



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	TRANSPORTATION	LEAGUE / 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	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 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		
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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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		
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

Date: 2024-05-03