



Rome Free Academy

(G) 7/8TH Cross Country

Coaches:

- David Brognano, Head Coach
- Courtney Spatto, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	8:45 AM		New Hartford High School			L
Sep 26, 2023	Tue	Regular Season	Vernon-Verona-Sherrill @ Camden	4:00 PM		Osceola Ski and Sport Resort	Bus/Driver: F/S - Steve Fosella Bus 9153, phone 315-240-8526	Departure Point: Strough - Back Departure Time: 2:30 PM	L
Sep 30, 2023	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	1:25 PM		Proctor Park	Bus/Driver: F/S - Jeff F. 315-430-6614	Departure Point: RFA Bus Loop Departure Time: 11:30 AM	NL
Oct 7, 2023	Sat	Regular Season (Whitesboro Cross Country Invitational)	@ TBD	8:30 AM		Deerfield Wilderness Park	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 7:15 AM	L
Oct 10, 2023	Tue	Regular Season	Whitesboro @ Holland Patent	4:30 PM		Holland Patent HS	Bus/Driver: F/S - Jason Grecio bus 9143 p#315-570-5342	Departure Point: Back of Strough Departure Time: 2:30 PM	L
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Oneida, Vernon-Verona-Sherrill, Utica Proctor (JFK/DMS) @ Holland Patent	10:00 AM		HS Stadium / Track	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 8:15 AM	L
Oct 28, 2023	Sat	Regular Season (John Bernard XX Invitational at Adirondack)	@ TBD	8:15 AM		TBD	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 7:45 AM	L

Date: 2024-05-18