



Rome Free Academy

(B) 7/8TH Swimming/Diving

Coaches:

- Salvatore Carollo, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 21, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 22, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 28, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 29, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Nov 30, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 1, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 2, 2022	Fri	Scrimmage	Holland Patent, Utica Proctor (JFK/DMS) @ New Hartford	5:00 PM		New Hartford HS Pool	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 4:00 PM	L
Dec 5, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 6, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 7, 2022	Wed	Regular Season	@ New Hartford	5:00 PM		New Hartford HS Pool	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 4:00 PM	L
Dec 8, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 9, 2022	Fri	Regular Season	Holland Patent	4:30 PM		RFA Pool			L
Dec 12, 2022	Mon	Regular Season 20-40 L	Utica Proctor (JFK/DMS)	4:30 PM		RFA Pool			L
Dec 13, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 14, 2022	Wed	Regular Season 21-41 L	@ Utica Proctor (JFK/DMS)	4:30 PM		PHS Swimming Pool	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 3:15 PM	L
Dec 15, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Dec 16, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 19, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Dec 20, 2022	Tue	Regular Season	@ Holland Patent	4:30 PM		HP HS Pool	Bus/Driver: First Student	Departure Point: RFA Bus Loop Departure Time: 3:30 PM	L
Dec 21, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 3, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 4, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			

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Jan 5, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Jan 6, 2023	Fri	Regular Season (All teams Relays - Scrimmage)	Holland Patent, New Hartford, Utica Proctor (JFK/DMS)	4:30 PM		RFA Pool			L
Jan 9, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			

Date: 2026-03-06