



Rome Free Academy

(G) 7/8TH Swimming/Diving

Coaches:

- Salvatore Carollo, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Sep 13, 2023	Wed	Regular Season	West Canada Valley	TBD		RFA Pool			L
Sep 14, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 15, 2023	Fri	Regular Season	Holland Patent	4:30 PM		RFA Pool			L
Sep 18, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 19, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 21, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 22, 2023	Fri	Regular Season	New Hartford	4:30 PM		RFA Pool			L
Sep 26, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 27, 2023	Wed	Regular Season	@ Adirondack	4:30 PM	7:30 PM	Pool	Bus/Driver: F/S - Shane Miller bus 9181 phone# 315-292-3620	Departure Point: RFA Bus Loop Departure Date: Sep 27, 2023 Departure Time: 2:45 PM Return Date: Return Time: 6:00 PM	L
Sep 28, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 29, 2023	Fri	Regular Season	@ Holland Patent	5:00 PM	7:30 PM	Holland Patent HS-Pool	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 3:45 PM Return Date: Return Time: 7:00 PM	L
Oct 2, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 3, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 4, 2023	Wed	Regular Season	Utica Proctor (JFK/DMS)	4:30 PM		RFA Pool			L
Oct 5, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 10, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 11, 2023	Wed	Regular Season (Quad Meet)	West Canada Valley, New Hartford, Utica Proctor (JFK/DMS)	4:30 PM		RFA Pool			L
Oct 12, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 16, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 17, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Oct 18, 2023	Wed	Regular Season	West Canada Valley	4:30 PM		RFA Pool			L

Date: 2026-03-10