

## SEATTLE vs Carolina - Last 21 Years Matchups

Year Played	Line on Game	Total on Game	Points		-- SITE --	SEATTLE								Carolina								Turnovers	Game Grade	Home Team		Upset?	Net Yards
			SEATTLE	Carolina		OFF YDS	OFF FD	Rushing			Passing		DEF YDS	DEF FD	Rushing			Passing									
					Attempts			Yards	Average	Comp	Attempts	Yards			Sks	Attempts	Yards	Average	Comp	Attempts	Yards						
2019	-6.0	49.5	30-24		at Carolina	428	21	34-154	4.5	20-27	286	2	414	28	29-145	5.0	25-42	277	1	2	82.5	Loss	Over		14		
2018	3.0	46.5	30-27		at Carolina	397	21	28-75	2.7	22-31	339	2	476	26	27-220	8.2	25-30	256	0	1	87.5	Loss		Upset	-79		
2016	-7.5	44	40-7		Carolina	534	29	29-240	8.3	28-39	315	3	271	14	21-89	4.2	14-33	182	0	1	97.7	Win	Over		263		
2015	-7.0	40.5	23-27		Carolina	334	14	26-115	4.4	18-30	241	4	383	25	33-135	4.1	20-36	269	3	2	88.9	Loss		Upset	-49		
2014	-5.5	45	13-9		at Carolina	310	19	26-119	4.6	20-32	191	1	266	17	31-114	3.7	12-22	152	3	0	89.5	Loss	Under		44		
2013	-3.0	45	12-7		at Carolina	370	18	26-70	2.7	25-33	300	2	253	17	26-134	5.2	16-23	119	1	1	88.5	Loss	Under		117		
2012	2.5	42	16-12		at Carolina	310	17	35-98	2.8	19-25	212	2	190	13	19-82	4.3	12-29	108	4	-1	93.2	Loss	Under	Upset	120		
2010	-4.0	40	31-14		Carolina	371	25	31-161	5.2	17-30	210	3	283	18	30-131	4.4	18-34	152	3	-1	80.7	Win			88		
2007	-7.0	37	10-13		at Carolina	282	18	14-44	3.1	27-41	238	3	322	15	38-114	3.0	19-27	208	0	-1		Win		Upset	-40		
2005	-3.5	44	14-34		Carolina	393	27	51-190	3.7	20-28	203	2	212	11	12-36	3.0	15-35	176	2	4		Loss	Over	Upset	181		
2004	-8.0	39	23-17		Carolina	433	24	43-237	5.5	21-30	196	1	342	16	20-94	4.7	19-36	248	0	-1		Win			91		
2000	3.5	42.5	3-26		at Carolina	209	10	11-63	5.7	19-34	146	3	447	26	33-125	3.8	27-39	322	2	1		Win			-238		