

Indoor/Outdoor Track & Field Playing and Practice Season Declaration

Please complete the following playing and practice season declaration form. For Indoor/Outdoor Track and Field, your declared playing and practice season may include a maximum of **156 days** which may consist of two segments (each consisting of consecutive days) and which may exclude only required days off and official vacation, holiday, and final examination periods during which no practice or competition shall occur. Utilizing a blank calendar may be a helpful tool to mark off and track your segment dates. *Contact the Compliance Office with any questions.* Also, see applicable sport-specific rules in Bylaw 17.

First Segment - Dates:	_____	to	_____
Declared Week* – First Segment: (e.g. Monday to Sunday)	_____	to	_____
Number of Days in First Segment:	_____	<i>days</i>	
First Date of Practice:	_____		
First Date of Competition:	_____		
Number of Dates of Competition:	_____		

Second Segment - Dates:	_____	to	_____
Declared Week* – Second Segment: (e.g. Monday to Sunday)	_____	to	_____
Number of Days in Second Segment:	_____	<i>days</i>	
First Date of Practice:	_____		
First Date of Competition:	_____		
Number of Dates of Competition:	_____		

Date of Conference Championship:	_____
Dates of NCAA Championships:	_____

**Note: NCAA rules specify that once you determine the 7-day period that shall constitute a week that designation may not change for the remainder of the segment*

*I understand that my sport's declared playing and practice season is limited in length. The declared playing and practice season shall be on file in the Athletics Department prior to its beginning; changes are permissible and must also be filed in writing in the Athletics Department. **Countable hours must be recorded on a daily basis for each student-athlete.***

ACADEMIC YEAR: _____

SPORT: _____

Signature: Head Coach

Date

Signature: Compliance

Date