



Rome Free Academy

(G) V Outdoor Track

Coaches:

- Nicholas Jeror, Head Coach
- Diane Stevenson, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 12, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Mar 13, 2024	Wed	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Mar 14, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Mar 19, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Mar 20, 2024	Wed	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Mar 21, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Mar 22, 2024	Fri	Practice	N/A	2:45 PM	4:30 PM	RFA Indoor Running Track			
Apr 10, 2024	Wed	Regular Season	@ Oneida	4:00 PM		HS Track	Bus/Driver: First Student	Departure Point: RFA Bus Circle Departure Time: 3:00 PM	L
Apr 17, 2024	Wed	Regular Season	Whitesboro	4:00 PM		Stadium Track and Field			L
Apr 19, 2024	Fri	Regular Season	@ Utica Proctor	4:00 PM		PHS Stadium (Turf Field/Track)	Bus/Driver: RCSD- Chris W (315)240-7035 & Trent (714)471-5955	Departure Point: RFA Bus Circle Departure Time: 3:00 PM	L
POSTPONED Apr 24, 2024	Wed	Regular Season	@ Oneida	4:00 PM		HS Track		Departure Point: RFA Bus Circle	L
Apr 26, 2024	Fri	Regular Season (Relays)	@ TBD	4:30 PM		IHS Moresco Stadium	Bus/Driver: Bus 1- RCSD- Chris (315)240-7035 Bus 2- First Student	Departure Point: RFA Bus Circle Departure Time: 2:30 PM	NL

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, Geneva, West Canada Valley, Lansing, Candor (Candor), Groton, Solvay, Horseheads, Tioga, Auburn, Maine-Endwell, Newfield @ Ithaca	5:00 PM	10:00 PM	IHS Moresco Stadium			L
May 1, 2024	Wed	Regular Season	@ New Hartford	4:30 PM		New Hartford HS Track	Bus/Driver: First Student-Danyelle-202.390.2722	Departure Point: RFA Bus Circle Departure Time: 3:00 PM	L
May 3, 2024	Fri	Regular Season (Ed Wadas Track Invitational)	Remsen, Niskayuna High School, Watertown, Dolgeville, Clinton, South Jefferson, Altmar-Parish-Williamstown (APW Rebels), Utica Proctor, Notre Dame, Utica, Nottingham, Oneida, Waterville, Cortland, Camden, Beaver River, West Canada Valley, Sauquoit Valley, New York Mills, Herkimer, New Hartford, South Lewis, Adirondack, Central Square, Weedsport, Holland Patent @ Whitesboro	4:00 PM	10:30 PM	Ed Wadas Complex High School	Bus/Driver: Out-Brian W. (315)878-2706 / Back-Shane-315.292.3620	Departure Point: RFA Bus Loop Departure Time: 2:45 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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	5:30 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 Invite)	@ TBD	4:30 PM		Baldwinsville High School	Bus/Driver: First Student-Santiago-315.449.7783	Departure Point: RFA Bus Circle Departure Time: 2:15 PM	L
May 14, 2024	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, Holland Patent, New Hartford, Notre Dame, Utica, Oneida, Vernon-Verona-Sherrill, Whitesboro @ Utica Proctor	4:00 PM		PHS Stadium (Turf Field/Track)		Departure Point: RFA Bus Circle	L
May 14, 2024	Tue	Regular Season (TVL Invitational CO-ED)	@ TBD	4:15 PM		PHS Stadium (Turf Field/Track)	Bus/Driver: First Student-Save 315.240.8526	Departure Point: RFA Bus Circle Departure Time: 2:45 PM	L
May 28, 2024	Tue	Post-Season (Class AA Sectionals)	@ TBD	4:00 PM		Cicero North Syracuse High School	Bus/Driver: First Student-Save 315.240.8526	Departure Point: RFA Bus Circle Departure Time: 2:00 PM	NL
May 30, 2024	Thu	Post-Season (State Qualifiers)	@ TBD	4:00 PM		Cicero North Syracuse High School	Bus/Driver: No Transportation Needed per Coach	Departure Point: RFA Bus Circle Departure Time: 2:00 PM	L
Jun 7, 2024	Fri	Post-Season (State Finals)	@ TBD	TBD		Middletown High School		Departure Point: RFA Bus Circle	L
Jun 8, 2024	Sat	Post-Season (State Finals)	@ TBD	TBD		Middletown High School		Departure Point: RFA Bus Circle	L

Date: 2025-12-14