



Rome Free Academy

(G) V Lacrosse

Coaches:

- Meghan Pokines
- Nick Medicis

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | 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 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 | NL |
| 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 | NL |
| 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 |

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| 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 | NL |
| Apr 15, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | Stadium Turf Field | | | |
| Apr 16, 2024 | Tue | Regular Season | @ 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 | L |
| 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 | NL |
| 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 | | | |
| POSTPONED Apr 27, 2024 | Sat | Regular Season | @ Ithaca | 12:00 PM | 2:00 PM | IHS Moresco Stadium | Bus/Driver: First Student | Departure Point: Stadium Support Facilities Departure Time: 8:00 AM | 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 | 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- Chris W (315)240-7035 | Departure Point: Stadium Support Facilities Departure Time: 5:45 PM | L |
| May 6, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | Stadium Turf Field | | | |

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| May 7, 2024 | Tue | Regular Season | @ New Hartford | 4:15 PM | | HS Turf Field | | Departure Point: Stadium Support Facility Departure Time: 3:00 PM | L |
| 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 14, 2024 | Tue | Regular Season | @ Clinton | 4:30 PM | | Stadium Field | | Departure Point: Stadium Support Facilities Departure Time: 3:20 PM | L |
| 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 | @ Carthage | 10:30 AM | | Comet Field | | Departure Point: Stadium Support Facilities Departure Time: 8:20 AM | NL |
| May 18, 2024 | Sat | Post-Season (1st Round Sectional Games @ Higher Seed) | @ TBD | TBD | | TBD | | | NL |
| May 21, 2024 | Tue | Post-Season (Quarterfinal Sectional Game @ Higher Seed) | @ TBD | TBD | | TBD | | | NL |
| May 23, 2024 | Thu | Post-Season (Sectional Semifinal Game @ Higher Seed) | @ TBD | TBD | | TBD | | | NL |
| May 28, 2024 | Tue | Post-Season (Sectional Final Game) | @ TBD | TBD | | SUNY Cortland | | | NL |
| Jun 13, 2024 | Thu | Post-Season (Exceptional Senior Game) | @ TBD | TBD | | Henninger High School | | | NL |

Date: 2024-04-19