



Rome Free Academy

(B) V Outdoor Track

Coaches:

- Theodore Swavely, Head Coach
- Billie Mays, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Mar 18, 2024	Mon	Practice (Boys Track)	N/A	2:35 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Mar 19, 2024	Tue	Practice (Boys Track)	N/A	2:35 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Mar 20, 2024	Wed	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Main Gym, RFA Indoor Running Track		
Mar 20, 2024	Wed	Practice	N/A	2:30 PM	4:30 PM	TBD		
Mar 21, 2024	Thu	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Main Gym, RFA Indoor Running Track		
Mar 21, 2024	Thu	Practice	N/A	2:30 PM	4:30 PM	TBD		
Mar 22, 2024	Fri	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Main Gym, RFA Indoor Running Track		
CANCELLED Mar 22, 2024	Fri	Practice	N/A	2:30 PM	4:30 PM	TBD		
Mar 25, 2024	Mon	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Main Gym, RFA Indoor Running Track		
Mar 26, 2024	Tue	Practice (Boys Track)	N/A	2:30 PM	4:00 PM	RFA Main Gym, RFA Indoor Running Track		
Mar 27, 2024	Wed	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Main Gym, RFA Indoor Running Track		
Mar 28, 2024	Thu	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Main Gym, RFA Indoor Running Track		
Apr 1, 2024	Mon	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 2, 2024	Tue	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Apr 4, 2024	Thu	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 5, 2024	Fri	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
CANCELLED Apr 8, 2024	Mon	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 9, 2024	Tue	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 10, 2024	Wed	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 10, 2024	Wed	Regular Season	@ Oneida	4:00 PM		HS Track	Bus/Driver: RFA Bus Loop First Student	Departure Point: RFA Bus Loop Departure Time: 2:30 PM L
Apr 11, 2024	Thu	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 12, 2024	Fri	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 15, 2024	Mon	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 16, 2024	Tue	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 17, 2024	Wed	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 17, 2024	Wed	Regular Season	Whitesboro	4:00 PM		Stadium Track and Field		L
Apr 18, 2024	Thu	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		
Apr 19, 2024	Fri	Practice (Boys Track)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Main Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 26, 2024	Fri	Regular Season (Ithaca Relays and Races)	Trumansburg, Newark Valley, Odessa-Montour, Geneva, West Canada Valley, Lansing, Candor (Candor), Groton, Solvay, Horseheads, Vestal, Tioga, Auburn, Maine-Endwell @ Ithaca	4:30 PM	9:00 PM	IHS Moresco Stadium		NL
May 1, 2024	Wed	Regular Season	@ New Hartford	4:30 PM		HS Track	Bus/Driver: RFA Bus Loop First Student Departure Point: RFA Bus Loop Departure Time: 3:00 PM	L
May 3, 2024	Fri	Regular Season (Ed Wadas Invitational)	Remsen, Niskayuna High School, Watertown, Dolgeville, Clinton, South Jefferson, Altmar-Parish-Williamstown (APW Rebels), Utica Proctor, Notre Dame, Utica, Nottingham, Oneida, Waterville, South Lewis, Adirondack, Central Square, Weedsport, Cortland, Camden, Beaver River, West Canada Valley, Sauquoit Valley, New York Mills, Herkimer @ Whitesboro	4:00 PM	10:30 PM	Ed Wadas Complex High School	Bus/Driver: RFA Bus Loop First Student Departure Point: RFA Bus Loop Departure Time: 2:05 PM	NL
May 6, 2024	Mon	Regular Season (TVL Rookie Meet)	Camden, Central Valley Academy, Holland Patent, Notre Dame, Utica, Oneida, New Hartford, Utica Proctor, Whitesboro, Vernon-Verona-Sherrill	5:00 PM		Stadium Track and Field		L
May 8, 2024	Wed	Regular Season	Utica Proctor	4:30 PM		Stadium Track and Field		L
May 10, 2024	Fri	Regular Season (Arcaro Invitational)	@ TBD	4:30 PM		Baldwinsville High School	Bus/Driver: RFA Bus Loop First Student Departure Point: RFA Bus Loop Departure Time: 2:15 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 11, 2024	Sat	Regular Season (Loucks Game White plains high school)	@ TBD	TBD		White Plains High School	Bus/Driver: No bus needed	Departure Point: RFA Bus Loop	NL
May 14, 2024	Tue	Regular Season (TVL Invitational CO-ED)	Camden, Central Valley Academy, Holland Patent, Notre Dame, Utica, New Hartford, Oneida, Vernon-Verona-Sherrill, Whitesboro @ Utica Proctor	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
May 18, 2024	Sat	Regular Season (Junk Yard Relays)	@ TBD	TBD		Clinton High School		Departure Point: RFA Bus Loop Departure Time: 8:30 AM	NL
May 20, 2024	Mon	Post-Season (Sectionals)	@ TBD	4:00 PM		Cicero North Syracuse High School		Departure Point: RFA Bus Loop Departure Time: 1:45 PM	L
May 30, 2024	Thu	Regular Season (State Qualifiers)	@ TBD	4:00 PM		Cicero North Syracuse High School		Departure Point: RFA Bus Loop Departure Time: 1:45 PM	L
Jun 7, 2024	Fri	Post-Season (State Finals)	@ TBD	TBD		Middletown High School		Departure Point: RFA Bus Loop	L
Jun 8, 2024	Sat	Post-Season (State Finals)	@ TBD	TBD		Middletown High School		Departure Point: RFA Bus Loop	L

Date: 2024-04-19