



# Rome Free Academy

## (G) V Lacrosse

### Coaches:

- Meghan Pokines
- Nick Medicis

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 12, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 13, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 14, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 15, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 18, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 19, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Mar 20, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Mar 21, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Mar 22, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
POSTPONED Mar 23, 2024	Sat	Scrimmage	Carthage	10:30 AM		Stadium Turf Field		NL
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
CANCELLED Mar 29, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 30, 2024	Sat	Practice	N/A	8:00 AM	10:00 PM	Stadium Turf Field		
Apr 1, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Apr 2, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 3, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 5, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 6, 2024	Sat	Regular Season 9-16 L	Saratoga Springs High School	11:00 AM		Stadium Turf Field		NL
CANCELLED Apr 8, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 9, 2024	Tue	Regular Season 10-7 W	Clinton	4:30 PM		Stadium Turf Field		L
Apr 10, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 11, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 15, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 17, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 18, 2024	Thu	Regular Season	New Hartford	6:15 PM		Stadium Turf Field		L

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Apr 19, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Apr 22, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Apr 23, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Apr 24, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Apr 25, 2024	Thu	Regular Season	Marcellus	7:00 PM	8:30 PM	Stadium Turf Field		L
Apr 26, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Apr 27, 2024	Sat	Regular Season 4-9 L	Ithaca	12:00 PM	1:30 PM	Stadium Turf Field		NL
Apr 29, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 30, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 1, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 2, 2024	Thu	Regular Season 10-8 W	Whitesboro	6:15 PM		Stadium Turf Field		L
May 3, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 6, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 8, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 9, 2024	Thu	Regular Season	Vernon-Verona-Sherrill	6:15 PM		Stadium Turf Field		L
May 10, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 13, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 15, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
May 16, 2024	Thu	Regular Season (Senior Game)	LaFayette (Southern Hills Storm)	7:00 PM	8:30 PM	Stadium Turf Field		L
May 17, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		

Date: 2024-05-07