



Rome Free Academy

(G) 7/8TH Outdoor Track

Coaches:

- Rachel Destito, Coach
- Courtney Spatto, Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|------------------------------|-----------|----------------|---------------------|
| Mar 21, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Buddy Evans Gym (Strough MS) | | | |
| Mar 23, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Buddy Evans Gym (Strough MS) | | | |
| Mar 27, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Buddy Evans Gym (Strough MS) | | | |
| Mar 29, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Buddy Evans Gym (Strough MS) | | | |
| Mar 31, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Buddy Evans Gym (Strough MS) | | | |
| Apr 3, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 4, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 5, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 6, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 17, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 18, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 19, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 20, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 21, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 24, 2023 | Mon | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|--------------------------|------------|----------|----------------------------|---|--|---------------------|
| Apr 25, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 26, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 27, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| Apr 27, 2023 | Thu | Regular Season (Co Ed Meet vs Oneida) | @ Oneida | 4:00 PM | | HS Track | Bus/Driver: First Student - Mildred S. 315-281-4547, Bus 9167 | Departure Point: Strough - Back Departure Time: 2:20 PM | L |
| Apr 28, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 1, 2023 | Mon | Regular Season | @ Utica Proctor (JFK) | 4:00 PM | | JFK Track | Bus/Driver: First Student - A. Stovall 202-390-2722 Bus 9178 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 2:30 PM | L |
| May 2, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 3, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 4, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 4, 2023 | Thu | Regular Season | @ Camden | 4:15 PM | | Camden High School Stadium | Bus/Driver: First Student - Danyelle S. 202-390-2722 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 2:20 PM | L |
| May 8, 2023 | Mon | Regular Season | @ Central Valley Academy | 4:30 PM | | Diss Athletic Complex | Bus/Driver: First Student - Danyelle S. 202-390-2722 Bus 9178 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 3:00 PM | L |
| May 9, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 10, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 11, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| POSTPONED May 12, 2023 | Fri | Regular Season | Vernon-Verona-Sherrill | 4:15 PM | | RFA HS Track | Bus/Driver: First Student | Departure Point: Stadium Support Facility | L |
| May 15, 2023 | Mon | Regular Season | @ Holland Patent | 4:30 PM | | HS Stadium / Track | Bus/Driver: RCSD- Justin (315)335-9844 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 3:00 PM | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------------------------|--|------------|----------|------------------------------|--|--|---------------------|
| May 16, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 17, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 18, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 19, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 19, 2023 | Fri | Regular Season (@ NH) | Vernon-Verona-Sherrill @ New Hartford | 4:00 PM | | New Hartford HS Track | Bus/Driver: To: Marnie 315-335-2667 - From Steve 315-240-8526 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 2:30 PM | L |
| May 22, 2023 | Mon | Regular Season (TVL League Meet) | Whitesboro, New Hartford, Utica Proctor (DMS), Utica Proctor (JFK) @ TBD | 4:00 PM | | JFK Track | Bus/Driver: First Student - Mrs.Stovall 202-390-2722, bus 9178 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 2:20 PM | L |
| May 23, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 24, 2023 | Wed | Regular Season | @ Whitesboro | 4:00 PM | | Ed Wadas Complex High School | Bus/Driver: RCSD- Chris W (315)240-7035 | Departure Point: Turin Street Parking Lot - next to the Stadium Departure Time: 2:30 PM | L |
| May 25, 2023 | Thu | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 26, 2023 | Fri | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 30, 2023 | Tue | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |
| May 31, 2023 | Wed | Practice | N/A | 2:30 PM | 4:00 PM | Stadium Track and Field | | | |

Date: 2025-12-05