## Rome Free Academy (G) V Cross Country

## Coaches:

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

Aug 22, 2022   Mon   Practice (First practice)   N/A   Sep 20, 2022   Tue   Practice	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 24, 2022   Tue   Practice   N/A   Practice   Practice   N/A   Practice   N/A   Practice   N/A   Practice   Practice   N/A   Practice   Practice   N/A   Practice   P	Aug 22, 2022	Mon		N/A			Free Academy			
Aug 25, 2022   Thu   Practice   N/A   AM   AM   AM   AM   AM   AM   AM	Aug 23, 2022	Tue	(Practice @	N/A			TBD			
Aug 26, 2022   Fri   Practice   N/A   AM   AM   AM   AM   AM   AM   AM	Aug 24, 2022	Wed	Practice	N/A			TBD			
Sep 3, 2022   Sat   Regular Season (Ekiden)   Schoul, School, School (Ekiden)   School, School (School)   School (Scho	Aug 25, 2022	Thu	Practice	N/A			TBD			
Sep 3, 2022   Sat   Regular Season (Ekiden)   Shaker High School Shaker High School (Queensbury @ Niskayuna High School Queensbury @ Niskayuna High School	Aug 26, 2022	Fri	Practice	N/A			TBD			
Sep 10, 2022   Sat   Season (VVS   Season (VVS   Invitational)   Sep 20, 2022   Tue   Regular   Season (VVS   Season (VVS   Invitational)   Sep 24, 2022   Sat   Season (VVS   Season	Sep 3, 2022	Sat	Season	Schenectady High School, Shaker High School, Queensbury @ Niskayuna High	AM		Middle			L
Sep 20, 2022  Tue Regular Season PM  Regular Season  Tab Regular Season (Herrmann Invitational)  Sep 24, 2022  Tue Regular Season (Herrmann Invitational)  Tab Regular Season (Herrmann Invitational)  Tab Pm  Tab Pm  Tab Pm  Tab Pm  Tab Pm  Tab Proctor Park Park Park Park Park Park Park Par	Sep 10, 2022	Sat	Season (VVS	_			Country	RCSD/Dan 315-571-	Stadium Support Facility  Departure Time:	NL
Sep 24, 2022 Sat Season (Herrmann Invitational)  TBD 9:30 AM Proctor Park Season (Herrmann Invitational)  TBD 9:30 AM Proctor Park Season (Herrmann Invitational)  TBD 9:30 AM Proctor Park Season Season (Herrmann Invitational)  TBD 9:30 AM Proctor Season Season (Herrmann Invitational)  TBD 9:30 AM Proctor Park Season Season (Herrmann Invitational)  TBD 9:30 AM Proctor Season Season (Herrmann Invitational)  TBD 9:30 AM Proctor Season Season Season (Herrmann Invitational)  TBD 9:30 AM Proctor Season Seas	Sep 20, 2022	Tue	-	Academy @			Country	First Student - Chris P 315-335- 7976 Bus		L
Sep 27, 2022  Tue Regular Season Whitesboro PM  Regular Season Whitesboro PM  Regular Season (*Note VVS/Holland Patent, Non League)  PM  Regular Season (*Note Non League)  Regular Season (*Note Note Non League)  Regular Season PM  Regular Season (*Note Note Non League)  Regular Season PM  R	Sep 24, 2022	Sat	Season (Herrmann	TBD				First Student - Steve 315- 240-8526	Stadium Support Facility  Departure Time:	NL
Oct 5, 2022 Wed VVS/Holland Patent, New Hartford Q Vernon-Verona-Sherrill PM Course Season (*Note VVS/Holland Patent will be Non League)  Oct 8, 2022 Sat Regular Season  DeRuyter 8:00 AM RFA Cross Country Course Season  Regular Regular Season  Regular Season  RFA Cross Country Course Size Sirest Student Chris P RFA Bus Loop Departure Time: 2:30 PM  RFA Cross Country Course Size Size Size Size Size Size Size Siz	Sep 27, 2022	Tue					Town Wilderness	First Student - Frank C 315-225- 1104 Bus	RFA Bus Loop  Departure Time:	L
Oct 8, 2022 Sat Regular DeRuyter 8:00 Country Course  Regular Regular RFA Cross	Oct 5, 2022	Wed	Season (*Note VVS/Holland Patent will be	New Hartford @ Vernon-			Country	First Student - Chris P 315-335- 7976 Bus	RFA Bus Loop  Departure Time:	L
ROULIGY 8:UI	Oct 8, 2022	Sat	-	DeRuyter			Country			L
Oct 8, 2022 Sat Season DeRuyter AM Country L Course	Oct 8, 2022	Sat	Regular Season	DeRuyter			Country			L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE   / NON-   LEAGUE
Oct 8, 2022	Sat	Regular Season (Coughlin Invitational)	TBD	9:00 AM		RFA HS Track			NL
Oct 8, 2022	Sat	Regular Season (RFA Rome Coughlin Invitational)	Remsen (Remsen/Town of Webb)	11:00 AM		RFA Cross Country Course			NL
Oct 8, 2022	Sat	Regular Season (RFA "Bill Coughlin" Invitational)	Little Falls	11:00 AM		RFA Cross Country Course			NL
Oct 8, 2022	Sat	Regular Season (Coughlin Invitational)	Westmoreland	11:00 AM		Rome Free Academy H S			L
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invite)	Oneonta	11:00 AM		RFA Cross Country Course			NL
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invitational)	Canastota	TBD		TBD			NL
Oct 11, 2022	Tue	Regular Season	Camden, Notre Dame, Utica	4:00 PM		RFA Cross Country Course			L
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Vernon- Verona-Sherrill, Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Bus/Driver: RCSD- Marnie (315)335- 2667	<b>Departure Point:</b> SSF <b>Departure Time:</b> 8:00 AM	L
Oct 29, 2022	Sat	Meet (John Bernard XC Invitational)	Vs. Multiple	9:30 AM	12:00 PM	TBD			NL
Nov 5, 2022	Sat	Post-Season (Sectionals @ VVS)	TBD	9:00 AM		VVS High School	Bus/Driver: RCSD-Chris W. (315)240- 7035	Departure Point: Stadium Support Facility Departure Time: 11:00 AM	NL
TBD		Practice (Practice @ RCS)	N/A	6:00 PM	7:15 PM	TBD			

Date: 2024-05-13