



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 | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: Stadium Support Facility Departure Time: 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 | Bus/Driver: First Student Danelle Stovall bus 9178 phone 202-390-2722 | Departure Point: Stadium Support Facility Departure Time: 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 | Bus/Driver: F/S - Shane Miller bus 9181 p# 315-292-3620 | Departure Point: RFA Bus Loop Departure Time: 2:30 PM | L |

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| Sep 30, 2023 | Sat | Regular Season (E. J. Herrmann Invitational) | @ TBD | TBD | | Proctor Park | Bus/Driver: F/S - John S. 315-886-9795 | Departure Point: Stadium Support Facility Departure Time: 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 | Bus/Driver: F/S - Wael bus 9148 p#315-395-8395 | Departure Point: RFA Bus Loop Departure Time: 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 | Bus/Driver: First Student - Todd Seamans Bus 9190 p#315-709-9097 | Departure Point: Stadium Support Facility Departure Time: 8:30 AM | L |
| Oct 28, 2023 | Sat | Regular Season (John Bernard XX Invitational at Adirondack) | @ TBD | 8:15 AM | | TBD | Bus/Driver: First Student - John S. Bus 9171 Ph # 315-886-9795 | Departure Point: Stadium Support Facility Departure Time: 8:15 AM | L |
| Nov 14, 2023 | Tue | Post-Season (Post Season Meeting) | @ TBD | 6:30 PM | | VVS High School | Bus/Driver: No Transportation Needed | | NL |

Date: 2024-04-17