



Rome Free Academy

(B) 7/8TH Cross Country

Coaches:

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

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|-----------------------|----------|--|--|------------|----------|--------------------------|-----------|----------------|---------------------|
| Aug 28, 2023 | Mon | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| Aug 29, 2023 | Tue | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| Aug 30, 2023 | Wed | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| Aug 31, 2023 | Thu | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| Sep 1, 2023 | Fri | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| Sep 5, 2023 | Tue | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| POSTPONED Sep 6, 2023 | Wed | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| Sep 7, 2023 | Thu | Practice | N/A | 6:00 PM | 7:15 PM | RFA Cross Country Course | | | |
| CANCELLED Sep 9, 2023 | Sat | Regular Season (New Hartford Invitational) | @ TBD | 8:45 AM | | New Hartford High School | | | L |
| Sep 11, 2023 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 12, 2023 | Tue | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 13, 2023 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 14, 2023 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 15, 2023 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 18, 2023 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 19, 2023 | Tue | Regular Season | Notre Dame, Utica, Utica Proctor (JFK/DMS), Oneida | 4:30 PM | | RFA Cross Country Course | | | L |
| Sep 20, 2023 | Wed | 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 |
|------------------------|----------|--|--------------------------------------|------------|----------|------------------------------|--|---|---------------------|
| Sep 21, 2023 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 22, 2023 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 25, 2023 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 26, 2023 | Tue | Regular Season | Vernon-Verona-Sherrill @ Camden | 4:00 PM | | Osceola Ski and Sport Resort | Bus/Driver: F/S - Steve Fosella Bus 9153, phone 315-240-8526 | Departure Point: Back of Strough Departure Date: Sep 26, 2023 Departure Time: 2:30 PM Return Date: Return Time: 5:30 PM | L |
| CANCELLED Sep 27, 2023 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 28, 2023 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 29, 2023 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Sep 30, 2023 | Sat | Regular Season (E. J. Herrmann @ TBD Invitational) | | 1:25 PM | | Proctor Park | Bus/Driver: F/S - Jeff F. 315-430-6614 | Departure Point: RFA Bus Loop Departure Date: Sep 30, 2023 Departure Time: 11:30 AM | NL |
| Oct 2, 2023 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 3, 2023 | Tue | Regular Season | New Hartford, Central Valley Academy | 4:15 PM | | Rome Free Academy HS | | | L |
| CANCELLED Oct 4, 2023 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 5, 2023 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 7, 2023 | Sat | Regular Season (Whitesboro Cross Country Invitational) | @ TBD | 8:30 AM | | Deerfield Wilderness Park | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: RFA Bus Loop Departure Date: Oct 7, 2023 Departure Time: 7:15 AM | L |
| Oct 10, 2023 | Tue | Regular Season | Whitesboro @ Holland Patent | 4:30 PM | | Holland Patent HS | Bus/Driver: F/S - Jason Grecio bus 9143 p#315-570-5342 | Departure Point: Back of Strough Departure Date: Oct 10, 2023 Departure Time: 2:30 PM Return Date: Return Time: 5:30 PM | L |
| CANCELLED Oct 11, 2023 | Wed | 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 12, 2023 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 13, 2023 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 14, 2023 | Sat | Regular Season (Invitational) | Little Falls | 11:00 AM | | Rome Free Academy H S | | | L |
| Oct 14, 2023 | Sat | Regular Season (Rome Bill Coughlin Invitational) | Notre Dame, Utica | 11:00 AM | | RFA Cross Country Course | | | L |
| Oct 14, 2023 | Sat | Regular Season (RFA Bill Coughlin Cross Country Invitational) | Chittenango | 11:20 AM | 12:20 PM | RFA Cross Country Course | | | NL |
| CANCELLED Oct 14, 2023 | Sat | Regular Season (RFA Coughlin Invitational) | Clinton | TBD | | Rome Free Academy H S | | | L |
| Oct 14, 2023 | Sat | Regular Season (Rome Invitational) | Central Square | TBD | | RFA Cross Country Course | | | L |
| Oct 16, 2023 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 19, 2023 | Thu | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| 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 (JFK/DMS) @ Holland Patent | 10:25 AM | | HS Stadium / Track | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: RFA Bus Loop Departure Date: Oct 17, 2023 Departure Time: 8:15 AM | L |
| Oct 23, 2023 | Mon | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 25, 2023 | Wed | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 27, 2023 | Fri | Practice | N/A | 2:45 PM | 4:00 PM | RFA Cross Country Course | | | |
| Oct 28, 2023 | Sat | Regular Season (John Bernard XX Invitational at Adirondack) | @ TBD | 8:15 AM | | TBD | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: RFA Bus Loop Departure Date: Oct 28, 2023 Departure Time: 7:45 AM | L |

