebane	DT	6-1	311	16/16-8th	#3DC-'07	California
33	Christine Michael	RB	5-10	221	4/0-2nd	#2DC-'13	Texas A&M
1	Horace Miller	DB	6-0	237	R-1st	FA-'14	UTEP
86	Zach Miller	TE	6-5	255	14/11-8th	#2DC-'07	Arizona St
57	Mike Morgan	LB	6-3	226	16/0-4th	FA-'11	USC
81	Kevin Norwood	WR	6-2	199	R-1st	#4DC-'14	Alabama
76	Russell Okung	OT	6-5	310	8/8-5th	#1DC-'10	Oklahoma St
40	Terrance Parks	S	6-2	218	0/0-3rd	FA-'12	Florida St
58	Kevin Pierre-Louis	LB	6-0	236	R-1st	#4DC-'14	Boston College
39	Eric Pinkins	CB	6-3	220	R-1st	#6DC-'14	San Diego St
16	Taylor Price	WR	6-1	195	0/0-5th	#3DC-'10	Ohio
2	Terrelle Pryor	QB	6-4	233	11/9-4th	S#3DC-'11	Ohio St
18	Sidney Rice	WR	6-4	202	8/6-8th	#2DC-'07	South Carolina
10	Paul Richardson	WR	6-0	183	R-1st	#2DC-'14	Colorado
9	Jon Ryan	P	6-0	217	16/0-9th	FA-'06	Regina (Can)
63	Stephen Schilling	T/G	6-5	312	7/0-4th	#6DC-'11	Michigan
93	O'Brien Schofield	LB	6-3	242	15/2-5th	#4DC-'10	Wisconsin
98	Greg Scruggs	DE	6-3	310	0/0-3rd	#7DC-'12	Louisville
35	DeShawn Shead	S	6-2	220	5/0-3rd	FA-'12	Portland St
25	Richard Sherman	CB	6-3	195	16/16-4th	#5DC-'11	Stanford
27	Tharold Simon	CB	6-3	202	0/0-2nd	#5DC-'13	LSU
34	Kiero Small	FB	5-8	247	R-1st	#7DC-'14	Arkansas
94	D'Anthony Smith	DT	6-2	300	2/0-5th	#3DC-'10	Louisiana Tech
66	Jared Smith	OG	6-4	302	0/0-2nd	#7DC-'13	New Hampshire
N/A	Kevin Smith	WR	5-11	214	R-1st	FA-'14	Washington
53	Malcolm Smith	LB	6-0	226	15/7-4th	#7DC-'11	USC
67	Jimmy Staten	DT	6-3	311	R-1st	#5DC-'14	Middle Tennessee
64	JR Sweezy	OG	6-5	298	15/15-3rd	#7DC-'12	NC State
62	Greg Van Roten	C/G	6-3	303	FA-'12	Penn
54	Mike Taylor	LB	6-2	229	0/0-2nd	FA-'13	Wisconsin
29	Earl Thomas	S	5-10	202	16/16-5th	#1DC-'10	Texas
59	Korey Toomer	LB	6-2	234	0/0-3rd	#5DC-'12	Idaho
22	Robert Turbin	RB	5-10	222	16/0-3rd	#4DC-'12	Utah St
60	Max Unger	C	6-5	305	13/13-6th	#2DC-'09	Oregon
19	Bryan Walters	WR	6-0	190	4/1-5th	FA-'10	Cornell
44	Spencer Ware	RB	5-10	229	2/0-2nd	#6DC-'13	LSU
90	Jesse Williams	DT	6-3	323	0/0-2nd	#5DC-'13	Alabama
94	Kevin Williams	DT	6-5	311	15/15-12th	#1DC-'03	Okla St
82	Luke Willson	TE	6-5	252	16/7-2nd	#5DC-'13	Rice
3	Russell Wilson	QB	5-11	206	16/16-3rd	#3DC-'12	Wisconsin
50	KJ Wright	LB	6-4	246	13/13-4th	#4DC-'11	Mississippi St

2014 PROJECTED STARTING LINEUP

1ST STRING OFFENSE

			Exp Here/Ov	Starts LY/Career	Gms LY	Drafted Rd-Year	College
QB	3	Russell Wilson	3rd/3rd	16/32**	16	#3-2012	Wisconsin
RB	24	Marshawn Lynch	5th/8th	16/94*	16	#1/BUF ('07)	California
FB	40	Derrick Coleman	2nd/3rd	3/3	12	FA/MIN ('12)	UCLA
WR	11	Percy Harvin	2nd/6th	0/43*	1	#1/MIN ('09)	Florida
WR	89	Doug Baldwin	4th/4th	9/14	16	FA-2011	Stanford
TE	86	Zach Miller	4th/8th	12/103*	14	#2/OAK ('07)	Arizona St
LT	76	Russell Okung	5th/5th	8/45**	8	#1-2010	Oklahoma St
LG	77	James Carpenter	4th/4th	10/26*	16	#1-2011	Alabama
C	60	Max Unger	9th/9th	13/61**	13	#2-2009	Oregon
RG	64	JR Sweezy	3rd/3rd	15/18	15	#7-2012	NC State
RT	73	Michael Bowie	2nd/2nd	8/8*	9	#7-2013	Northeastern St

2ND STRING OFFENSE

			Exp Here/Ov	Starts LY/Career	Gms LY	Drafted Rd-Year	College
QB	7	Tarvaris Jackson	2nd/9th	0/34	3	#2/MIN ('06)	Alabama St
RB	22	Robert Turbin	3rd/3rd	0/0	16	#4-2012	Utah St
FB	44	Spencer Ware	2nd/2nd	0/0	2	#6-2013	LSU
WR	15	Jermaine Kearse	3rd/3rd	5/6	15	FA-2012	Washington
WR	83	Ricardo Lockette	2nd/4th	1/1	8	FA-2011	Fort Valley St
TE	82	Luke Willson	2nd/2nd	7/7	16	#5-2013	Rice
LT	78	Alvin Bailey	2nd/2nd	0/0	14	FA-2013	Arkansas
LG	74	Caylin Hauptmann	1st/2nd	0/0	0	FA/CLE ('13)	FIU
C	61	Lemuel Jeanpierre	5th/5th	3/8	16	FA/KC ('10)	S Carolina
RG	63	Steve Schilling	1st/4th	0/2	7	#6/SD ('11)	Michigan
RT	68	Justin Britt	Rookie	-	-	#2-2014	Missouri

1ST STRING DEFENSE

			Exp Here/Ov	Starts LY/Career	Gms LY	Drafted Rd-Year	College
DE	72	Michael Bennett	2nd/6th	3/31	16	FA-2009	Texas A&M
DT	99	Tony McDaniel	2nd/9th	15/20	16	FA/JAX ('06)	Tennessee
DT	92	Brandon Mebane	8th/8th	16/101*	16	#3-2007	California
DE	56	Cliff Avril	2nd/7th	2/62	15	#3/DET ('08)	Purdue
LB	53	Malcolm Smith	4th/4th	8/11	16	#7-2011	USC
LB	54	Bobby Wagner	3rd/3rd	14/29*	14	#2-2012	Utah St
LB	51	Bruce Irvin	3rd/3rd	12/12	12	#1-2012	West Virginia
CB	25	Richard Sherman	4th/4th	16/42*	16	#5-2011	Stanford
CB	41	Byron Maxwell	4th/4th	5/5	16	#6-2011	Clemson
SS	31	Kam Chancellor	5th/5th	16/47*	16	#5-2010	Virginia Tech
FS	29	Earl Thomas	5th/5th	16/64**	16	#1-2010	Texas

2ND STRING DEFENSE

			Exp Here/Ov	Starts LY/Career	Gms LY	Drafted Rd-Year	College
DE	98	Greg Scruggs	3rd/3rd	0/0	0	#7-2012	Louisville
DT	97	Jordan Hill	2nd/2nd	0/0	8	#3-2013	Penn St
DT	94	Kevin Williams	1st/12th	15/171**	15	#1/MIN ('03)	Okla St
DE	95	Benson Mayowa	2nd/2nd	0/0	2	FA-2013	Idaho
LB	57	Mike Morgan	4th/4th	0/0	16	FA-2011	USC
LB	50	KJ Wright	4th/4th	13/40*	13	#4-2011	Miss St
LB	93	O'Brien Schofield	2nd/5th	2/11	15	#4/ARZ ('10)	Wisconsin
CB	34	Tharold Simon	2nd/2nd	0/0	0	#5-2013	LSU
CB	20	Jeremy Lane	3rd/3rd	0/3	14	#6-2012	Northwestern St
SS	32	Jeron Johnson	4th/4th	0/0	7	FA-2011	Boise St
FS	38	Chandler Fenner	2nd/3rd	0/0	0	FA-2012	Holy Cross

**st'd 100% of gms played
* st'd 75%+ of gms played

Drafted
(-)=drafted by tm
(/)=drafted by listed

SEAHAWKS HISTORY

Record: 293-303-0 **Postseason: 12-12**

OFFENSIVE – YPG LAST 10 YEARS – DEFENSIVE

CAREER LEADERS

PASSING — Yds, Yrs, Gms, Att, %, TD, Int
1 Matt Hasselbeck 29,434 '01-'10 138 4,250 60.2 174 128
2 Dave Krieg 26,132 '80-'91 129 3,576 58.6 195 148
3 Jim Zorn 20,122 '76-'84 126 2,990 53.3 107 133
4 Rick Mirer 9,094 '93-'96 55 1,523 53.4 41 56
5 Jon Kitna 7,552 '97-'00 39 1,130 58.2 49 45

RUSHING — Yds, Yrs, Gms, Att, YPC, TD
1 Shaun Alexander 9,429 '00-'07 119 2,176 4.3 100
2 Chris Warren 6,706 '90-'97 123 1,559 4.3 44
3 Curt Warner 6,705 '83-'89 93 1,649 4.1 55
4 Marshawn Lynch 4,624 '10-Pre 59 4,624 4.3 41
5 John L. Williams 4,579 '86-'93 123 1,148 4.0 17

RECEIVING — Yds, Yrs, Gms, Rec, YPC, TD
1 Steve Largent 13,089 '76-'89 200 819 16.0 100
2 Brian Blades 7,620 '88-'98 156 581 13.1 34
3 Darrell Jackson 6,445 '00-'06 96 441 14.6 47
4 Bobby Engram 4,859 '01-'08 109 399 12.2 18
5 Joey Galloway 4,457 '95-'99 71 283 15.7 37

ANNUAL LEADERS OVER LAST 10 YEARS

Year	PASSING	COMP	ATT	YDS	PCT	TD	INT	RUSHING	ATT	NET	AVG	RECEIVING	REC	YDS	AVG	TACKLING	TKL	SOLO
2013	Russell Wilson	257	407	3357	63.1	26	9	Marshawn Lynch	301	1257	4.2	Golden Tate	64	898	14.0	Bobby Wagner	120	72
	Tarvaris Jackson	10	13	151	76.9	1	0	Russell Wilson	96	539	5.6	Doug Baldwin	50	778	15.6	Earl Thomas	105	78
2012	Russell Wilson	252	393	3118	64.1	26	10	Marshawn Lynch	315	1590	5.0	Sidney Rice	50	748	15.0	Bobby Wagner	140	87
	Matt Flynn	5	9	68	55.6	0	0	Russell Wilson	94	489	5.2	Golden Tate	45	688	15.3	Kam Chancellor	101	75
2011	Tarvaris Jackson	271	450	3091	60.2	14	13	Marshawn Lynch	285	1204	4.2	Doug Baldwin	51	788	15.5	David Hawthorne	115	73
	Charlie Whitehurst	27	56	298	48.2	1	1	Leon Washington	53	248	4.7	Sidney Rice	32	484	15.1	Earl Thomas	98	69
2010	Matt Hasselbeck	266	444	3001	59.9	12	17	Marshawn Lynch	165	573	3.5	Mike Williams	65	751	11.6	David Hawthorne	106	75
	Charlie Whitehurst	57	99	507	57.6	2	3	Justin Forsett	118	523	4.4	Ben Obomanu	30	494	16.5	Marcus Trufant	80	65
2009	Matt Hasselbeck	293	488	3029	60.0	17	17	Julius Jones	177	663	3.7	TJ Houshmandzadeh	79	911	11.5	David Hawthorne	117	94
	Seneca Wallace	78	120	700	65.0	3	2	Justin Forsett	114	619	5.4	Nate Burleson	63	812	12.9	Jordan Babineaux	104	75
2008	Seneca Wallace	141	242	1532	58.3	11	3	Julius Jones	158	698	4.4	John Carlson	55	627	11.4	Lofa Tatupu	94	69
	Matt Hasselbeck	109	209	1216	52.2	5	10	Maurice Morris	132	574	4.3	Bobby Engram	47	489	10.4	Julian Peterson	86	65
2007	Matt Hasselbeck	352	562	3966	62.6	28	12	Shaun Alexander	207	716	3.5	Bobby Engram	94	1147	12.2	Lofa Tatupu	109	83
	Seneca Wallace	19	28	215	67.9	2	1	Maurice Morris	140	628	4.5	Nate Burleson	50	694	13.9	Marcus Trufant	85	78
2006	Matt Hasselbeck	210	371	2442	56.6	18	15	Shaun Alexander	252	896	3.6	Darrell Jackson	63	956	15.2	Lofa Tatupu	123	92
	Seneca Wallace	82	141	927	58.2	8	7	Maurice Morris	161	604	3.8	Deion Branch	53	725	13.7	Ken Hamlin	96	75
2005	Matt Hasselbeck	294	449	3459	65.5	24	9	Shaun Alexander	370	1880	5.1	Bobby Engram	67	778	11.6	Lofa Tatupu	104	85
	Seneca Wallace	13	25	173	52.0	1	1	Maurice Morris	71	288	4.1	Joe Jurevicius	55	694	12.6	Jordan Babineaux	74	61
2004	Matt Hasselbeck	279	474	3382	58.9	22	15	Shaun Alexander	353	1696	4.8	Darrell Jackson	87	1199	13.8	Marcus Trufant	96	86
	Trent Dilfer	25	58	333	43.1	1	3	Mack Strong	36	131	3.6	Bobby Engram	36	499	13.9	Isaiah Kacyvenski	89	68

BEST SINGLE SEASON

PASSING — Yds, Yr, Gms, Att, %, TD, Int
1 Matt Hasselbeck 3,966 2007 16 562 62.6 28 12
2 Matt Hasselbeck 3,841 2003 16 513 61.0 26 15
3 Warren Moon 3,678 1997 15 528 59.3 25 16
4 Dave Krieg 3,671 1984 16 480 57.5 32 24
5 Jim Zorn 3,661 1979 16 505 56.4 20 18

RUSHING — Yds, Yr, Gms, Att, YPC, TD
1 Shaun Alexander 1,880 2005 16 370 5.1 27
2 Shaun Alexander 1,696 2004 16 353 4.8 16
3 Marshawn Lynch 1,590 2012 16 305 5.0 11
4 Chris Warren 1,545 1994 16 333 4.6 9
5 Curt Warner 1,481 1986 16 319 4.6 13

RECEIVING — Yds, Yr, Gms, Rec, YPC, TD
1 Steve Largent 1,287 1985 16 79 16.3 6
2 Koren Robinson 1,240 2002 16 78 15.9 5
3 Steve Largent 1,237 1979 15 66 18.7 9
4 Steve Largent 1,224 1981 16 75 16.3 9
5 Darrell Jackson 1,199 2004 16 87 13.8 7

FIRST RD DC'S S/'01

Year	Name	Pos	School
2014	No Selection		
2013	No Selection		
2012	Bruce Irvin	DE	West Virginia
2011	James Carpenter	OL	Alabama
2010	Russell Okung	T	Oklahoma State
	Earl Thomas	S	Texas
2009	Aaron Curry	LB	Wake Forest
2008	Lawrence Jackson	DE	USC
2007	No Selection		
2006	Kelly Jennings	CB	Miami, FL
2005	Chris Spencer	C	Ole Miss
2004	Marcus Tubbs	DT	Texas
2003	Marcus Trufant	CB	Washington State
2002	Jerramy Stevens	TE	Washington
2001	Koren Robinson	WR	North Carolina State
	Steve Hutchinson	OG	Michigan

LAST FIVE COACHES

Years	Coach	Record
2009	Jim L Mora Jr	5-11-0
1999-2008	Mike Holmgren	86-74-0
1995-1998	Dennis Erickson	31-33-0
1991-1994	Tom Flores	14-34-0
1983-1991	Chuck Knox	80-63-0

PLAYOFF STATS LAST 10 GAMES

YEAR	RD	TEAM	SCORE	FD	Rush-YDS	AVG	CO-ATT	YDS	SKS VS	FD	Rush-YDS	AVG	CO-ATT	YDS	SKS BY	TO
2013	SB	† DEN	43-8	17	29-135	4.7	18-16	206	0	18	14-27	1.9	34-49	280	1	+4
2013	CF	SF	23-17	14	29-115	4.0	16-25	215	4	16	28-161	5.8	14-24	153	2	+2
2013	CSF	NO	23-15	13	35-174	5.0	9-18	103	3	25	26-108	4.2	24-43	309	1	+1
2012	CSF	@ ATL	28-30	28	28-123	4.4	24-36	368	2	24	26-167	6.4	24-35	250	0	0
2012	WC	@ WAS	24-14	22	37-224	6.1	15-26	156	5	15	23-104	4.5	13-29	99	2	+1
2010	CSF	@ CHI	24-35	18	12-34	2.8	26-46	242	2	21	45-176	3.9	15-29	274	3	+1
2010	WC	NO	41-36	19	24-150	6.2	22-35	265	2	32	22-77	3.5	39-60	397	1	0
2007	CSF	@ GB	20-42	15	18-28	1.6	19-33	172	2	25	35-235	6.7	18-23	173	1	+1
2007	WC	WAS	35-14	14	21-77	3.7	20-32	227	1	21	29-75	2.6	29-50	244	3	0
2006	CSF	@ CHI	24-27 (OT)	18	31-127	4.1	18-33	179	3	21	34-120	3.5	21-38	251	3	+1

2013 START CHART

(#) = % of Off or Def snaps in game

	QB	RB	FB/WR/TE	WR	WR	TE	LT	LG	CTR	RG	RT
at CAR	R Wilson (100)	M Lynch (68)	L Willson (WR) (68)	G Tate (72)	S Rice (60)	Z Miller (91)	R Okung (100)	P McQuistan (34)	M Unger (100)	J Sweezy (100)	B Giacomini (100)
SF	R Wilson (100)	M Lynch (67)	D Coleman (FB) (28)	K Davis (24)	J Kearse (34)	Z Miller (84)	R Okung (20)	P McQuistan (91)	M Unger (100)	J Sweezy (100)	B Giacomini (100)
JAX	R Wilson (69)	M Lynch (49)	D Coleman (FB) (38)	K Davis (37)	J Kearse (12)	Z Miller (68)	P McQuistan (76)	J Carpenter (100)	M Unger (76)	J Sweezy (100)	B Giacomini (56)
at HOU	R Wilson (100)	M Lynch (77)	D Coleman (FB) (38)	G Tate (67)	S Rice (57)	Z Miller (92)	P McQuistan (100)	J Carpenter (100)	L Jeanpierre (100)	J Sweezy (100)	M Bowie (100)
at IND	R Wilson (74)	M Lynch (74)	D Baldwin (WR) (87)	G Tate (67)	S Rice (84)	L Willson (100)	P McQuistan (100)	J Carpenter (100)	L Jeanpierre (100)	J Sweezy (100)	M Bowie (100)
TEN	R Wilson (90)	M Lynch (75)	K Davis (TE)(31)	G Tate (84)	S Rice (84)	L Willson (100)	P McQuistan (100)	J Carpenter (100)	M Unger (100)	J Sweezy (100)	M Bowie (100)
at ARZ	R Wilson (100)	M Lynch (76)	D Baldwin (WR) (67)	G Tate (73)	S Rice (69)	Z Miller (76)	P McQuistan (100)	J Carpenter (84)	M Unger (100)	J Sweezy (100)	M Bowie (100)
at STL	R Wilson (100)	M Lynch (80)	L Wilson (TE) (100)	G Tate (86)	S Rice (41)	Z Miller (98)	P McQuistan (100)	J Carpenter (100)	M Unger (100)	J Sweezy (100)	M Bowie (100)
TB	R Wilson (100)	M Lynch (70)	L Wilson (TE) (100)	G Tate (70)	D Baldwin (87)	Z Miller (83)	P McQuistan (100)	J Carpenter (94)	M Unger (70)	J Sweezy (100)	M Bowie (100)
at ATL	R Wilson (100)	M Lynch (49)	L Wilson (TE) (100)	G Tate (71)	D Baldwin (81)	Z Miller (81)	P McQuistan (86)	J Carpenter (74)	L Jeanpierre (100)	J Sweezy (90)	M Bowie (100)
MIN	R Wilson (81)	M Lynch (58)	M Robinson (48)	G Tate (73)	D Baldwin (94)	Z Miller (67)	R Okung (87)	P McQuistan (54)	M Unger (87)	J Sweezy (100)	B Giacomini (87)
NO	R Wilson (100)	M Lynch (72)	J Kearse (WR) (77)	G Tate (69)	D Baldwin (75)	R Lockette (WR)(14)	R Okung (100)	P McQuistan (56)	M Unger (100)	J Sweezy (99)	B Giacomini (100)
at SF	R Wilson (100)	M Lynch (85)	J Kearse (WR) (75)	G Tate (85)	D Baldwin (91)	Z Miller (87)	R Okung (100)	J Carpenter (55)	M Unger (81)	J Sweezy (100)	B Giacomini (100)
at NYG	R Wilson (88)	M Lynch (70)	M Robinson (12)	D Baldwin (83)	J Kearse (WR) (71)	R Okung (100)	J Carpenter (64)	M Unger (88)	J Sweezy (100)	B Giacomini (100)	
ARZ	R Wilson (100)	M Lynch (92)	M Robinson (12)	G Tate (83)	D Baldwin (94)	R Okung (96)	P McQuistan (71)	M Unger (100)	M Bowie (100)	B Giacomini (100)	
STL	R Wilson (100)	M Lynch (74)	K Davis (TE)(22)	B Walters (48)	L Willison (32)	Z Miller (83)	R Okung (100)	P McQuistan (69)	M Unger (100)	J Sweezy (100)	B Giacomini (100)

	DE	DT	DE	OLB	ILB	ILB	OLB	CB	CB	SS	FS
at CAR	R Bryant (67)	T McDaniel (60)	B Mebane (67)	O Schofield (69)	M Smith (60)	B Wagner (100)	K Wright (100)	R Sherman (100)	W Thurmond (88)	K Chancellor (100)	E Thomas (100)
SF	R Bryant (51)	T McDaniel (51)	B Mebane (45)	M Bennett (75)	M Smith (55)	B Wagner (98)	K Wright (100)	R Sherman (100)	W Thurmond (100)	K Chancellor (100)	E Thomas (100)
JAX	R Bryant (32)	T McDaniel (52)	B Mebane (45)	C Avril (74)	O Schofield (44)	B Wagner (74)	K Wright (74)	R Sherman (74)	B Browner (53)	K Chancellor (100)	E Thomas (100)
at HOU	R Bryant (53)	T McDaniel (58)	B Mebane (60)	M Bennett (35)	M Smith (54)	B Wagner (99)	K Wright (80)	R Sherman (99)	B Browner (91)	K Chancellor (100)	E Thomas (88)
at IND	R Bryant (46)	T McDaniel (31)	B Mebane (46)	C Clemons (68)	B Irvin (57)	B Wagner (95)	K Wright (95)	R Sherman (98)	B Browner (100)	K Chancellor (100)	E Thomas (100)
TEN	R Bryant (40)	T McDaniel (54)	B Mebane (38)	C Clemons (56)	B Irvin (56)	K Wright (100)	M Smith (92)	R Sherman (100)	B Browner (71)	K Chancellor (100)	E Thomas (100)
at ARZ	R Bryant (43)	T McDaniel (54)	B Mebane (45)	C Avril (51)	B Irvin (73)	K Wright (91)	M Smith (85)	R Sherman (100)	B Browner (100)	K Chancellor (100)	E Thomas (100)
at STL	R Bryant (64)	T McDaniel (54)	B Mebane (64)	C Clemons (71)	B Irvin (64)	B Wagner (100)	K Wright (93)	R Sherman (100)	B Browner (100)	K Chancellor (100)	E Thomas (100)
TB	R Bryant (57)	T McDaniel (61)	B Mebane (49)	C Clemons (70)	B Irvin (74)	B Wagner (100)	K Wright (100)	R Sherman (99)	B Browner (100)	K Chancellor (100)	E Thomas (100)
at ATL	M Bennett (76)	T McDaniel (19)	B Mebane (41)	C Clemons (72)	B Irvin (59)	B Wagner (86)	K Wright (86)	R Sherman (86)	B Browner (22)	K Chancellor (86)	E Thomas (100)
MIN	R Bryant (47)	T McDaniel (55)	B Mebane (45)	C Clemons (68)	B Irvin (50)	B Wagner (76)	K Wright (82)	R Sherman (80)	W Thurmond (74)	K Chancellor (80)	E Thomas (80)
NO	R Bryant (43)	T McDaniel (56)	B Mebane (45)	C Clemons (65)	B Irvin (43)	B Wagner (100)	K Wright (94)	R Sherman (95)	B Maxwell (95)	K Chancellor (87)	E Thomas (90)
at SF	R Bryant (60)	T McDaniel (65)	B Mebane (68)	C Clemons (65)	B Irvin (66)	B Wagner (99)	K Wright (32)	R Sherman (100)	B Maxwell (100)	K Chancellor (100)	E Thomas (100)
at NYG	R Bryant (31)	McDonald (75)	B Mebane (31)	C Clemons (71)	B Irvin (65)	B Wagner (100)	M Smith (75)	R Sherman (91)	B Maxwell (100)	K Chancellor (91)	E Thomas (91)
ARZ	R Bryant (52)	T McDaniel (56)	B Mebane (60)	C Clemons (49)	B Irvin (71)	B Wagner (100)	M Smith (92)	R Sherman (100)	B Maxwell (100)	K Chancellor (100)	E Thomas (100)
STL	R Bryant (40)	T McDaniel (49)	B Mebane (42)	C Clemons (72)	B Irvin (66)	B Wagner (98)	M Smith (92)	R Sherman (81)	B Maxwell (100)	K Chancellor (100)	E Thomas (100)