



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
Jan 19, 2021	Tue	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
POSTPONED Jan 20, 2021	Wed	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 22, 2021	Fri	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 25, 2021	Mon	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 26, 2021	Tue	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 27, 2021	Wed	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 28, 2021	Thu	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 29, 2021	Fri	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Jan 30, 2021	Sat	Practice	N/A	8:30 AM	10:30 AM	RFA Pool			
Feb 1, 2021	Mon	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 1, 2021	Mon	Regular Season	Oneida	4:30 PM		RFA Pool			L
Feb 2, 2021	Tue	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 3, 2021	Wed	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 3, 2021	Wed	Regular Season (One Bus pick up will be in the front of the Admin entrance at RFA)	@ Holland Patent	4:30 PM		TBD	Bus/Driver: Rome City School District	Departure Time: 3:45 PM	L
Feb 4, 2021	Thu	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 5, 2021	Fri	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 6, 2021	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Feb 8, 2021	Mon	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 10, 2021	Wed	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			

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Feb 10, 2021	Wed	Regular Season	Oneida	4:30 PM		RFA Pool			L
Feb 11, 2021	Thu	Practice (Boys Varsity Swim and Dive Practice)	N/A	3:00 PM	5:00 PM	RFA Pool			
Feb 12, 2021	Fri	Regular Season	Holland Patent	4:30 PM		RFA Pool			L
Feb 13, 2021	Sat	Practice	N/A	8:00 AM	10:00 AM	RFA Pool			
Feb 16, 2021	Tue	Practice (Boys Varsity Swim and Dive Practice)	N/A	8:00 AM	12:00 PM	RFA Pool			
Feb 17, 2021	Wed	Practice	N/A	8:00 AM	12:00 PM	RFA Pool			
Feb 18, 2021	Thu	Practice	N/A	8:00 AM	12:00 PM	RFA Pool			
Feb 19, 2021	Fri	Practice	N/A	8:00 AM	12:00 PM	RFA Pool			
Feb 23, 2021	Tue	Regular Season (This meet will be in person vs NH) 90-95 L	New Hartford	4:30 PM		RFA Pool			L
Feb 25, 2021	Thu	Regular Season (Swim Championships)	TBD	4:30 PM		RFA Pool			NL
Feb 25, 2021	Thu	Regular Season (Diving Championships)	Oneida, Holland Patent	5:00 PM		RFA Pool			L

Date: 2026-02-07