

SEATTLE vs Carolina - Last 29 Years Matchups

Year Played	Rank		Line on Game	Total on Game	Points		-- SITE --	SEATTLE								Carolina								Turnovers	Game Grade	Home Team	Total Result	Upset?	Net Yards
	SEATTLE	Carolina			SEATTLE	Carolina		Home, Away or Neutral (†)	OFF YDS	OFF FD	Rushing			Passing		DEF YDS	DEF FD	Rushing			Passing								
							Attempts				Yards	Average	Comp	Attempts	Yards			Sks	Attempts	Yards	Average	Comp	Attempts						
2025	#-7	42.5	Under	27-10	at Carolina	288	19	36-163	4.5	18-27	125	3	139	10	26-99	3.8	14-24	40	2	0	92.9	Loss		Upset	149				
2023	#-4.5	42.5	Over	37-27	Carolina	425	27	33-146	4.4	23-36	296	2	378	23	14-44	3.1	34-58	361	3	-1	76.7	Win		Upset	47				
2022	#-3.5	44.5	Over	24-30	Carolina	287	16	14-46	3.3	21-36	264	3	328	24	46-223	4.8	14-24	120	2	-2	77.1	Loss			-41				
2019	#-6	49.5	Over	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		Upset	14				
2018	#3	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	44.0	Over	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		Upset	263				
2015	#-7	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			-49				
2014	#-5.5	45.0	Under	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		Upset	44				
2013	#-3	45.0	Under	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		Upset	117				
2012	#2.5	42.0	Under	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		Upset	120				
2010	#-4	40.0		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		Upset	88				
2007	#-7	37.0		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			-40				
2005	#-3.5	44.0	Over	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			181				
2004	#-8	39.0		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		Upset	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				