

A Tale of Two Student Athletes (and Their School Start Times)

Caroline, South River High School Cross Country
Anne Arundel County Public Schools
Maryland | School Start Time 7:30 AM

Maria, Loudoun County High School Cross Country
Loudoun County Public Schools
Virginia | School Start Time 9:15 AM



August 2017
← 5:39 AM
An Anne Arundel County Public Schools bus awaits students for a 5:40 AM departure.

ANNE ARUNDEL COUNTY		LOUDOUN COUNTY
Rise and Shine!	5:30 AM	Sleeping
Be at the Bus Stop	6:15 AM	Sleeping
Arrive at school	7:00 AM	Sleeping
School Starts! 7:30 AM	7:30 AM	Rise and Shine!
Feeling Drowsy	8:15 AM	Be at the Bus Stop
School - Period 1 7:30 – 8:57 AM	9:00 AM	Arrive at School
School – Period 2 9:02-10:24 AM	9:15 AM	School Starts! 9:15 AM
School Day =	9:30 AM	School - Block 1 9:15-10:48AM
6 hours, 48 minutes	10:00 AM	School Day =
NEST Blue Block 10:29 AM	10:30 AM	6 hours, 48 minutes
NEST Silver Block 10:59 AM	11:00 AM	Block 2 & 30 Min Lunch A at 10:53 AM
NEST Ends 11:24	11:30 AM	Block & 30 Min Lunch B at 11:23AM
School - Period 3 11:29-12:51	12:00 PM	Block 2 & 30 Min Lunch C At 11:53 AM
School-Period 3	12:30 PM	Block 2 & 30 Min Lunch D at 12:23 PM
School - Period 4 at 12:56	1:00 PM	Period 2 & Lunch End 12:53 PM
School's Out! 2:18 PM	2:00 PM	School - Block 3 12:58-2:28 PM
Wait for Coach	2:30 PM	School - Block 4 at 2:33PM
2 Hour Sports Practice Begins	3:00 PM	School - Block 4
Sports Practice	4:00 PM	School's Out! 4:03 PM
Sports Practice	4:30 PM	2 Hour Sports Practice Begins
Sports Practice Ends	5:00 PM	Sports Practice
Dinner with Family	6:00 PM	Sports Practice
Study	6:30 PM	Sports Practice Ends
Study	7:00 PM	Dinner with Family
Study	7:30 PM	Study
Lights Out	11 PM	Lights Out
Sleep until 5:30 AM		Sleep until 7:30 AM
6.5 Hours of Sleep		= 8.5 Hours of Sleep

“It takes a sleepy student 5 hours to do 3 hours of homework.”

- Dr. Judith Owens, Pediatric Sleep Researcher and Lead Author for American Academy of Pediatrics 2014 Position Statement