



# 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 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 2, 2023	Sat	Regular Season (15 Annual Niskayuna XC Ekiden)	@ TBD	9:30 AM		Iroquois Middle School	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 7:00 AM	NL
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			

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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 9, 2023	Sat	Regular Season (New Hartford Invitational)	@ TBD	8:45 AM		New Hartford High School	<b>Bus/Driver:</b> First Student Danelle Stovall bus 9178 phone 202-390-2722	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 7:00 AM	L
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			
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			
Sep 26, 2023	Tue	Regular Season	Vernon-Verona-Sherrill @ Camden	4:00 PM		Osceola Ski and Sport Resort	<b>Bus/Driver:</b> F/S - Shane Miller bus 9181 p# 315-292-3620	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2023	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	TBD		Proctor Park	<b>Bus/Driver:</b> F/S - John S. 315-886-9795	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 8:00 AM	NL
Oct 3, 2023	Tue	Regular Season	New Hartford, Central Valley Academy	4:15 PM		Rome Free Academy HS			L
Oct 10, 2023	Tue	Regular Season	Whitesboro @ Holland Patent	4:30 PM		Holland Patent HS	<b>Bus/Driver:</b> F/S - Wael bus 9148 p#315-395-8395	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 2:30 PM	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
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Oneida, Vernon-Verona-Sherrill, Utica Proctor @ Holland Patent	11:40 AM	4:00 PM	HS Stadium / Track	<b>Bus/Driver:</b> First Student - Todd Seamans Bus 9190 p#315-709-9097	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 8:30 AM	L
Oct 28, 2023	Sat	Regular Season (John Bernard XX Invitational at Adirondack)	@ TBD	8:15 AM		TBD	<b>Bus/Driver:</b> First Student - John S. Bus 9171 Ph # 315-886-9795	<b>Departure Point:</b> Stadium Support Facility <b>Departure Time:</b> 8:15 AM	L
Nov 14, 2023	Tue	Post-Season (Post Season Meeting )	@ TBD	6:30 PM		VVS High School	<b>Bus/Driver:</b> No Transportation Needed		NL

Date: 2026-03-16