



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	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	RFA Cross Country Course		
CANCELLED Aug 21, 2023	Mon	Practice	N/A	7:00 PM	8:00 PM	RFA Cross Country Course		
Aug 22, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	Roman Runners		
Aug 23, 2023	Wed	Practice	N/A	6:00 PM	8:00 PM	RFA Cross Country Course		
Aug 24, 2023	Thu	Practice	N/A	6:00 PM	7:30 PM	Stanwix Oriskany Trail		
Aug 25, 2023	Fri	Practice	N/A	6:00 PM	8:00 PM	RFA Cross Country Course		
Aug 26, 2023	Sat	Practice	N/A	7:30 AM	9:30 AM	RFA Cross Country Course		
Aug 28, 2023	Mon	Practice	N/A	6:00 PM	8:00 PM	RFA Cross Country Course		
Aug 29, 2023	Tue	Practice	N/A	6:00 PM	7:30 PM	Roman Runners		
Aug 30, 2023	Wed	Practice	N/A	4:00 PM	5:30 PM	Stanwix Oriskany Trail		
Aug 31, 2023	Thu	Practice	N/A	6:00 PM	8:00 PM	RFA Cross Country Course		
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	RFA Cross Country Course		
Sep 5, 2023	Tue	Practice	N/A	5:30 PM	7:00 PM	Stanwix Oriskany Trail		
Sep 6, 2023	Wed	Practice	N/A	6:00 PM	7:30 PM	RFA Cross Country Course		
Sep 7, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 8, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 11, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 12, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 13, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 15, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 16, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Sep 18, 2023	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 19, 2023	Tue	Regular Season	Notre Dame, Utica, Utica Proctor, Oneida	4:30 PM		RFA Cross Country Course		L
Sep 20, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 21, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 22, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Cross Country Course		
Sep 23, 2023	Sat	Practice	N/A	7:30 AM	9:00 AM	Stanwix Oriskany Trail		
Oct 3, 2023	Tue	Regular Season	New Hartford, Central Valley Academy	4:15 PM		Rome Free Academy HS		L
Oct 14, 2023	Sat	Regular Season (RFA Invitational)	Mount Markham	9:00 AM		Rome Free Academy HS		L
Oct 14, 2023	Sat	Regular Season (Bill Coughlin Cross Country Invitational)	Clinton, Little Falls	12:15 PM		Rome Free Academy HS		L

Date: 2024-05-01