

## **NCAA Division I Cross Country/Track and Field Recruiting Calendar**

**August 1, 2015, through July 31, 2016**

**(See NCAA Division I Bylaw 13.17.8 for Cross Country/  
Track and Field Calendar Formula)**

- |   |                |
|---|----------------|
| (a) August 1-8, 2015:   | Quiet Period   |
| (b) August 9 through December 13, 2015 [except (1) and (2) below]:      | Contact Period |
| (1) November 9-12, 2015:  | Dead Period    |
| (2) November 21, 2015:  | Dead Period    |
| (c) December 14, 2015, through January 2, 2016 [except for (1) below]:  | Quiet Period   |
| (1) December 15-18, 2015:   | Dead Period    |
| (d) January 3 through July 31, 2016 [except for (1) through (3) below]: | Contact Period |
| (1) March 11-12, 2016:  | Dead Period    |
| (2) April 11-14, 2016:  | Dead Period    |
| (3) June 8-11, 2016:  | Dead Period    |

2015-16 Division I Cross Country/Track and Field  
Recruiting Calendar

**August 2015**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>Quiet period:</b> August 1-8</p> <p><b>Contact period:</b> August 9-31</p>						
						<p><b>1</b></p> <p><b>Quiet period:</b> August 1-8</p>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>Contact period:</b> August 9-31</p>						
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Yellow - Quiet period Green - Contact period</p>						

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**September 2015**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact period:</b> September 1-30						
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">Green - Contact period</div>		

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**October 2015**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact period:</b> October 1-31						
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Green - Contact period						

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**November 2015**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>Contact period:</b> November 1-8; 13-20; and 22-30</p> <p><b>Dead periods:</b> November 9-12 and 21</p>						
<p><b>1</b></p> <p><b>Contact period:</b> November 1-8</p>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<p><b>9</b></p> <p><b>Dead period:</b> November 9-12</p>	<b>10</b>	<b>11</b>	<b>12</b>	<p><b>13</b></p> <p><b>Contact period:</b> November 13-20</p>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<p><b>21</b></p> <p><b>Dead period:</b> November 21</p>
<p><b>22</b></p> <p><b>Contact period:</b> November 22-30</p>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>					

Green - Contact period  
Red - Dead period

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# December 2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>Contact period:</b> December 1-13</p> <p><b>Dead period:</b> December 15-18</p> <p><b>Quiet period:</b> December 14 and 19-31</p>						
		<b>1</b> Contact period: December 1-13	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Quiet period: December 14	<b>15</b> Dead period: December 15-18	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Quiet period: December 19-31
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<div style="border: 1px solid black; padding: 5px;"> <p>Green - Contact period Red - Dead period Yellow - Quiet period</p> </div>	

2015-16 Division I Cross Country/Track and Field  
Recruiting Calendar

**January 2016**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Quiet period:</b> January 1-2 <b>Contact period:</b> January 3-31						
					<b>1</b> <b>Quiet period:</b> January 1-2	<b>2</b>
<b>3</b> <b>Contact period:</b> January 3-31	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Yellow - Quiet period  
Green - Contact period

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**February 2016**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact period:</b> February 1-29						
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>					
Green - Contact period						



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**March 2016**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact period:</b> March 1-10; and 13-31 <b>Dead period:</b> March 11-12						
		<b>1</b> <b>Contact period:</b> March 1-10	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <b>Dead period:</b> March 11-12	<b>12</b>
<b>13</b> <b>Contact period:</b> March 13-31	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<div style="border: 1px solid black; padding: 5px; width: fit-content;">           Green - Contact period            Red - Dead period         </div>	

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**April 2016**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>Contact period:</b> April 1-10; 15-30  <b>Dead period:</b> April 11-14</p>						
					<b>1</b> <b>Contact period:</b> April 1-10	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> <b>Dead Period:</b> April 11-14	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <b>Contact period:</b> April 15-30	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<div style="border: 1px solid black; padding: 5px; display: inline-block;">                     Green – Contact period                      Red – Dead period                 </div>						

2015-16 Division I Cross Country/Track and Field  
Recruiting Calendar

**May 2016**

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

Contact period: May 1-31

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**11**

**12**

**13**

**14**

**15**

**16**

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**20**

**21**

**22**

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**27**

**28**

**29**

**30**

**31**

Green - Contact period

2015-16 Division I Cross Country/Track and Field  
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**June 2016**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>Contact period:</b> June 1-7 and 12-30</p> <p><b>Dead period:</b> June 8-11</p>						
			<b>1</b> Contact period: June 1-7	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Dead period: June 8-11	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> Contact period: June 12-30	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           Green – Contact period            Red – Dead period         </div>	

2015-16 Division I Cross Country/Track and Field  
Recruiting Calendar

**July 2016**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact period:</b> July 1-31						
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Green – Contact period