

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

August 1, 2016, through July 31, 2017

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

- |   |                |
|---|----------------|
| (a) August 1-13, 2016:  | Quiet Period   |
| (b) August 14 through December 11, 2016 [except (1) and (2) below]:     | Contact Period |
| (1) November 7-10, 2016:  | Dead Period    |
| (2) November 19, 2016:  | Dead Period    |
| (c) December 12, 2016, through January 2, 2017 [except for (1) below]:  | Quiet Period   |
| (1) December 14-17, 2016:   | Dead Period    |
| (d) January 3 through July 31, 2017 [except for (1) through (3) below]: | Contact Period |
| (1) March 10-11, 2017:  | Dead Period    |
| (2) April 10-13, 2017:  | Dead Period    |
| (3) June 7-10, 2017:  | Dead Period    |

# August 2016

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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> August 1-13 <b>Contact Period:</b> August 14-31						
	<b>1</b> Quiet Period: August 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> Contact Period: August 14-31	<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; margin: auto;">           Yellow - Quiet Period            Green – Contact Period         </div>		

# September 2016

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact Period: September 1-30</b>						
				<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>	

Green – Contact Period

# October 2016

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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

# November 2016

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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> November 1-6; 11-18; 20-30 <b>Dead Period:</b> November 7-10; 19						
		<b>1</b> <b>Contact Period:</b> November 1-6	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>Dead Period:</b> November 7-10	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <b>Contact Period:</b> November 11-18	<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>Dead Period:</b> November 19
<b>20</b> <b>Contact Period:</b> November 20-30	<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>			

Green – Contact Period  
Red – Dead Period

# December 2016

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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 1-11</p> <p><b>Dead Period:</b> December 14-17</p> <p><b>Quiet Period:</b> December 12-13; 18-31</p>						
				<b>1</b> Contact Period: December 1-11	<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> Quiet Period: December 12-13	<b>13</b>	<b>14</b> Dead Period: December 14-17	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> Quiet Period: December 18-31	<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; display: inline-block;">           Green – Contact Period            Red – Dead Period            Yellow - Quiet Period         </div>						

# January 2017

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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> Quiet Period: January 1-2	<b>2</b>	<b>3</b> Contact Period: 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</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

Yellow - Quiet Period  
Green - Contact Period

# February 2017

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Quiet Period: February 1-28						
			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				

Green - Contact Period



# March 2017

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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 1-9; 12-31 <b>Dead Period:</b> March 10-11						
			<b>1</b> <b>Contact Period:</b> March 1-9	<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>Dead Period:</b> March 10-11	<b>11</b>
<b>12</b> <b>Contact Period:</b> March 12-31	<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 Red - Dead Period

# April 2017

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<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> April 1-9; 14-30 <b>Dead Period:</b> April 10-13						
						<b>1</b> <b>Contact Period:</b> April 1-9
<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>Dead Period:</b> April 10-13	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <b>Contact Period:</b> April 14-30	<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>						

Green - Contact Period  
Red - Dead Period

# May 2017

## 2016-17 Division I Cross Country/Track and Field Recruiting Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Contact Period: May 1-31</b>						
	<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

2016-17 Division I Cross Country/Track and Field  
 Recruiting Calendar

**June 2017**

<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> June 1-6; 11-30 <b>Dead Period:</b> June 7-10						
				<b>1</b> <b>Contact Period:</b> June 1-6	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>Dead Period:</b> June 7-10	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> <b>Contact Period:</b> June 11-30	<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>	

Green – Contact Period  
 Red – Dead Period

2016-17 Division I Cross Country/Track and Field  
 Recruiting Calendar

**July 2017**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Contact Period: July 1-31						
						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					

Green – Contact Period