



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
Aug 31, 2021	Tue	Practice	N/A	6:00 PM	7:00 PM	TBD			
Sep 1, 2021	Wed	Practice	N/A	6:00 PM	7:00 PM	TBD			
Sep 2, 2021	Thu	Practice	N/A	6:00 PM	7:00 PM	TBD			
Sep 7, 2021	Tue	Practice	N/A	4:30 PM	5:30 PM	TBD			
Sep 8, 2021	Wed	Practice	N/A	4:30 PM	5:30 PM	TBD			
Sep 9, 2021	Thu	Practice	N/A	2:45 PM	4:15 PM	RFA HS Track			
Sep 10, 2021	Fri	Practice	N/A	2:45 PM	4:15 PM	RFA HS Track			
Sep 13, 2021	Mon	Practice	N/A	3:00 PM		RFA HS Track			
Sep 14, 2021	Tue	Practice	N/A	3:00 PM		RFA HS Track			
Sep 15, 2021	Wed	Practice	N/A	3:00 PM		RFA HS Track			
Sep 16, 2021	Thu	Practice	N/A	3:00 PM		RFA HS Track			
Sep 17, 2021	Fri	Practice	N/A	3:00 PM		RFA HS Track			
Sep 20, 2021	Mon	Practice	N/A	3:00 PM	4:15 PM	RFA Cross Country Course			
Sep 21, 2021	Tue	Regular Season	Vernon-Verona-Sherrill, Whitesboro	4:00 PM		RFA Cross Country Course			L
Sep 22, 2021	Wed	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Sep 23, 2021	Thu	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Sep 24, 2021	Fri	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Sep 25, 2021	Sat	Regular Season (EJ HERRMANN INVITATIONAL)	@ TBD	1:00 PM		Proctor Park		Bus/Driver: First Student - Richard L 315-317-3149	Departure Point: RFA High School Dart Circle Nearest pool end. Departure Time: 12:05 PM Return Date: Return Time: 3:30 PM
Sep 27, 2021	Mon	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 28, 2021	Tue	Regular Season	Central Valley Academy @ Notre Dame, Utica	4:00 PM		TBD	Bus/Driver: First Student	Departure Point: RFA High School Dart Circle Nearest pool end. Departure Time: 4:00 PM Return Date: Return Time: 6:15 PM	L
Sep 29, 2021	Wed	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Sep 30, 2021	Thu	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 1, 2021	Fri	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 4, 2021	Mon	Practice	N/A	3:00 PM	4:15 PM	RFA Cross Country Course			
Oct 4, 2021	Mon	Regular Season	Oneida, Camden	4:00 PM		RFA Cross Country Course			L
Oct 6, 2021	Wed	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 7, 2021	Thu	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 8, 2021	Fri	Practice	N/A	3:00 PM	4:15 PM	RFA Cross Country Course			
Oct 9, 2021	Sat	Regular Season	Westmoreland	8:30 AM		RFA Cross Country Course			L
Oct 9, 2021	Sat	Regular Season (RFA Invitational)	Chittenango	9:00 AM	12:30 PM	RFA Cross Country Course			NL
Oct 9, 2021	Sat	Regular Season (RFA "Bill Coughlin" Invite)	Oneonta	11:00 AM		RFA Cross Country Course			NL
Oct 9, 2021	Sat	Regular Season (Rome Invitational)	Whitesboro	11:00 AM		RFA Cross Country Course			NL
Oct 12, 2021	Tue	Regular Season	Utica Proctor (JFK/DMS) @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	Bus/Driver: First Student - To: Mike 315-832-2604 & From: Richard 315-271-0433	Departure Point: RFA High School Dart Circle Nearest pool end. Departure Time: 4:00 PM Return Date: Return Time: 6:15 PM	L
Oct 13, 2021	Wed	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 14, 2021	Thu	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 15, 2021	Fri	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			

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Oct 16, 2021	Sat	Regular Season (John Bernard Invitational)	@ TBD	9:00 AM		TBD	Bus/Driver: RCSD/Marnie 315-335-2667	Departure Point: RFA High School Dart Circle Nearest pool end. Departure Time: 8:30 AM Return Date: Return Time: 12:30 PM	NL
Oct 18, 2021	Mon	Practice	N/A	3:00 PM	4:15 PM	RFA HS Track			
Oct 23, 2021	Sat	Regular Season (TVL Championship)	Vernon-Verona-Sherrill, Utica Proctor (JFK/DMS), Oneida, Notre Dame, Utica, New Hartford, Central Valley Academy, Camden, Whitesboro @ TBD	8:00 AM		Osceola Ski and Sport Resort	Bus/Driver: RCSD/Marnie 315-335-2667	Departure Point: 95 Dart - by pool Departure Time: 8:00 AM	L

Date: 2026-03-05