



Rome Free Academy

(B) 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
Nov 26, 2019	Tue	Scrimmage	Lowville @ Holland Patent	5:00 PM		TBD	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:00 PM	NL
Nov 29, 2019	Fri	Practice	N/A	8:00 AM	10:30 AM	RFA Pool			
Dec 3, 2019	Tue	Regular Season 99-46 W	Sherburne-Earlville	5:00 PM		RFA Pool			L
Dec 5, 2019	Thu	Regular Season	Cooperstown (Cooperstown/Cherry Valley)	4:30 PM		RFA Pool			L
Dec 10, 2019	Tue	Regular Season (League Game)	@ Oneida	4:30 PM		Oneida YMCA-701 Seneca St, Oneida, NY 13421	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:00 PM	L
Dec 11, 2019	Wed	Practice (Boys Varsity Swim Practice)	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 12, 2019	Thu	Regular Season 103-74 W	@ Utica Proctor	4:30 PM		PHS Swimming Pool	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:15 PM	L
Dec 13, 2019	Fri	Practice (Boys Varsity Swim Practice)	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 14, 2019	Sat	Regular Season (Invitational)	Beaver River, Carthage, Gouverneur, Holland Patent, Lowville, New Hartford, South Jefferson, Utica Proctor, Watertown @ Indian River	11:00 AM		Middle School Pool	Bus/Driver: RCSD	Departure Point: 95 Dart Circle Departure Time: 7:30 AM	L
Dec 16, 2019	Mon	Regular Season	Holland Patent	4:30 PM		RFA Pool			L
Dec 17, 2019	Tue	Practice (Boys Varsity Swim Practice)	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 18, 2019	Wed	Practice (Boys Varsity Swim Practice)	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 19, 2019	Thu	Regular Season	@ Cooperstown (Cooperstown/Cherry Valley)	5:00 PM		Clark's Sports Center	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:00 PM	L
Dec 20, 2019	Fri	Practice (Boys Varsity Swim Practice)	N/A	2:30 PM	4:30 PM	RFA Pool			
Dec 21, 2019	Sat	Practice (Boys Varsity Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool			
Dec 23, 2019	Mon	Practice (Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool			

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Dec 23, 2019	Mon	Practice (Boys Varsity Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool		
Dec 27, 2019	Fri	Practice (Boys Varsity Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool		
Dec 28, 2019	Sat	Practice (Boys Varsity Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool		
Dec 30, 2019	Mon	Practice (Boys Varsity Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool		
Dec 30, 2019	Mon	Practice (Swim Practice)	N/A	8:00 AM	10:30 AM	RFA Pool		
Jan 7, 2020	Tue	Regular Season 133-120-44 W	Utica Proctor, Carthage	5:00 PM		RFA Pool		L
Jan 9, 2020	Thu	Regular Season	@ Holland Patent	4:30 PM		TBD	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:15 PM
Jan 14, 2020	Tue	Regular Season 67-30 W	@ Sherburne-Earlville	5:00 PM		Pool	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:00 PM
Jan 16, 2020	Thu	Regular Season	Oneida	4:30 PM		RFA Pool		L
Jan 17, 2020	Fri	Regular Season (League Diving Championship)	Cooperstown (Cooperstown/Cherry Valley), Holland Patent, Sherburne-Earlville, Oneida @ Utica Proctor	5:00 PM		PHS Swimming Pool		L
Jan 24, 2020	Fri	Regular Season 533-181-0-300-373-248-267 W	Sherburne-Earlville, Lowville, Cooperstown (Cooperstown/Cherry Valley), Oneida, Holland Patent, Utica Proctor	5:00 PM		RFA Pool		L
Jan 28, 2020	Tue	Regular Season 88-96 L	@ New Hartford	5:00 PM		New Hartford HS Pool	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:30 PM
Feb 13, 2020	Thu	Regular Season (Sectionals at Nottingham)	TBD	TBD		Nottingham High School		Departure Point: 95 Dart Circle Departure Time: 7:00 AM
Feb 15, 2020	Sat	Regular Season (Sectionals at Nottingham)	TBD	TBD		Nottingham High School		Departure Point: 95 Dart Circle Departure Time: 10:00 AM

Date: 2026-02-07