



# Rome Free Academy

## (G) V Swimming/Diving

### Coaches:

- Michelle Browne, Head Coach
- James Ray, Asst Coach

| DATE         | WEEK DAY | TYPE   | OPPONENTS  | START TIME | END TIME | LOCATION                      | DEPARTURE                            | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|-------------------------------|--------------------------------------|--|---------------------|
| Aug 28, 2019 | Wed      | Scrimmage (Diving)   | Lowville, Holland Patent @ New Hartford              | 8:30 AM    |          | New Hartford HS Pool          | Bus/Driver: RCSD                     | Departure Point: 95 Dart Circle<br>Departure Time: 7:15 AM | NL                  |
| Aug 28, 2019 | Wed      | Scrimmage  | Holland Patent, Lowville @ New Hartford              | 10:30 AM   |          | New Hartford HS Pool          |                                      | Departure Point: 95 Dart Circle                            | NL                  |
| Aug 30, 2019 | Fri      | Scrimmage  | Holland Patent, Carthage, Beaver River @ South Lewis | 9:00 AM    |          | South Lewis High School Pool  | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 7:15 AM | NL                  |
| Sep 5, 2019  | Thu      | Regular Season @ Adirondack  |  | 4:30 PM    |          | Pool                          | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 3:00 PM | L                   |
| Sep 10, 2019 | Tue      | Regular Season @ Nottingham (Syracuse)   |  | 6:00 PM    | 7:00 PM  | Nottingham High School (Pool) | Bus/Driver: RCSD/Marnie 315-335-2667 | Departure Point: 95 Dart Circle<br>Departure Time: 4:00 PM | L                   |
| Sep 12, 2019 | Thu      | Regular Season @ West Canada Valley  |  | 4:30 PM    |          | WCV Pool                      | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 2:45 PM | L                   |
| Sep 17, 2019 | Tue      | Regular Season Cooperstown (League Game) (Cooperstown/Milford)                             |  | 5:00 PM    |          | RFA Pool                      |                                      |  | L                   |
| Sep 19, 2019 | Thu      | Regular Season 110-92 W @ Utica Proctor  |  | 4:30 PM    |          | PHS Swimming Pool             | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 3:15 PM | L                   |
| Sep 21, 2019 | Sat      | Regular Season (NH Invitational) Pittsford Mendon, Albany Academies, Oswego @ New Hartford |  | 9:00 AM    |          | New Hartford HS Pool          | Bus/Driver: RCSD                     | Departure Point: 95 Dart Circle<br>Departure Time: 9:45 AM | NL                  |
| Sep 24, 2019 | Tue      | Regular Season Whitesboro  |  | 5:00 PM    |          | RFA Pool                      |                                      |  | L                   |
| Sep 26, 2019 | Thu      | Regular Season @ Holland Patent  |  | 4:30 PM    |          | TBD                           | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 3:15 PM | L                   |
| Oct 1, 2019  | Tue      | Regular Season Adirondack  |  | 4:30 PM    |          | RFA Pool                      |                                      |  | L                   |
| Oct 8, 2019  | Tue      | Regular Season West Canada Valley, (League Game) Skaneateles                               |  | 5:00 PM    |          | RFA Pool                      |                                      |  | L                   |
| Oct 10, 2019 | Thu      | Regular Season @ Cooperstown (Cooperstown/Milford)   |  | 5:00 PM    |          | Clark's Sports Center         | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 3:15 PM | L                   |
| Oct 15, 2019 | Tue      | Regular Season (League Game) 140-77-45 W Utica Proctor, Carthage                           |  | 4:30 PM    |          | RFA Pool                      |                                      |  | NL                  |
| Oct 17, 2019 | Thu      | Regular Season @ Whitesboro  |  | 5:00 PM    |          | Utica University              | Bus/Driver: Birnie Bus               | Departure Point: 95 Dart Circle<br>Departure Time: 3:30 PM | L                   |

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|--------------|----------|---|---|------------|----------|------------------------|------------------------|---|---------------------|
| Oct 18, 2019 | Fri      | Regular Season (League Diving Championships)                                | West Canada Valley, Whitesboro, Adirondack, Cooperstown (Cooperstown/Milford), Holland Patent @ Utica Proctor               | 5:00 PM    |          | PHS Swimming Pool      | Bus/Driver: Birnie Bus | <b>Departure Point:</b><br>95 Dart Circle<br><b>Departure Time:</b><br>3:00 PM  | L                   |
| Oct 21, 2019 | Mon      | Regular Season (League Game )   | Holland Patent  | 4:30 PM    |          | RFA Pool               |                        |   | L                   |
| Oct 25, 2019 | Fri      | Post-Season (Swim Championships)  | Holland Patent  | 5:00 PM    |          | RFA Pool               |                        |   | NL                  |
| Oct 25, 2019 | Fri      | Regular Season (CSC Championships)  | Cooperstown (Cooperstown/Milford)   | 5:00 PM    |          | RFA Pool               |                        |   | L                   |
| Oct 30, 2019 | Wed      | Regular Season (Pink Meet)  | Holland Patent, Adirondack, Whitesboro, Cooperstown (Cooperstown/Milford), West Canada Valley, Utica Proctor @ New Hartford | 5:00 PM    |          | New Hartford HS Pool   | Bus/Driver: Birnie Bus | <b>Departure Point:</b><br>95 Dart Circle<br><b>Departure Time:</b><br>3:15 PM  | L                   |
| Nov 7, 2019  | Thu      | Post-Season (Class A Diving Trials and Finals @ Nottingham )                | @ TBD   |            | 8:00 AM  | Nottingham High School |                        |   | NL                  |
| Nov 8, 2019  | Fri      | Post-Season (Class A Timed Final Championship @ Nottingham High School)     | @ TBD   |            | 8:30 AM  | Nottingham High School | Bus/Driver: Birnie Bus | <b>Departure Point:</b><br>95 Dart Circle<br><b>Departure Time:</b><br>7:45 AM  | NL                  |
| Nov 9, 2019  | Sat      | Post-Season (State Qualifier Diving Championship @ Nottingham High School ) | @ TBD   |            | 8:00 AM  | Nottingham High School |                        |   | NL                  |
| Nov 10, 2019 | Sun      | Post-Season (State Qualifier Swimming @ Nottingham High School )            | @ TBD   |            | 11:15 AM | Nottingham High School | Bus/Driver: RCSD/Trent | <b>Departure Point:</b><br>95 Dart Circle<br><b>Departure Time:</b><br>10:15 AM | NL                  |

Date: 2026-01-20