



# Rome Free Academy

## (B) 7/8TH Cross Country

### Coaches:

- David Brognano, Head Coach
- Courtney Spatto, Asst Coach
- Rachel Destito

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 16, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 17, 2019	Tue	Regular Season	Notre Dame, Utica @ Utica Proctor (JFK/DMS)	4:00 PM		Proctor Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 7:45 AM	L
Sep 18, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 19, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 20, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 23, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD			
Sep 24, 2019	Tue	Regular Season	Oneida, Central Valley Academy	4:00 PM		TBD			L
Sep 25, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 26, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 27, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 28, 2019	Sat	Regular Season (EJ Hermann Cross Country Invitational )	@ Utica Proctor (JFK/DMS)	12:00 PM		Proctor Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 7:45 AM	NL
Sep 30, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 1, 2019	Tue	Regular Season	Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 7:45 AM	L
Oct 2, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 3, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 4, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 7, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			

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Oct 8, 2019	Tue	Regular Season 15-50-15 W	New Hartford @ Camden	4:00 PM		Camden Cross Country Course	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 7:45 AM	L
Oct 9, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 10, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 11, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	TBD			
Oct 12, 2019	Sat	Regular Season (Bill Coughlin Invite)	Holland Patent	11:00 AM	1:30 PM	TBD			NL
Oct 12, 2019	Sat	Regular Season	Westmoreland	12:00 PM	1:30 PM	TBD			L
Oct 12, 2019	Sat	Regular Season (RFA "Bill Coughlin" Cross Country Invitational)	Chittenango	12:00 PM	2:00 PM	TBD			L
Oct 12, 2019	Sat	Regular Season (Rome Coughlin Invitational)	Remsen (Remsen)	12:30 PM	1:30 PM	TBD			NL
Oct 22, 2019	Tue	Regular Season (TVL Championship) 56-224-272-98-169-219-96-36-89 L	Central Valley Academy, Camden, New Hartford, Notre Dame, Utica, Oneida, Utica Proctor (JFK/DMS), Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:45 PM	L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		Departure Point: 95 Dart Circle Departure Time: 8:00 AM	NL

Date: 2026-01-21