



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 4, 2021	Sat	Regular Season	Albany High School, Amsterdam, Colonie High School, Columbia High School, Amherst, Canajoharie, Shaker High School, Schenectady High School, LaSalle Institute, Averill Park High School, Voorheesville, Ballston Spa High School, Queensbury, Shenendehowa High School @ Niskayuna High School	9:30 AM		Iroquois Middle School- Niskayuna	Bus/Driver: RCSD - Justin 315-335-8742	Departure Point: Stadium Support Rear Parking Lot Departure Time: 6:30 AM	L
CANCELLED Sep 10, 2021	Fri	Regular Season (VVS Cross Country Invitational)	@ TBD	TBD		VVS High School		Departure Point: 95 Dart Circle Departure Time: 4:00 PM	NL
Sep 11, 2021	Sat	Regular Season (VVS Cross Country Invitational)	@ TBD	TBD		VVS High School	Bus/Driver: RCSD - Justin 315-335-8742	Departure Point: Stadium Support Facility Departure Time: 11:00 AM	NL
Sep 21, 2021	Tue	Regular Season	Whitesboro, Vernon-Verona- Sherrill	4:00 PM		RFA Cross Country Course			L
Sep 25, 2021	Sat	Regular Season (EJ HERRMANN INVITATIONAL)	@ TBD	1:00 PM		Proctor Park	Bus/Driver: First Student - Richard J 315-271-0433	Departure Point: Stadium Support Facility Departure Time: 8:00 AM	NL
Sep 28, 2021	Tue	Regular Season	Central Valley Academy @ Notre Dame, Utica	4:00 PM		TBD	Bus/Driver: First Student	Departure Point: 95 Dart Circle Departure Time: 4:00 PM	L
Oct 4, 2021	Mon	Regular Season	Camden, Oneida	4:00 PM		RFA Cross Country Course			L
Oct 9, 2021	Sat	Regular Season	Westmoreland	8:30 AM		RFA Cross Country Course			L
Oct 9, 2021	Sat	Regular Season (RFA Remsen Rome Coughlin (Remsen) Invitational)	Remsen Rome Coughlin (Remsen)	9:00 AM		RFA Cross Country Course			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 9, 2021	Sat	Regular Season (RFA)	DeRuyter	9:30 AM		RFA Cross Country Course			NL
Oct 9, 2021	Sat	Regular Season (RFA "Bill Coughlin" Invitational)	Mount Markham	10:00 AM		HS Track			L
Oct 9, 2021	Sat	Regular Season	Waterville	10:00 AM		RFA Cross Country Course			L
Oct 9, 2021	Sat	Regular Season (RFA "Bill Coughlin" Invite)	Oneonta	11:00 AM		RFA Cross Country Course			NL
Oct 9, 2021	Sat	Regular Season (RFA Invitational)	Whitesboro	12:15 PM		RFA Cross Country Course			NL
Oct 9, 2021	Sat	Regular Season	Oneida	TBD		RFA Cross Country Course			L
Oct 12, 2021	Tue	Regular Season	Utica Proctor @ New Hartford	4:00 PM		Cross Country Course	Bus/Driver: First Student (Perry JH)	Departure Point: 95 Dart Circle Departure Time: 4:00 PM	L
Oct 23, 2021	Sat	Regular Season (TVL League Championship)	Whitesboro, Camden, Central Valley Academy, Utica Proctor, Notre Dame, Utica, Oneida, New Hartford, Vernon-Verona-Sherrill @ TBD	12:00 PM		Osceola Ski and Sport Resort	Bus/Driver: RCSD/Justin 315-335-8742	Departure Point: 95 Dart Circle Departure Time: 7:45 AM	L
Oct 30, 2021	Sat	Regular Season (Harvest Classic Invitational)	TBD	9:30 AM		Bob's Trees	Bus/Driver: RCSD/Justin 315-335-8742	Departure Point: Stadium Support Facility Departure Time: 6:30 AM	NL
Nov 6, 2021	Sat	Post-Season (Section 3 Championship)	TBD	10:00 AM		VVS High School	Bus/Driver: RCSD/Justin 315-335-8742	Departure Point: Stadium Support Facility Departure Time: 11:30 AM	NL

Date: 2026-01-20