



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 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Utica Proctor (JFK/DMS), Vernon-Verona-Sherrill, Camden, TBD, Adirondack, Central Valley Academy, DeRuyter, Herkimer, Notre Dame, Utica, Oneonta, Poland, Sauquoit Valley, Westmoreland, Whitesboro @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Bus/Driver: RCSD-Danielle-315.897.2933	Departure Point: Stadium Support Departure Date: Sep 13, 2025 Departure Time: 7:15 AM Return Date: Return Time: 10:45 AM	NL
Sep 16, 2025	Tue	Regular Season	Whitesboro, Vernon-Verona-Sherrill	4:00 PM		RFA Cross Country Course			L
Sep 24, 2025	Wed	Regular Season	Camden, Notre Dame, Utica @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	Bus/Driver: First Student-Wael 315.395.8395	Departure Point: Strough Middle School Cafeteria Departure Date: Sep 24, 2025 Departure Time: 2:30 PM Return Date: Return Time: 5:30 PM	L
Sep 27, 2025	Sat	Regular Season (EJ Herrmann Invitational)	@ Utica Proctor (JFK/DMS)	1:00 PM		Proctor Park		Departure Point: Stadium Support Facility Departure Date: Sep 27, 2025 Departure Time: 11:45 AM	L
Sep 30, 2025	Tue	Regular Season	Central Valley Academy, Utica Proctor (JFK/DMS)	4:00 PM		RFA Cross Country Course			L
Oct 7, 2025	Tue	Regular Season	Oneida @ Holland Patent	4:00 PM		Holland Patent HS	Bus/Driver: First Student-Wael 315.395.8395	Departure Point: Strough Middle School Cafeteria Departure Date: Oct 7, 2025 Departure Time: 3:00 PM Return Date: Return Time: 5:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 11, 2025	Sat	Regular Season (Coughlin Invitational)	Altmar-Parish-Williamstown (APW Rebels), Utica Proctor (JFK/DMS), New York Mills, Clinton, Sandy Creek	9:00 AM		RFA Cross Country Course			NL
Oct 18, 2025	Sat	Regular Season (Beaver River Invitational)	@ Beaver River	TBD		Beaver River H S	Bus/Driver: RCSD- Trent- 714.471.5955	Departure Point: Stadium Support Facility Departure Date: Oct 18, 2025 Departure Time: 7:30 AM	NL
Oct 25, 2025	Sat	Regular Season (TVL Track Invite)	Holland Patent, Camden, Vernon-Verona-Sherrill, Whitesboro, New Hartford, Utica Proctor (JFK/DMS), Oneida @ Central Valley Academy	10:40 AM		Diss Athletic Complex	Bus/Driver: Trent - 714-471-5955	Departure Point: Stadium Support Departure Date: Oct 25, 2025 Departure Time: 9:00 AM	L

Date: 2025-12-05