

NCAA Division I Cross Country/Track and Field Recruiting Calendar

August 1, 2009 through July 31, 2010

(See NCAA Division I Bylaw 30.10.9 for cross country/track and field calendar formula)

The dates in this calendar reflect the application of Bylaw 30.10 at the time of publication of this manual but are subject to change per Constitution 5.2.3.1 or if certain dates change (e.g., National Letter of Intent signing dates) are altered.

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| (a) | August 1-8, 2009: | Quiet Period |
| (b) | August 9 through December 13, 2009, [except (1) below]: | Contact Period |
| (1) | November 23 (12:01 a.m.) to November 24, 2009, (12:01 a.m.): | Dead Period |
| (c) | December 14, 2009, through January 2, 2010, [except for (1) below]: | Quiet Period |
| (1) | December 14 (12:01 a.m.) to December 18, 2009, (12:01 a.m.): | Dead Period |
| (d) | January 3 through July 31, 2010, [except for (1) through (3) below]: | Contact Period |
| (1) | February 1 through 4, 2010: | Dead Period |
| (2) | March 12 (12:01 a.m.) to March 14, 2010, (12:01 a.m.): | Dead Period |
| (3) | June 9 (12:01 a.m.) to June 13, 2010, (12:01 a.m.): | Dead Period |