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PLAYOFF RACES IN FULL SWING AS NFC CLUBS VIE FOR POSITION

The Seahawks are in with a win and the rest is up for grabs.

That is the scenario in the NFC, as Seattle can clinch the NFC West championship with a win at Philadelphia on Monday night. Week 13 promises a host of intriguing matchups between teams with designs on the playoffs, including the NFC East showdown between Dallas and New York at Giants Stadium and two of the three clubs vying for the NFC South division title, the Atlanta Falcons visiting the Carolina Panthers.

"It just keeps getting tougher," says Falcons head coach **JIM MORA**. "What's interesting is the way our division is coming down – we can all truly say we control our own destiny because we all have contests against each other. We're all in the drivers seat and I think that makes for some high drama, so it should be fun."

Eleven teams in the NFC are within one game of .500 or better entering the final five weeks of the season. The Falcons have the toughest remaining schedule of the contenders, facing opponents with a combined 34-21 (.618) mark.

Following is the remaining strength of schedule for the 11 NFC teams within one game of .500 or better:

NFC EAST

TEAM	DALLAS (7-4)	N.Y. GIANTS (7-4)	PHILADELPHIA (5-6)	WASHINGTON (5-6)
OPP. RECORD	32-23 (.582)	28-27 (.509)	29-26 (.527)	27-28 (.491)
WEEK 13	at NY Giants (7-4)	Dallas (7-4)	Seattle (9-2)	at St. Louis (5-6)
WEEK 14	Kansas City (7-4)	at Philadelphia (5-6)	NY Giants (7-4)	at Arizona (3-8)
WEEK 15	at Washington (5-6)	Kansas City (7-4)	at St. Louis (5-6)	Dallas (7-4)
WEEK 16	at Carolina (8-3)	at Washington (5-6)	at Arizona (3-8)	NY Giants (7-4)
WEEK 17	St. Louis (5-6)	at Oakland (4-7)	Washington (5-6)	at Philadelphia (5-6)

NFC NORTH

TEAM	CHICAGO (8-3)	MINNESOTA (6-5)
OPP. RECORD	24-31 (.436)	27-28 (.491)
WEEK 13	Green Bay (2-9)	At Detroit (4-7)
WEEK 14	at Pittsburgh (7-4)	St. Louis (5-6)
WEEK 15	Atlanta (7-4)	Pittsburgh (7-4)
WEEK 16	at Green Bay (2-9)	at Baltimore (3-8)
WEEK 17	at Minnesota (6-5)	Chicago (8-3)

NFC SOUTH

TEAM	CAROLINA (8-3)	<u> ATLANTA (7-4)</u>	TAMPA BAY (7-4)
OPP. RECORD	31-24 (.564)	34-21 (.618)	27-28 (.491)
WEEK 13	Atlanta (7-4)	At Carolina (8-3)	At New Orleans (3-8)
WEEK 14	Tampa Bay (7-4)	New Orleans (3-8)	At Carolina (8-3)
WEEK 15	at New Orleans (3-8)	At Chicago (8-3)	At New England (6-5)
WEEK 16	Dallas (7-4)	At Tampa Bay (7-4)	Atlanta (7-4)
WEEK 17	at Atlanta (7-4)	Carolina (8-3)	New Orleans (3-8)

NFC WEST

<u>TEAM</u>	SEATTLE (9-2)	ST. LOUIS (5-6)
OPP. RECORD	23-32 (.418)	25-30 (.455)
WEEK 13	at Philadelphia (5-6)	Washington (5-6)
WEEK 14	San Francisco (2-9)	at Minnesota (6-5)
WEEK 15	at Tennessee (3-8)	Philadelphia (5-6)
WEEK 16	Indianapolis (11-0)	San Francisco (2-9)
WEEK 17	at Green Bay (2-9)	at Dallas (7-4)