



NFC CHAMPIONSHIP GAME

Carolina Panthers at Seattle Seahawks
Sunday, January 22, 2006
3:30 PT

MEDIA INFORMATION SHEET

NFC Headquarters:

Renaissance Seattle Hotel
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Seattle, WA 98104
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NFC Office/Media Contacts:

Michael Signora, Michael Lipman,
Patrick Desir, Jason Jenkins, Sarah Quick

Carolina Panthers:

Charlie Dayton, Bruce Speight,
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800 South Mint Street
Charlotte, NC 28202
Telephone: 704-358-7473
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Seattle Seahawks:

Dave Pearson, Lane Gammel, Brian O'Connell
Rich Gonzales, Julie Barber
11220 N.E. 53rd Street
Kirkland, WA 98033
Telephone: 425-827-9777
Fax: 425-893-5076

Wednesday, January 18th:

SEAHAWKS

12:00 p.m. PT

Head Coach Mike Holmgren News Conference
at **Seattle Seahawks Kirkland Practice Facility**

12:00 p.m. PT

NFL National Conference Call with Seattle
Seahawks WR Joe Jurevicius
U.S. & Canada: 1-888-590-2291
Access Code: 334021
International Toll: 816-650-0833
Access Code: 334021
Transcripts will be available following the call on
www.nflmedia.com

1:30 p.m. – 3:00p.m. PT

Practice*
Practices open to local media & cameras only
T.V. cameras may only shoot first 15-20
minutes of practice

Following Practice

Locker room open
QB Matt Hasselbeck available in Media Tent

3:00 p.m. PT

Media Workroom & Lounge open
Renaissance Seattle Hotel
Workroom & Media Lounge – Second Floor
Washington Room & State Room

PANTHERS

9:30 a.m. PT

Head Coach John Fox available on practice
field adjacent to stadium

10:00 a.m. PT

NFL National Conference Call with Carolina
Panthers DE Julius Peppers
U.S. & Canada Toll-Free: 1-888-590-2291
Access Code: 14001
International Toll: 816-650-0833
Access Code: 14001
Transcripts will be available following the call on
www.nflmedia.com

10:15 a.m. – 11:00 a.m. PT

Locker room open

Thursday, January 19th:

SEAHAWKS

1:30 p.m. – 3:00 p.m. PT

Practice*

*Practices open to local media & cameras only
T.V. cameras may shoot first 15-20 minutes of practice*

Following Practice

Locker room open
RB Shaun Alexander available in Media Tent

PANTHERS

9:30 p.m. PT

Head coach John Fox available on practice field adjacent to stadium

10:15 a.m. – 11:00 a.m. PT

Locker room open

Friday, January 20th:

SEAHAWKS

11:45 a.m. – 1:00 p.m. PT

Practice*

*Practices open to local media & cameras only
Locker room closed*

2:30 p.m. PT

NFC Championship Game Press Conference
Renaissance Seattle Hotel
Level B Courtyard Ball Room
(Head Coach Mike Holmgren, Matt Hasselbeck, Shaun Alexander, Lofa Tatupu, Grant Wistrom)
Press Conference can be viewed live on NFL Network

PANTHERS

10:00 a.m. ET

NFC Championship Game Press Conference
Carolina Panthers Headquarters
(Head Coach John Fox, Jake Delhomme, Steve Smith, Mike Minter, Mike Rucker)
Press Conference can be viewed live on NFL Network

Sunday, January 22nd:

8:00 a.m. – 12:00 p.m. PT

Media Brunch
Renaissance Seattle Hotel
Level B Courtyard Ball Room

Media Buses depart for game from
Renaissance Seattle Hotel
Level B Courtyard Ballroom Lobby to
Qwest Field Parking Garage
(Royal Brougham between 1st & 2nd Ave.
South)

11:00 a.m. PT

First Media Bus Departs

11:30 a.m. PT

Second Media Bus Departs

12:00 p.m. PT

Third Media Bus Departs

12:30 p.m. PT

Fourth Media Bus Departs

1:00 p.m. PT

Fifth Media Bus Departs

1:30 p.m. PT

Last Media Bus Departs

3:30 p.m. PT

NFC Championship Game

Postgame Media Buses
Starting 1 hour after game

Shuttling continuously from
Qwest Field Parking Garage
to Renaissance Seattle Hotel and will
continue to shuttle from stadium to hotel

8:00 p.m. – 1:00 a.m. PT

Post game buffet for all media in the
Courtyard Ballroom