



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
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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)	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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Vernon-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 H S			
Oct 25, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Oct 26, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Oct 27, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Oct 28, 2022	Fri	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
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 H S			
Nov 1, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
Nov 2, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
Nov 3, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
Nov 4, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
TBD		Meet (John Bernard XC Invitational)	Vs. Multiple	9:30 AM	12:00 PM	TBD			NL

Date: 2026-03-15