



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		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: 2024-05-22