2023-24 NCAA RECRUITING CALENDAR

Division I Cross Country and Track

See NCAA Division I Bylaw 13.17.10 for Cross Country and Track and Field Calendar Formula.

Recruiting periods defined

**QUIET PERIOD**
A quiet period is that period of time when it is permissible to make in-person recruiting contacts only on the member institution’s campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

**DEAD PERIOD**
A dead period is that period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the member institution’s campus or to permit official or unofficial visits by prospective student-athletes to the institution’s campus.

**EVALUATION PERIOD**
An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

**CONTACT PERIOD**
A contact period is that period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

### Aug. 1, 2023–July 31, 2024

**Aug. 1-21, 2023**

<table>
<thead>
<tr>
<th>Date</th>
<th>Period</th>
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</thead>
<tbody>
<tr>
<td>Aug. 22-Dec. 10, except as noted below:</td>
<td>EVALUATION PERIOD</td>
</tr>
<tr>
<td>• Nov. 6-9</td>
<td>CONTACT PERIOD</td>
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<tr>
<td>• Nov. 18</td>
<td>DEAD PERIOD</td>
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<tr>
<td>Dec. 11-Jan. 1, 2024</td>
<td>DEAD PERIOD</td>
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<td>Jan. 2-July 31, except as noted below:</td>
<td>CONTACT PERIOD</td>
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<td>• March 8-9</td>
<td>DEAD PERIOD</td>
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<tr>
<td>• June 5-8</td>
<td>DEAD PERIOD</td>
</tr>
</tbody>
</table>

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2023-24 NCAA RECRUITING CALENDAR

Division I Cross Country and Track

QUIET PERIOD  DEAD PERIOD  EVALUATION PERIOD  CONTACT PERIOD

AUG 2023

SEP

OCT

NOV

DEC

JAN 2024

FEB

MAR

APR

MAY

JUN

JUL

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