



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
Aug 31, 2019	Sat	Regular Season (12th Annual Niskayuna XC Ekiden Invitational)	@ Niskayuna High School	9:30 AM		Iroquois Middle School	Bus/Driver: Birnie Bus	Departure Point: Stadium Support Main Entrance	NL
Sep 7, 2019	Sat	Regular Season (115th Annual VVS Cross Country Invite)	@ Vernon-Verona-Sherrill	9:00 AM		Cross Country Course	Bus/Driver: Birnie Bus	Departure Point: Stadium Support Facility Departure Time: 9:00 AM	NL
Sep 17, 2019	Tue	Regular Season	Notre Dame, Utica @ Utica Proctor	4:00 PM		Proctor Park	Bus/Driver: Birnie Bus	Departure Point: RFA Dart Circle Departure Time: 2:30 PM	L
Sep 21, 2019	Sat	Regular Season (Invitational to Baldwinsville)	TBD	12:00 PM		TBD	Bus/Driver: Birnie Bus	Departure Point: Stadium Support Facility Departure Time: 10:00 AM	NL
Sep 24, 2019	Tue	Regular Season	Central Valley Academy, Oneida	4:00 PM		TBD			L
Sep 28, 2019	Sat	Regular Season (77th EJ Herrmann Cross Country Invitational)	@ Utica Proctor	9:00 AM		Proctor Park	Bus/Driver: Birnie Bus	Departure Point: Stadium Support Facility Departure Time: 8:30 AM	NL
Oct 1, 2019	Tue	Regular Season	Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:30 PM	L
Oct 8, 2019	Tue	Regular Season 20-41-23 W	New Hartford @ Camden	4:00 PM		Camden Cross Country Course	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:30 PM	L
Oct 12, 2019	Sat	Regular Season (Invitational)	Central Valley Academy	1:00 PM		TBD			NL
Oct 12, 2019	Sat	Regular Season (Rome Coughlin Invitational)	Remsen (Remsen)	2:15 PM		TBD			NL
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, New Hartford, Notre Dame, Utica, Oneida, Utica Proctor, Vernon-Verona-Sherrill @ Whitesboro	5:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:30 PM	L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		Departure Point: Stadium Support Facility Departure Time: 8:15 AM	NL

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Nov 9, 2019	Sat	Post-Season (Sectional Cross Country Finals)	@ Vernon- Verona- Sherrill	TBD		Cross Country Course	Bus/Driver: RCSD/Marnie	Departure Point: Stadium Support Facility Departure Time: 7:30 AM	NL

Date: 2026-01-20