



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	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 HS		
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	Rome Free Academy HS		
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 HS		
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	9:30 AM	Rome Free Academy HS		
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Oneida, Utica Proctor	4:30 PM		RFA Cross Country Course		L
Oct 3, 2023	Tue	Regular Season	New Hartford, Central Valley Academy	4:15 PM		Rome Free Academy HS		L
Oct 14, 2023	Sat	Regular Season (Bill Coughlin Cross Country Invitational)	Clinton, Little Falls	11:40 AM		Rome Free Academy HS		L

Date: 2024-04-30