



NCAA Division I Cross Country/Track and Field Recruiting Calendar

August 1, 2018, through July 31, 2019

**(See NCAA Division I Bylaw 13.17.10 for Cross Country/
Track and Field Calendar Formula)**

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|-----|---|----------------------|
| (a) | August 1-21, 2018: | Evaluation
Period |
| (b) | August 22 through December 9, 2018 [except (1) and (2) below]: | Contact Period |
| | (1) November 12-15, 2018: | Dead Period |
| | (2) November 17, 2018: | Dead Period |
| (c) | December 10, 2018, through January 1, 2019: | Dead Period |
| (d) | January 2 through July 31, 2019 [except for (1) and (2) below]: | Contact Period |
| | (1) March 8-9, 2019: | Dead Period |
| | (2) June 5-8, 2019: | Dead Period |

