



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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 18, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 19, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 20, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 23, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD		
Sep 24, 2019	Tue	Regular Season	Central Valley Academy, Oneida	4:00 PM		TBD		L
Sep 25, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 26, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 27, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Sep 30, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 2, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 3, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 4, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 7, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 9, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 10, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 11, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	TBD		
Oct 12, 2019	Sat	Regular Season (Bill Coughlin Invite)	Holland Patent	11:00 AM	1:30 PM	TBD		NL
Oct 14, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		
Oct 16, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track		

Date: 2024-05-18