

CROSS COUNTRY

2019-2020 RECRUITING CALENDAR

NCAA DIVISION 1 CROSS COUNTRY & TRACK

AUGUST

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
					3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

Su	Mo	Tu	We	Th	Fr	Sa
						1
						2
						3
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

QUIET PERIOD

During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college's campus. A coach may not watch student-athletes compete (unless a competition occurs on the college's campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.

NOVEMBER

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

Su	Mo	Tu	We	Th	Fr	Sa
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY

Su	Mo	Tu	We	Th	Fr	Sa
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19	20	21	22	23	24	25
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DEAD PERIOD

During a dead period a college coach may not have face-to-face contact with college-bound student-athletes or their parents, and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.

FEBRUARY

Su	Mo	Tu	We	Th	Fr	Sa
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23	24	25	26	27	28	29

MARCH

Su	Mo	Tu	We	Th	Fr	Sa
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22	23	24	25	26	27	28
29	30	31				

APRIL

Su	Mo	Tu	We	Th	Fr	Sa
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EVALUATION PERIOD

During an evaluation period a college coach may watch college-bound student-athletes compete, visit their high schools, and write or telephone student-athletes or their parents. However, a college coach may not have face-to-face contact with college-bound student-athletes or their parents off the college's campus during an evaluation period.

MAY

Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE

Su	Mo	Tu	We	Th	Fr	Sa
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21	22	23	24	25	26	27
28	29	30				

JULY

Su	Mo	Tu	We	Th	Fr	Sa
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19	20	21	22	23	24	25
26	27	28	29	30	31	

CONTACT PERIOD

During a contact period a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete and visit their high schools, and write or telephone student-athletes or their parents.

 ACT Test Dates  SAT Test Dates