



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	LEAGUE / NON-LEAGUE
Mar 14, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 15, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 16, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 17, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 18, 2022	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 19, 2022	Sat	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 21, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 22, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 23, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 24, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 25, 2022	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 26, 2022	Sat	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 28, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 29, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 30, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Mar 31, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 1, 2022	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 4, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 5, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 6, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 7, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 8, 2022	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 11, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 12, 2022	Tue	Regular Season (TVL relays)	Whitesboro, Camden, Central Valley Academy, New Hartford, Oneida, Vernon-Verona-Sherrill @ Utica Proctor	10:00 AM	6:45 PM	PHS Stadium (Turf Field/Track)	Bus/Driver: RCSD/Trent 714-471-5955	Departure Point: RFA Bus Loop Departure Time: 8:30 AM	L
Apr 13, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 14, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 18, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
CANCELLED Apr 19, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 21, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 22, 2022	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 22, 2022	Fri	Regular Season	@ Utica Proctor	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)	Bus/Driver: First student - TO: Sandra 315-525-1291 RTN: Steve 315-240-8526	Departure Point: Bus Loop Departure Time: 2:45 PM	L
Apr 25, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 25, 2022	Mon	Regular Season (Co-Ed) 63-78 L	@ Central Valley Academy	4:00 PM		Diss Athletic Complex	Bus/Driver: First Student - Eric 402-960-8354	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Apr 26, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 27, 2022	Wed	Regular Season (Co-Ed)	@ New Hartford	4:00 PM		New Hartford HS Track	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Apr 28, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
Apr 29, 2022	Fri	Regular Season (Copper City Classic)	Cooperstown	4:00 PM	6:45 PM	Stadium Track and Field			L
Apr 29, 2022	Fri	Regular Season	South Lewis	4:00 PM		Stadium Track and Field			NL
Apr 29, 2022	Fri	Regular Season (Rome Copper City Classic invitational)	Whitesboro	4:00 PM	6:45 PM	Stadium Track and Field			NL
Apr 29, 2022	Fri	Regular Season (Rome Invitational)	Holland Patent	4:00 PM	6:45 PM	Stadium Track and Field			L
May 2, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 2, 2022	Mon	Regular Season (Rookie Meet @ New Hartford High School)	@ TBD	4:30 PM		TBD	Bus/Driver: First Student	Departure Point: Bus Loop Departure Time: 3:45 PM	NL
May 3, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 4, 2022	Wed	Regular Season (Co-Ed)	Utica Proctor	4:00 PM		Stadium Track and Field	Bus/Driver: First student		L
May 5, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 6, 2022	Fri	Regular Season (The Ed Wadas Invitational)	@ TBD	3:15 PM		TBD	Bus/Driver: First student	Departure Point: Bus Loop Departure Time: 2:15 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 6, 2022	Fri	Regular Season (Ed Wadas Invitational)	Clinton, Adirondack, Dolgeville, Vernon-Verona-Sherrill, Watertown, New York Mills, Sauquoit Valley, Nottingham, Niskayuna High School, Utica Proctor, Oneida, Remsen, South Lewis, Chittenango, Westmoreland, Homer, Central Valley Academy, West Canada Valley, New Hartford, Herkimer @ Whitesboro	3:30 PM		Ed Wadas Complex High School			NL
May 9, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 10, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 11, 2022	Wed	Regular Season (Co-Ed)	Whitesboro	4:00 PM		Stadium Track and Field			L
May 12, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 13, 2022	Fri	Regular Season (Arcaro Invitational)	@ TBD	4:30 PM		Baldwinsville High School	Bus/Driver: First student	Departure Point: Bus Loop Departure Time: 2:30 PM	NL
May 16, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 17, 2022	Tue	Regular Season (TVL League Meet Co-Ed)	TBD, Whitesboro, Camden, Central Valley Academy, New Hartford, Oneida, Utica Proctor @ Vernon-Verona-Sherrill	4:00 PM		Track	Bus/Driver: First student - Rich L. 315-317-3149	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 18, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 19, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA HS Track, RFA Indoor Running Track			
May 21, 2022	Sat	Regular Season (Junkyard Relays @ Clinton HS)	@ TBD	TBD		TBD	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 8:30 AM	NL
May 25, 2022	Wed	Post-Season (Class AA Championships)	@ TBD	TBD		Baldwinsville High School	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 1:45 PM	NL
Jun 2, 2022	Thu	Post-Season (State Qualifiers)	@ TBD	TBD		Cicero North Syracuse High School	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: RFA Bus Loop Departure Time: 1:45 PM	NL
Jun 10, 2022	Fri	Post-Season (States)	@ TBD	TBD		Cicero North Syracuse High School	Bus/Driver: No Bus needed for this event		NL
Jun 11, 2022	Sat	Post-Season (States)	@ TBD	TBD		Cicero North Syracuse High School	Bus/Driver: No Bus needed for this event		NL

Date: 2026-01-01