



# 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 28, 2023	Mon	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Aug 29, 2023	Tue	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Aug 30, 2023	Wed	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Aug 31, 2023	Thu	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Sep 1, 2023	Fri	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Sep 5, 2023	Tue	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
POSTPONED Sep 6, 2023	Wed	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Sep 7, 2023	Thu	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
CANCELLED Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	8:45 AM		New Hartford High School			L
Sep 11, 2023	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 12, 2023	Tue	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 13, 2023	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 14, 2023	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 15, 2023	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 18, 2023	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Oneida, Utica Proctor (JFK/DMS)	4:30 PM		RFA Cross Country Course			L
Sep 20, 2023	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 21, 2023	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 25, 2023	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 26, 2023	Tue	Regular Season	Vernon-Verona-Sherrill @ Camden	4:00 PM		Osceola Ski and Sport Resort	<b>Bus/Driver:</b> F/S - Steve Fosella Bus 9153, phone 315-240-8526	<b>Departure Point:</b> Strough - Back <b>Departure Time:</b> 2:30 PM	L
CANCELLED Sep 27, 2023	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 28, 2023	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 29, 2023	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 30, 2023	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	1:25 PM		Proctor Park	<b>Bus/Driver:</b> F/S - Jeff F. 315-430-6614	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 11:30 AM	NL
Oct 2, 2023	Mon	Practice	N/A	2:00 PM	4:00 PM	RFA Cross Country Course			
Oct 3, 2023	Tue	Regular Season	New Hartford, Central Valley Academy	4:15 PM		Rome Free Academy HS			L
CANCELLED Oct 4, 2023	Wed	Practice	N/A	2:00 PM	4:00 PM	RFA Cross Country Course			
Oct 5, 2023	Thu	Practice	N/A	2:00 PM	4:00 PM	RFA Cross Country Course			
Oct 7, 2023	Sat	Regular Season (Whitesboro Cross Country Invitational)	@ TBD	8:30 AM		Deerfield Wilderness Park	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 7:15 AM	L
Oct 10, 2023	Tue	Regular Season	Whitesboro @ Holland Patent	4:30 PM		Holland Patent HS	<b>Bus/Driver:</b> F/S - Jason Grecio bus 9143 p#315-570-5342	<b>Departure Point:</b> Back of Strough <b>Departure Time:</b> 2:30 PM	L
CANCELLED Oct 11, 2023	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 12, 2023	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 13, 2023	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 14, 2023	Sat	Regular Season (Rome Bill Coughlin Invitational)	Notre Dame, Utica	11:00 AM		RFA Cross Country Course			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (RFA Bill Coughlin Cross Country Invitational)	Chittenango	11:00 AM	12:00 PM	RFA Cross Country Course			NL
Oct 14, 2023	Sat	Regular Season (Invitational )	Little Falls	11:20 AM		Rome Free Academy H S			L
Oct 14, 2023	Sat	Regular Season (Rome Invitational)	Central Square	TBD		RFA Cross Country Course			L
CANCELLED Oct 14, 2023	Sat	Regular Season (RFA Coughlin Invitational)	Clinton	TBD		RFA HS			L
Oct 16, 2023	Mon	Practice	N/A	2:00 PM	4:00 PM	RFA Cross Country Course			
Oct 19, 2023	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
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	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 8:15 AM	L
Oct 23, 2023	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 25, 2023	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 27, 2023	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 28, 2023	Sat	Regular Season (John Bernard XX Invitational at Adirondack)	@ TBD	8:15 AM		TBD	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 7:45 AM	L

Date: 2025-12-05