



# Rome Free Academy

## (G) V Cross Country

### Coaches:

- Nicholas Jeror, Head Coach
- Alfred Bevilacqua, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	6:00 PM	7:30 PM	TBD			
Aug 22, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	Roman Runners			
Aug 23, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	TBD			
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	9:30 AM	Rome Free Academy H S			
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	Rome Free Academy H S			
Aug 28, 2023	Mon	Practice	N/A	6:00 PM	7:30 PM	TBD			
Aug 29, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	Roman Runners			
Aug 30, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	TBD			
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	9:30 AM	Rome Free Academy H S			
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	Rome Free Academy H S			
Sep 2, 2023	Sat	Regular Season (15 Annual Niskayuna XC Ekiden)	@ TBD	9:30 AM		Iroquois Middle School	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 7:00 AM	NL
Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	8:45 AM		New Hartford High School	<b>Bus/Driver:</b> First Student Danelle Stovall bus 9178 phone 202-390-2722	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 7:00 AM	L
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Oneida, Utica Proctor	4:30 PM		RFA Cross Country Course			L
Sep 26, 2023	Tue	Regular Season	Vernon-Verona-Sherrill @ Camden	4:00 PM		Osceola Ski and Sport Resort	<b>Bus/Driver:</b> F/S - Shane Miller bus 9181 p# 315-292-3620	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 2:30 PM	L
Sep 30, 2023	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	TBD		Proctor Park	<b>Bus/Driver:</b> F/S - John S. 315-886-9795	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 8:00 AM	NL
Oct 3, 2023	Tue	Regular Season	New Hartford, Central Valley Academy	4:15 PM		Rome Free Academy H S			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2023	Tue	Regular Season	Whitesboro @ Holland Patent	4:30 PM		Holland Patent HS	<b>Bus/Driver:</b> F/S - Wael bus 9148 p#315-395-8395	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 2:30 PM	L
Oct 14, 2023	Sat	Regular Season (Bill Coughlin Cross Country Invitational)	Clinton, Little Falls	11:40 AM		Rome Free Academy HS			L
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Vernon-Verona-Sherrill, Utica Proctor, Oneida @ Holland Patent	11:10 AM	4:00 PM	HS Stadium / Track	<b>Bus/Driver:</b> First Student - Todd Seamans Bus 9190 p#315-709-9097	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 8:30 AM	L
Oct 28, 2023	Sat	Regular Season (John Bernard XX Invitational at Adirondack)	@ TBD	8:15 AM		TBD	<b>Bus/Driver:</b> First Student - John S. Bus 9171 Ph # 315-886-9795	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 8:15 AM	L
Nov 4, 2023	Sat	Post-Season (Sectional Finals )	@ TBD	1:40 PM		VVS High School	<b>Bus/Driver:</b> RCSD- Justin (315)335-9844	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 10:30 PM	NL
Nov 14, 2023	Tue	Post-Season (Post Season Meeting )	@ TBD	6:30 PM		VVS High School	<b>Bus/Driver:</b> No Transportation Needed		NL

Date: 2024-04-30