



Rome Free Academy

(G) V Lacrosse

Coaches:

- Meghan Pokines
- Nick Medicis

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / 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 25, 2024	Mon	Regular Season	@ Homer	6:45 PM		Homer HS Stadium (Butt's Field)	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facilities Departure Time: 4:30 PM
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Stadium Turf Field		
Mar 28, 2024	Thu	Scrimmage	@ Chittenango	6:30 PM	8:00 PM	Chittenango HS- Stadium	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Stadium Support Facilities Departure Time: 5:00 PM
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
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 12, 2024	Fri	Regular Season	@ Fulton	6:30 PM		Fulton High School Stadium Field	Bus/Driver: First Student - Danielle S. 202-390-2722	Departure Point: Stadium Support Facilities Departure Time: 4:45 PM
Apr 15, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		
Apr 16, 2024	Tue	Regular Season 9-6 W	@ Whitesboro	6:00 PM		Ed Wadas Complex High School	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: Stadium Support Facilities Departure Time: 4:45 PM
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
Apr 19, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Stadium Turf Field		
Apr 20, 2024	Sat	Regular Season	@ Liverpool	12:00 PM	2:00 PM	LIVERPOOL HS STADIUM	Bus/Driver: First Student	Departure Point: Stadium Support Facilities Departure Time: 10:00 AM
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 4, 2024	Sat	Regular Season	@ Vernon-Verona-Sherrill	1:00 PM		Turf Field Stadium	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facilities Departure Time: 12:05 PM
May 6, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
May 7, 2024	Tue	Regular Season	@ New Hartford	4:30 PM		New Hartford HS Turf Field	Bus/Driver: RCSD- Marnie (315)335-2667	Departure Point: Stadium Support Facility Departure Time: 3:00 PM
May 8, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Stadium Turf Field		L
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 14, 2024	Tue	Regular Season	@ Clinton	5:00 PM		Stadium Field (Grass / Track & Field)	Bus/Driver: RCSD- Trent (714)471-5955	Departure Point: Stadium Support Facilities Departure Time: 4:00 PM
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		
May 18, 2024	Sat	Regular Season 5-11 L	@ Carthage	10:30 AM		Comet Field	Bus/Driver: First Student-Alex 315.225.6698	Departure Point: Stadium Support Facilities Departure Time: 8:20 AM
May 21, 2024	Tue	Post-Season	Syracuse City (Syracuse City)	6:30 PM		Stadium Turf Field		L
May 23, 2024	Thu	Post-Season (Sectional Semi Finals)	@ Cicero-North Syracuse	5:00 PM	7:00 PM	Central Square Turf/Stadium	Bus/Driver: First Student-Shane-315.292.3620	Departure Date: May 23, 2024 Departure Time: 3:00 PM

Date: 2026-01-26