

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**August 09**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Quiet period: August 1 - 8 Contact period: August 9 - 31						<b>1</b> Quiet period: August 1 - 8
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Contact period: August 9 - 31	<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

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**September 09**

<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> September 1 - 30						
		<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>Green - Contact period</b>		

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**October 08**

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

Contact period: October 1 - 31

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Green - Contact period

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**November 09**

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**Contact period:** November 1 - 22; 24 at (12:02 a.m.) - 30

**Dead period:** November 23 (12:01 a.m. through 24 (12:01 a.m.))

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**Contact period:**  
November 1 - 22

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**Dead period:**  
November 24 (12:01  
a.m. – 25 (12:01 a.m.))

**Dead period ends at  
12:01 a.m.  
Contact period  
begins at 12:02 a.m.**

**29**

**30**

Green - Contact period  
Red - Dead period

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**December 09**

<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 - 13</p> <p><b>Quiet period:</b> December 14 (12:02 a.m.) ; 19 - 31</p> <p><b>Dead period:</b> December 14 (12:01 a.m. – 18 (12:01 a.m.)</p>						
		<b>1</b> Contact period: December 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> Dead period: December 14 (12:01 a.m. – 18 (12:01 a.m.)	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Dead period ends at 12:01 a.m.  Quiet period begins at 12:02 a.m. - 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>		
<p>Green – Contact period Red - Dead period Yellow - Quiet period</p>						

2009-10 Division I Cross Country/Track and Field  
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**January 10**

<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> <b>Quiet period:</b> January 1 - 2	<b>2</b>
<b>3</b> <b>Contact period:</b> 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>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Yellow - Quiet period  
Green - Contact period

2009-10 Division I Cross Country/Track and Field  
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**February 10**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Dead period:</b> February 1 - 4						
<b>Contact period:</b> February 5 - 28						
	<b>1</b> <b>Dead period:</b> February 1 - 4	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>Contact period:</b> February 5 - 28	<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>21/28</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>

Red - Dead period  
Green - Contact period

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**March 10**

<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> March 1 - 12 (midnight) and 14 (12:02 a.m.) - 31</p> <p><b>Dead period:</b> March 12 (12:01 a.m. - 14 (12:01 a.m.))</p>						
	<p><b>1</b> Contact period: March 1 – 12 midnight</p>	<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>	<p><b>12</b> Dead period: March 12 (12:01 a.m. – 14 (12:01 a.m.))</p>	<b>13</b>
<p><b>14</b> Dead period ends at 12:01 a.m.  Contact period begins at 12:02 a.m. - 31</p>	<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>	<p>Green - Contact period Red - Dead period</p>		

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**April 10**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Contact period: April 1 - 30						
				<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

2009-10 Division I Cross Country/Track and Field  
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**May 10**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Contact period: May 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>23/30</b>	<b>24/31</b> Memorial Day	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

Green - Contact period

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**June 10**

<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> June 1 - 9 (midnight) and 14 (12:02 a.m.) - 30</p> <p><b>Dead period:</b> June 9 (12:01 a.m.) - 13 (12:01 a.m.)</p>						
		<b>1</b> Contact period: June 1 - 8 (midnight)	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Dead period: June 9 (12:01 a.m.) - 13 (12:01 a.m.)	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b> Dead period ends at 12:01 a.m.  Contact period begins at 12:02 a.m.	<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>	<div style="border: 1px solid black; padding: 5px;"> <p>Green – Contact period Red – Dead period</p> </div>		

2009-10 Division I Cross Country/Track and Field  
Recruiting Calendar

**July 10**

<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> July 1 - 31						
				<b>1</b>	<b>3</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