



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 22, 2022	Mon	Practice (First practice)	N/A	6:00 PM	7:30 PM	Rome Free Academy HS			
Aug 23, 2022	Tue	Practice (Practice @ RCS)	N/A	6:00 PM	7:15 PM	TBD			
Aug 24, 2022	Wed	Practice	N/A	7:30 AM	9:00 AM	TBD			
Aug 25, 2022	Thu	Practice	N/A	7:30 AM	9:00 AM	TBD			
Aug 26, 2022	Fri	Practice	N/A	7:30 AM	9:00 AM	TBD			
Sep 3, 2022	Sat	Regular Season (Ekiden)	Schuylerville, Schenectady High School, Shaker High School, Queensbury @ Niskayuna High School	9:30 AM	1:00 PM	Iroquois Middle School			L
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	9:10 AM	3:30 PM	Cross Country Course	Bus/Driver: RCSD/Dan 315-571-8186	Departure Point: Stadium Support Facility Departure Time: 6:45 AM	NL
Sep 20, 2022	Tue	Regular Season	Central Valley Academy @ Oneida	4:00 PM		Cross Country Course	Bus/Driver: First Student - Chris P 315-335-7976 Bus 9160		L
Sep 24, 2022	Sat	Regular Season (Herrmann Invitational)	TBD	9:30 AM		Proctor Park	Bus/Driver: First Student - Steve 315-240-8526 Bus 9153	Departure Point: Stadium Support Facility Departure Time: 8:00 AM	NL
Sep 27, 2022	Tue	Regular Season	Utica Proctor @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: First Student - Frank C 315-225-1104 Bus 9144	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Oct 5, 2022	Wed	Regular Season (*Note VVS/Holland Patent will be Non League)	Holland Patent, New Hartford @ Vernon-Verona-Sherrill	4:00 PM		Cross Country Course	Bus/Driver: First Student - Chris P 315-335-7976 Bus 9152	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Oct 8, 2022	Sat	Regular Season	DeRuyter	8:00 AM		RFA Cross Country Course			L
Oct 8, 2022	Sat	Regular Season	DeRuyter	8:00 AM		RFA Cross Country Course			L

DATE	WEEK DAY	TYPE	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	Departure Point: SSF Departure Time: 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: 2024-04-30