

Maryland Public Schools High School Start Times: 2023-2024 School Year

The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later.

The American Medical Association, American Psychological Association, American Academy of Child & Adolescent Psychiatry, the National Association of School Nurses, the Education Commission of the States and the National PTA agree.

As detailed here, the vast majority of Maryland public high schools open well before 8:30 a.m.

Bus pick-ups starting before 6 a.m. require students to wake at hours long before what is safe, healthy, and

developmentally-appropriate for their still-growing brains and bodies. Teaching sleep-deprived teens challenging academics, including AP courses, in the 7 a.m. hour is both cruel and undermining.

With such schedules, teenagers have to be in bed and *asleep* at 8 or 9 p.m. in order to get the amount of sleep they need. This just isn't possible — for biological and logistical reasons. When students oversleep and miss the bus, many wind up being extremely tardy or entirely absent from school due to having no transportation alternatives.

ALLEGANY COUNTY

Mountain Ridge	7:40
Allegany	7:40
Fort Hill	7:40
Center for Career/Technical Education	7:30

ANNE ARUNDEL COUNTY

Annapolis	8:30
Arundel	8:30
Broadneck	8:30
Chesapeake	8:30
Glen Burnie	8:30
Meade Senior	8:30
Northeast	8:30
North County	8:30
Old Mill	8:30
Severna Park	8:30
Southern	8:30
South River	8:30
Phoenix Academy	9:15
Chesapeake Science Point Charter	8:20

BALTIMORE CITY

Excel Academy At Francis M. Wood	9:00
Benjamin Franklin at Masonville Cove	8:00
Claremont	9:15
Bard HS Early College	8:00
City Neighbors	9:00
Patterson	8:00
Forest Park	7:30
Western	8:00
Edmondson-Westside	8:00
Baltimore Polytechnic Institute	8:00
Mergenthaler Vo-Tech	7:45
Paul Laurence Dunbar	8:00
Digital Harbor	7:30
Reginald F. Lewis	8:00
Frederick Douglass	8:00
Carver Vo-Tech	7:45
Baltimore City College	7:30
Williams S Baer School	9:15

Reach! Partnership School	8:45
Bluford Drew Jemison STEM Academy	8:00
Baltimore Leadership Young Women	8:45
Baltimore Collegiate School for Boys	7:30
Baltimore Design School	8:45
Baltimore School for the Arts	8:00
National Academy Foundation	8:45
New Era Academy	7:30
Vivien T. Thomas Medical Arts Acad.	7:30
Acad. for College/Career Exploration	8:00
Augusta Fells Savage Inst. Visual Arts	8:00
Coppin Academy	8:00
Renaissance Academy	7:45
Career Academy	9:00
Success Academy	8:45
Youth Opportunity Academy	9:00

BALTIMORE COUNTY

Catonsville	7:45
Dundalk	7:45
Chesapeake	7:45
Dulaney	7:45
Eastern Technical	7:45
Franklin	7:40
Hereford	7:40
Kenwood	7:45
Landsdowne	7:45
Loch Raven	7:45
New Town	7:45
Overlea	7:45
Owings Mills	7:45
Parkville	7:45
Patapsco	7:45
Pikesville	7:40
Perry Hall	7:45

Patapsco	7:45
Randallstown	7:25
Rosedale Center	7:00
Sollers Point Technical	7:45
Sparrows Point	7:45
Towson	7:40
Woodlawn	7:30

CALVERT COUNTY

Calvert	7:40
Career and Technology Academy	7:40
Northern	7:25
Patuxent	7:25
Huntingtown	7:25

CAROLINE COUNTY

Colonel Richardson	7:43
North Caroline	7:50
Caroline Career & Technology Center	7:50

CARROLL COUNTY

Century	7:30
Francis Scott Key	7:30
Liberty	7:30
Manchester Valley	7:30
South Carroll	7:30
Westminister	7:30
Winters Hill	7:30
Carroll Springs	8:35
Gateway	7:30

CECIL COUNTY

Perryville	7:40
North East HS	7:40
Bohemia Manor	7:45

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Elkton	7:30
Cecil County School of Technology	8:00
Rising Sun	7:45

CHARLES COUNTY

Henry E Lackey	7:25
La Plata	7:30
McDonough	7:30
North Point	8:05
Thomas Stones	7:30
Westlake	7:30
St Charles	7:25
Robert D. Stethem Educational Center	7:50

DORCHESTER COUNTY

Cambridge-South Dorchester	8:15
North Dorchester	7:50

FREDERICK COUNTY

Brunswick	7:30
Catoctin	7:30
Frederick	7:30
Governor Thomas Johnson	7:30
Linganore	7:30
Middletown	7:30
Oakdale	7:30
Tuscarora	7:30
Urbana	7:30
Walkersville	7:30
LYNX at Frederick	8:54

GARRETT COUNTY

Northern	8:25
Southern	8:25

HARFORD COUNTY

Aberdeen	7:30
Bel Air	7:30
C. Milton Wright	7:30
Edgewood	7:30
Fallston	7:30
Harford Technical	7:30
Harve de Grace	7:30
Joppatown	7:30
North Harford	7:30
Patterson Mill	7:30

HOWARD COUNTY

Atholton HS	8:00
Centennial HS	8:00
Glenelg HS	8:00
Hammond HS	8:00
Howard HS	8:00
Long reach HS	8:00
Marriotts Ridge HS	8:00
MT Hebron HS	8:00
Oakland Mills HS	8:00
Reservoir HS	8:00
River Hill HS	8:00
Wilde Lake HS	8:00
Applications & Research Lab	8:00

KENT COUNTY

Kent County	7:45
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MONTGOMERY COUNTY

Bethesda Chevy Chase	7:45
Clarksburg	7:45
Albert Einstein	7:45
Montgomery Blair	7:45

Damascus	7:45
Gaithersburg	7:45
James Jubert Blake	7:45
Thomas Edison	7:45
Walter Johnson	7:45
Winston Churchill	7:45
John F Kennedy	7:45
Col. Zakok Magruder	7:45
Richard Montgomery	7:45
Northwest	7:45
Northwood	7:45
Paint Branch	7:45
Poolesville	7:45
Quince Orchard	7:45
Rockville	7:45
Seneca Valley	7:45
Sherwood	7:45
Springbook	7:45
Watkins Mill	7:45
Wheaton	7:45
Walt Whitman	7:45
Thomas S. Wooton	7:45

PRINCE GEORGE'S COUNTY

Academy of Health Science PGCCC	9:30
Annapolis Road Alternative	9:30
Bladensburg	9:30
Bowie	7:45
Central	7:45
Charles Flowers	7:45
Croom Vocational	9:30
Crossland	7:45
Dr. Henry A. Wise, Jr	9:00
Duval	8:30
Eleanor Roosevelt	8:40

Fairmont Heights	8:30
Frederick Douglass	7:45
Friendly	7:45
Green Valley Alternative	9:30
Gwynn Park	7:45
High Point	8:45
Largo	7:45
Laurel	7:45
Northwestern	8:30
Oxon Hill	9:30
Parkdale	7:45
Potomac	7:45
Suitland	8:30
Surrattsville	7:45
Tall Oaks	9:30

QUEEN ANNE'S COUNTY

Queen Anne's County	7:35
Kent Island	8:00

SOMERSET COUNTY

Washington	7:30
Crisfield	7:30

ST MARY'S COUNTY

Chopticon	8:00
Great Mills	8:00
Leonardtwn	8:00

TALBOT COUNTY

Easton	7:45
St Michaels	7:50

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WASHINGTON COUNTY

Barbara Ingram School for the Arts	9:05
Boonsboro	8:45
Clear Spring	8:42
Hancock	8:45
North Hagerstown	8:45
Smithsburg	8:42
South Hagerstown	8:45
Washington County Technical	9:00
Williamsport	8:45

WICOMICO COUNTY

James M. Bennett	7:45
Mardela MS/HS	7:45
Parkside	7:45
Wicomico	7:45

WORCESTER COUNTY

Pocomoke	8:00
Snow Hill	8:07
Steven Decatur	8:00