



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 22, 2022 | Mon | Practice | N/A | 6:00 PM | 8:00 PM | Rome Free Academy HS | | | |
| Aug 23, 2022 | Tue | Practice | N/A | 6:00 PM | 7:30 PM | Roman Runners | | | |
| Aug 24, 2022 | Wed | Practice | N/A | 6:00 PM | 8:00 PM | Rome Free Academy HS | | | |
| Aug 25, 2022 | Thu | Practice | N/A | 6:00 PM | 7:30 PM | Stanwix Oriskany Trail | | | |
| Aug 26, 2022 | Fri | Practice | N/A | 6:00 PM | 8:00 PM | Rome Free Academy HS | | | |
| Aug 27, 2022 | Sat | Practice | N/A | 7:30 AM | 9:30 AM | Rome Free Academy HS | | | |
| Aug 29, 2022 | Mon | Practice | N/A | 6:00 PM | 8:00 PM | Rome Free Academy HS | | | |
| Aug 30, 2022 | Tue | Practice | N/A | 6:00 PM | 7:30 PM | Roman Runners | | | |
| Aug 31, 2022 | Wed | Practice | N/A | 6:00 PM | 7:30 PM | Stanwix Oriskany Trail | | | |
| Sep 1, 2022 | Thu | Practice | N/A | 6:00 PM | 8:00 PM | Rome Free Academy HS | | | |
| Sep 2, 2022 | Fri | Practice | N/A | 8:00 AM | 10:00 AM | Rome Free Academy HS | | | |
| Sep 3, 2022 | Sat | Regular Season (Ekiden) | Schuylerville, Schenectady High School, Shaker High School, Queensbury @ Niskayuna High School | 9:30 AM | 1:00 PM | Iroquois Middle School | Bus/Driver: RCSD - Trent 714-471-5955 | Departure Point: Stadium Support Rear Parking Lot Departure Time: 7:00 AM Return Date: Return Time: 2:30 PM | L |
| Sep 6, 2022 | Tue | Practice | N/A | 5:30 PM | 7:00 PM | Stanwix Oriskany Trail | | | |
| Sep 7, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 8, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| Sep 9, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 10, 2022 | Sat | Regular Season (Vernon Verona Sherrill Cross Country Invitational) | Chittenango @ Vernon-Verona-Sherrill | 9:00 AM | 12:00 PM | Cross Country Course | Bus/Driver: RCSD/Justin 315-335- 8742 | Departure Point: Stadium Support Facility Departure Time: 7:30 AM | NL |
| Sep 12, 2022 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 13, 2022 | Tue | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 14, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 15, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 16, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 17, 2022 | Sat | Practice | N/A | 7:30 AM | 9:00 AM | Stanwix Oriskany Trail | | | |
| Sep 19, 2022 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 20, 2022 | Tue | Regular Season | Central Valley Academy @ Oneida | 4:00 PM | | Cross Country Course | Bus/Driver: First Student - Chris P 315-335- 7976 Bus 9160 | Departure Point: RFA High School Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM | L |
| Sep 21, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 22, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 23, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Sep 24, 2022 | Sat | Regular Season (Herrmann Invitational) | TBD | 9:00 AM | 12:00 PM | Proctor Park | Bus/Driver: First Student - Steve 315- 240-8526 Bus 9153 | Departure Point: Stadium Support Facility Departure Time: 8:00 AM | NL |

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|--------------|----------|---|---|------------|----------|--------------------------------|---|--|---------------------|
| Sep 26, 2022 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Sep 27, 2022 | Tue | Regular Season | Utica Proctor @ Whitesboro | 4:00 PM | | Deerfield Town Wilderness Park | Bus/Driver: First Student - Frank C 315-225-1104 Bus 9144 | Departure Point: RFA High School - Bus loop Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM | L |
| Sep 28, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Sep 29, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Sep 30, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 3, 2022 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 4, 2022 | Tue | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 5, 2022 | Wed | Regular Season (*Note VVS/Holland Patent will be Non League) | Holland Patent, New Hartford @ Vernon-Verona-Sherrill | 4:00 PM | | Cross Country Course | Bus/Driver: First Student - Chris P 315-335-7976 Bus 9152 | Departure Point: RFA High School - Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM | L |
| Oct 6, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 7, 2022 | Fri | Practice | N/A | 2:30 PM | 4:40 PM | Rome Free Academy H S | | | |
| Oct 8, 2022 | Sat | Regular Season | DeRuyter | 9:00 AM | 12:00 PM | VVS High School | | | L |
| Oct 8, 2022 | Sat | Regular Season (Rome "Bill Coughlin" Cross-Country Invitational) | Waterville | 10:45 AM | 1:00 PM | RFA Cross Country Course | | | L |
| Oct 8, 2022 | Sat | Regular Season (Bill Coughlin Cross Country Invitational @ Rome) | TBD | 11:00 AM | 12:00 PM | Rome Free Academy H S | | | L |

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| Oct 8, 2022 | Sat | Regular Season | Westmoreland | 11:00 AM | | Rome Free Academy H S | | | L |
| Oct 8, 2022 | Sat | Regular Season (Rome Coughlin Invite) | Oneonta | 11:00 AM | | RFA Cross Country Course | | | NL |
| Oct 8, 2022 | Sat | Regular Season (RFA Rome Coughlin Invitational) | Remsen (Remsen/Town of Webb) | 11:00 AM | | RFA Cross Country Course | | | NL |
| Oct 8, 2022 | Sat | Regular Season (RFA "Bill Coughlin" Invitational) | Little Falls | 11:00 AM | | RFA Cross Country Course | | | NL |
| Oct 8, 2022 | Sat | Regular Season (Rome Coughlin Invitational) | Canastota | TBD | | TBD | | | NL |
| Oct 10, 2022 | Mon | Practice | N/A | 11:00 AM | 1:00 PM | Rome Free Academy H S | | | |
| Oct 11, 2022 | Tue | Regular Season | Camden, Notre Dame, Utica | 4:00 PM | | RFA Cross Country Course | | | L |
| Oct 12, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 13, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 14, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 17, 2022 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 18, 2022 | Tue | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 19, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 20, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |
| Oct 21, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy H S | | | |

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| Oct 22, 2022 | Sat | Regular Season (TVL League championship) | Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Vernon-Verona-Sherrill, Central Valley Academy @ New Hartford | 10:00 AM | | Cross Country Course (Perry JH) | Bus/Driver: RCSD-Marnie (315)335-2667 | Departure Point: SSF Departure Time: 8:00 AM | L |
| Oct 24, 2022 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Oct 25, 2022 | Tue | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Oct 26, 2022 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Oct 27, 2022 | Thu | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Oct 28, 2022 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Rome Free Academy HS | | | |
| Oct 29, 2022 | Sat | Regular Season (John Bernard Cross Country Invitational @ ADK) | TBD | 9:00 AM | 12:00 PM | TBD | Bus/Driver: RCSD-Marnie (315)335-2667 | Departure Point: Stadium Support Facility Departure Time: 7:30 AM | NL |
| Oct 31, 2022 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Rome Free Academy HS | | | |
| Nov 1, 2022 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Rome Free Academy HS | | | |
| Nov 2, 2022 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Rome Free Academy HS | | | |
| Nov 3, 2022 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Rome Free Academy HS | | | |
| Nov 4, 2022 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Rome Free Academy HS | | | |
| Nov 5, 2022 | Sat | Post-Season (Sectionals @ VVS) | TBD | 9:00 AM | 12:00 PM | VVS High School | Bus/Driver: First Student-Kim Gwin (315) 640-5593 | Departure Point: Stadium Support Facility Departure Time: 8:00 AM | NL |

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| TBD | | Meet (John Bernard XC Invitational) | Vs. Multiple | 9:30 AM | 12:00 PM | TBD | | | NL |

Date: 2024-05-01