



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
Aug 29, 2022	Mon	Practice	N/A	6:00 PM	7:15 PM	Rome Free Academy HS			
Aug 30, 2022	Tue	Practice	N/A	6:00 PM	7:15 PM	Rome Free Academy HS			
Aug 31, 2022	Wed	Practice	N/A	6:00 PM	7:15 PM	Rome Free Academy HS			
Sep 1, 2022	Thu	Practice	N/A	6:00 PM	7:15 PM	Rome Free Academy HS			
CANCELLED Sep 2, 2022	Fri	Practice	N/A	6:00 PM	7:15 PM	Rome Free Academy HS			
Sep 6, 2022	Tue	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Sep 7, 2022	Wed	Practice	N/A	6:00 PM	7:15 PM	RFA Cross Country Course			
Sep 8, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 9, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 12, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 13, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 14, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 15, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	Strough MS			
Sep 16, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
CANCELLED Sep 19, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			

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Sep 20, 2022	Tue	Regular Season	Central Valley Academy @ Oneida	4:00 PM		Cross Country Course	Bus/Driver: First Student - John S. 315-886-9795 Bus 9165	Departure Point: Strough - Back Departure Date: Sep 20, 2022 Departure Time: 2:45 PM Return Date: Return Time: 5:15 PM	L
Sep 21, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 22, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 23, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 24, 2022	Sat	Regular Season (Herrmann Invitational)	TBD	1:00 PM		Proctor Park	Bus/Driver: First Student - Shane M. 315-292-3620 Bus 9181	Departure Point: RFA Bus Loop Departure Time: 12:00 PM	NL
CANCELLED Sep 26, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD			
Sep 27, 2022	Tue	Regular Season	Utica Proctor (JFK/DMS) @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: First Student - Steve 315-240-8526 Bus 9153	Departure Point: Strough - Back Departure Time: 2:30 PM	L
Sep 28, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 29, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Sep 30, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Oneonta, New York Mills, New Hartford, Westmoreland, Adirondack, Hamilton, Cooperstown (Modified), Liverpool, Central Valley Academy, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Oriskany, South Lewis, Oneida, Central Square, Remsen (Remsen) @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park	Bus/Driver: RCSD Marnie 315-335-2667	Departure Point: RFA Bus Loop Departure Time: 7:30 AM	NL
Oct 3, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 5, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
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 - Wael B. 315-395-8395 Bus 9144	Departure Point: Strough - Back Departure Time: 2:30 PM	L
Oct 6, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 7, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 8, 2022	Sat	Regular Season	Oneonta	11:00 AM		TBD			NL
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
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 (Coughlin Invitational)	Notre Dame, Utica	TBD		RFA Cross Country Course			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2022	Sat	Regular Season	TBD	TBD		RFA Cross Country Course			NL
Oct 8, 2022	Sat	Regular Season (Rome Coughlin Invitational)	Canastota	TBD		Proctor Park			NL
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	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 14, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 18, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 21, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 22, 2022	Sat	Regular Season (At New Hartford - TVL Championship)	TBD	TBD		New Hartford High School	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: RFA Bus Loop Departure Time: 8:30 AM	L
Oct 24, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 25, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 26, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 27, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 28, 2022	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA Cross Country Course			
Oct 29, 2022	Sat	Regular Season (John Bernard Cross Country Invitational @ ADK)	TBD	9:00 AM	12:00 PM	TBD	Bus/Driver: RCSD-Chris W. (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 7:30 AM	NL
Oct 29, 2022	Sat	Meet (John Bernard XC Invitational)	Vs. Multiple	9:30 AM	12:00 PM	TBD		Departure Point: RFA Bus Loop	NL

Date: 2026-03-14