



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 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato-Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona-Sherrill, Notre Dame, Utica, Weedsport, Central Square, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Homer, TBD, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Departure Date: Sep 7, 2024 Departure Time: 6:00 AM Return Date: Sep 7, 2024 Return Time: 11:30 AM	NL
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Clinton, Whitesboro, Mount Markham, Dolgeville, Hamilton, Notre Dame, Utica, Utica Proctor, Central Valley Academy, Unadilla Valley (UV/GMU) @ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Departure Date: Sep 14, 2024 Departure Time: 7:30 AM Return Date: Sep 14, 2024 Return Time: 12:00 PM	NL
Sep 24, 2024	Tue	Regular Season	Notre Dame, Utica, Oneida	4:00 PM		Rome Free Academy HS			L
Sep 28, 2024	Sat	Regular Season (EJ Herman Invitational)	@ Notre Dame, Utica	TBD		Proctor Park, Utica	Bus/Driver: First Student-Tracey-315.240.5875	Departure Point: Stadium Support Facility Departure Date: Sep 28, 2024 Departure Time: 8:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 2, 2024	Wed	Regular Season	Vernon-Verona-Sherrill @ Camden	4:30 PM		Osceola Ski and Sport Resort	Bus/Driver: First Student-Danyelle-202.390.2722	Departure Point: RFA Dart Circle Departure Date: Oct 2, 2024 Departure Time: 2:30 PM	L
Oct 8, 2024	Tue	Regular Season	New Hartford @ Central Valley Academy	4:00 PM		Diss Athletic Complex		Departure Point: RFA	L
Oct 15, 2024	Tue	Regular Season (Senior Recognition Day)	Whitesboro, Holland Patent @ Utica Proctor	4:00 PM		Proctor Park	Bus/Driver: RCSD- Justin (315)335-9844		L
Oct 19, 2024	Sat	Regular Season (Beaver River Invitational)	Phoenix, South Lewis, Notre Dame, Utica @ Beaver River	9:00 AM		Beaver River H S	Bus/Driver: First Student-Carroll 315.225.5727	Departure Point: Stadium Support Departure Time: 7:45 AM	NL
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Whitesboro, New Hartford, Utica Proctor, Holland Patent, Vernon-Verona-Sherrill, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	11:00 AM		Proctor Park, Utica	Bus/Driver: First Student-Santiago-315.449.7783		L
Nov 2, 2024	Sat	Regular Season (Harvest Classic Invitational)	Gloversville, Cooperstown (Cooperstown/Milford), Galway, Mechanicville, Queensbury, Scotia-Glenville, Schoharie, Tamarac, Canajoharie @ Amsterdam	9:00 AM		Bob's Trees	Bus/Driver: RCSD- Matt-315.338.1905	Departure Point: Stadium Support Departure Date: Nov 2, 2024 Departure Time: 7:30 AM	NL
Nov 9, 2024	Sat	Regular Season (Sectionals)	@ Mount Markham	9:30 AM	10:00 AM	HS Track	Bus/Driver: RCSD- Matt-315.338.1905	Departure Point: Stadium Support Facility Departure Date: Nov 9, 2024 Departure Time: 7:00 AM	L

Date: 2025-12-05