

Division I Cross Country and Track



Aug. 1, 2025-July 31, 2026

Aug. 1-21, 2025	EVALUATION PERIOD
Aug. 22 through Dec. 13, except as noted below:	CONTACT PERIOD
<ul style="list-style-type: none"> • Nov. 10-13 • Nov. 22 	DEAD PERIOD
Dec. 14-26	DEAD PERIOD
Dec. 27 through July 31, 2026, except as noted below:	CONTACT PERIOD
<ul style="list-style-type: none"> • March 13-14 • June 10-13 	DEAD PERIOD

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.

RECRUITING SHUTDOWN

A recruiting shutdown is a period of time when no form of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence or making or receiving telephone calls) is permissible.



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QUIET PERIOD

DEAD PERIOD

CONTACT PERIOD

EVALUATION PERIOD

RECRUITING SHUTDOWN

AUG 2025

S	M	T	W	T	F	S
					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						

SEP

S	M	T	W	T	F	S
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28	29	30				

OCT

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

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23	24	25	26	27	28	29
30						

DEC

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28	29	30	31			

JAN 2026

S	M	T	W	T	F	S
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25	26	27	28	29	30	31

FEB

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MAR

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29	30	31				

APR

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MAY

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31						

JUN

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JUL

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12	13	14	15	16	17	18
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26	27	28	29	30	31	