



# Rome Free Academy

## (G) 7/8TH Cross Country

### Coaches:

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

| DATE         | WEEK DAY | TYPE  | OPPONENTS                                   | START TIME | END TIME | LOCATION                       | DEPARTURE                     | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|--------------------------------|-------------------------------|---|---------------------|
| Sep 16, 2019 | Mon      | Practice  | N/A   | 2:45 PM    | 4:00 PM  | RFA HS Track                   |                               |   |                     |
| Sep 17, 2019 | Tue      | Regular Season  | Notre Dame, Utica @ Utica Proctor (JFK/DMS) | 4:00 PM    |          | Proctor Park                   | <b>Bus/Driver:</b> Birnie Bus | <b>Departure Point:</b> 95 Dart Circle<br><b>Departure Time:</b> 2:45 PM  | L                   |
| 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 28, 2019 | Sat      | Regular Season (EJ Hermann Cross Country Invitational ) | @ Utica Proctor (JFK/DMS)                   | 12:00 PM   |          | Proctor Park                   | <b>Bus/Driver:</b> Birnie Bus | <b>Departure Point:</b> 95 Dart Circle<br><b>Departure Time:</b> 12:00 PM | NL                  |
| Sep 30, 2019 | Mon      | Practice  | N/A   | 2:45 PM    | 4:00 PM  | RFA HS Track                   |                               |   |                     |
| Oct 1, 2019  | Tue      | Regular Season  | Vernon-Verona-Sherrill @ Whitesboro         | 4:00 PM    |          | Deerfield Town Wilderness Park | <b>Bus/Driver:</b> Birnie Bus | <b>Departure Point:</b> 95 Dart Circle<br><b>Departure Time:</b> 2:45 PM  | L                   |
| 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 8, 2019  | Tue      | Regular Season 15-46-17 W                               | New Hartford @ Camden                       | 4:00 PM    |          | Camden Cross Country Course    | <b>Bus/Driver:</b> Birnie Bus | <b>Departure Point:</b> 95 Dart Circle<br><b>Departure Time:</b> 2:45 PM  | L                   |
| 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                  |

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|--------------|----------|---|---|------------|----------|--------------------------------|-------------------------------|--|---------------------|
| 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                   |                               |  |                     |
| Oct 22, 2019 | Tue      | Regular Season (TVL Championship)<br>67-91-188-82-215-178-73-60-216 L | Central Valley Academy,<br>Camden, New Hartford, Notre Dame, Utica, Oneida, Utica Proctor (JFK/DMS),<br>Vernon-Verona-Sherrill @ Whitesboro | 4:00 PM    |          | Deerfield Town Wilderness Park | <b>Bus/Driver:</b> Birnie Bus | <b>Departure Point:</b> 95 Dart Circle<br><b>Departure Time:</b> 2:45 PM | L                   |
| Oct 26, 2019 | Sat      | Meet (The John Bernard (Adirondack) XC Invitational)                  | Vs. Multiple  | 9:00 AM    | 1:30 PM  | Adirondack HS                  |                               | <b>Departure Point:</b> 95 Dart Circle<br><b>Departure Time:</b> 7:45 AM | NL                  |

Date: 2026-03-05