Rome Free Academy (G) V Cross Country

Coaches:

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

Aug 22, 2022 Mon Practice (First practice) Practice (Practice) Practice N/A Practice Practice Practice N/A Practice Practice N/A Practice		WEEK DAY	E	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 23, 2022 Tue (Practice @ RGS) N/A PM P	Aug 22, 2022			N/A			Free Academy			
Aug 25, 2022 Thu Practice N/A 7:30 9:00 AM AM TBD Aug 26, 2022 Fri Practice N/A 7:30 9:00 AM AM AM TBD Sep 3, 2022 Sat Regular Season (Ekiden) Sep 10, 2022 Sat Regular Season (VVS Invitational) Sep 20, 2022 Tue Regular Season (VVS	Aug 23, 2022 7	Tue (Pract	ctice @	N/A			TBD			
Aug 26, 2022 Fri Practice N/A 7:30 9:00 AM AM TBD Sep 3, 2022 Sat Regular Season (Ekiden) Sep 10, 2022 Sat Regular Season (VVS Invitational) Sep 20, 2022 Tue Regular Season (Proctor Season (Price	Aug 24, 2022	Wed Practi	ctice	N/A			TBD			
Sep 3, 2022 Sat Regular Season (Ekiden) Sep 3, 2022 Sat Regular Season (Ekiden) Sep 10, 2022 Sat Regular Season (VVS Invitational) Sep 20, 2022 Tue Regular Season (Property of the property of the propert	Aug 25, 2022	Thu Practi	ctice	N/A			TBD			
Sep 3, 2022 Sat Regular Season (Ekiden) Shaker High School, Shaker High School, Queensbury @ Niskayuna High School Sep 10, 2022 Sat Regular Season (VVS Invitational) Sep 20, 2022 Tue Regular Season Sep 24, 2022 Sat Season (Herrmann) Regular Season (VS Season	Aug 26, 2022 F	ri Practi	ctice	N/A			TBD			
Sep 10, 2022 Sat Regular Season (VVS Invitational) Sep 20, 2022 Tue Regular Season (VVS Season (VVS Invitational) Sep 20, 2022 Tue Regular Season (VVS Season (VVS Invitational) Sep 24, 2022 Sat Regular Season (Herrmann TBD Pince (Herrmann) Regular Season (VVS Invitational) Sep 21, 2022 Sat Regular Season (Herrmann TBD Pince (Herrmann) Sep 24, 2022 Sat Regular Season (Herrmann) Sep 25, 2022 Sat Regular Season (Herrmann) Stadium Support Facility Departure Time: 6:45 AM Stadium Support Facility Departure Time: 6:45 AM Stadium Support First Student Stadium Support Stadium Stadium Support Stadium Support Stadium Support Stadium Stadium Support Stadium Stadium Stadium Support Stadium Stadi	Sep 3, 2022	Sat Seaso	ular son den)	Schenectady High School, Shaker High School, Queensbury @ Niskayuna High	AM		Middle			L
Sep 20, 2022 Tue Regular Season Central Valley Academy @ Oneida 4:00 PM Course Country Course Season Country Course Season Season (Herrmann TBD 9:30 AM Proctor Park First Student Stadium Support Season CHerrmann TBD 9:30 AM Proctor Park Season Season CHerrmann TBD 9:30 AM Proctor Park Season Penarture Time:	Sep 10, 2022	Sat Seaso	son (VVS	-			Country	RCSD/Dan 315-571-	Stadium Support Facility Departure Time:	NL
Sep 24, 2022 Sat (Herrmann TBD AM Park Stable Stabl	Sep 20, 2022	11164	uiar son	Academy @			Country	First Student - Chris P 315-335- 7976 Bus		L
Invitational) Bus 9153 8:00 AM	Sep 24, 2022	Sat Seaso (Herrr	son rrmann	TBD				First Student - Steve 315- 240-8526	Stadium Support Facility Departure Time:	NL
Sep 27, 2022 Tue Regular Season Utica Proctor & 4:00 Departure Point: Note The Season Whitesboro PM Departure Point: Note Town - Frank C RFA Bus Loop Wilderness 315-225- Departure Time: Park 1104 Bus 2:30 PM 9144	Sep 27, 2022						Town Wilderness	First Student - Frank C 315-225- 1104 Bus	RFA Bus Loop Departure Time:	L
Oct 5, 2022 Wed VS/Holland Patent, New Hartford Patent will be Non League) Regular Season (*Note VVS/Holland Patent, New Hartford Patent will be Non League) Verona-Sherrill PM	Oct 5, 2022	Seaso Wed VVS/F Paten	son (*Note S/Holland ent will be	New Hartford @ Vernon-			Country	First Student - Chris P 315-335- 7976 Bus	RFA Bus Loop Departure Time:	L
Oct 8, 2022 Sat Regular Season DeRuyter 8:00 AM RFA Cross Country Course	Oct 8, 2022	Sai -		DeRuyter			Country			L
Oct 8, 2022 Sat Regular Season DeRuyter 8:00 AM RFA Cross Country Course	Oct 8, 2022			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	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