



Rome Free Academy

(B) V Cross Country

Coaches:

- Ty Knamm, Head Coach
- Alfred Bevilacqua, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2023	Sat	Regular Season (15 Annual Niskayuna XC Ekiden)	@ TBD	9:30 AM		Iroquois Middle School	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facility Departure Time: 7:00 AM	NL
Sep 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	8:45 AM		New Hartford High School	Bus/Driver: First Student Danelle Stovall bus 9178 phone 202-390-2722	Departure Point: Stadium Support Facility Departure Time: 7:00 AM	L
Sep 26, 2023	Tue	Regular Season	Vernon-Verona-Sherrill @ Camden	4:00 PM		Osceola Ski and Sport Resort	Bus/Driver: F/S - Shane Miller bus 9181 p# 315-292-3620	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Sep 30, 2023	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	TBD		Proctor Park	Bus/Driver: F/S - John S. 315-886-9795	Departure Point: Stadium Support Facility Departure Time: 8:00 AM	NL
Oct 10, 2023	Tue	Regular Season	Whitesboro @ Holland Patent	4:30 PM		Holland Patent HS	Bus/Driver: F/S - Wael bus 9148 p#315-395-8395	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
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 @ Holland Patent	11:40 AM	4:00 PM	HS Stadium / Track	Bus/Driver: First Student - Todd Seamans Bus 9190 p#315-709-9097	Departure Point: Stadium Support Facility Departure Time: 8:30 AM	L
Oct 28, 2023	Sat	Regular Season (John Bernard XX Invitational at Adirondack)	@ TBD	8:15 AM		TBD	Bus/Driver: First Student - John S. Bus 9171 Ph # 315-886-9795	Departure Point: Stadium Support Facility Departure Time: 8:15 AM	L
Nov 14, 2023	Tue	Post-Season (Post Season Meeting)	@ TBD	6:30 PM		VVS High School	Bus/Driver: No Transportation Needed		NL

Date: 2024-05-16