



Rome Free Academy

(G) V Winter Track

Coaches:

- Theodore Swavely, Asst Coach
- Diane Stevenson, Asst Coach
- Nicholas Jeror, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 15, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 16, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 17, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 18, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 19, 2021	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 22, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 23, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 24, 2021	Wed	Practice	N/A	10:00 AM	1:00 PM	RFA Indoor Running Track, RFA Auxilliary Gym, RFA Weight Room			
Nov 29, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Nov 30, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 1, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 2, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 2, 2021	Thu	Regular Season (INT&F MV Kickoff Meet)	@ TBD	4:30 PM		UTICA University			L
Dec 3, 2021	Fri	Regular Season (At Utica College)	@ TBD	TBD		TBD	Bus/Driver: First student - Steve 315-795-7403	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L
Dec 6, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 7, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 8, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 9, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 10, 2021	Fri	Regular Season @ TBD		4:30 PM		UTICA University	Bus/Driver: RCSD/Justin 315-335-8742	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L
Dec 13, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 14, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 15, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 16, 2021	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 17, 2021	Fri	Regular Season @ TBD		4:30 PM		UTICA University	Bus/Driver: First student - Steve 315-795-7403	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2021	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 21, 2021	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 22, 2021	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Dec 27, 2021	Mon	Practice (Practice)	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track			
Dec 28, 2021	Tue	Practice (Practice)	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track			
Dec 29, 2021	Wed	Regular Season (Utica Challenge Invitational)	@ TBD	11:30 AM		UTICA University	Bus/Driver: RCSD/Marnie 315-335-2667	Departure Point: RFA High School Departure Time: 10:30 AM	NL
Jan 3, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 4, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 5, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 6, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 7, 2022	Fri	Regular Season @ TBD		4:30 PM		UTICA University	Bus/Driver: First student - Phil 315-725-4741	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L
CANCELLED Jan 10, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 11, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 12, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 13, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 14, 2022	Fri	Regular Season (league)	@ TBD	4:30 PM		UTICA University	Bus/Driver: F/S - TO: Phil 315-725-4741 From: Steve 315-630-0372	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L
Jan 18, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 19, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 20, 2022	Thu	Regular Season	@ TBD	4:30 PM		UTICA University	Bus/Driver: First Student - Terry 315-617-2947	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L
Jan 21, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 24, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 25, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 26, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 27, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Jan 28, 2022	Fri	Regular Season (MVITA League Championships @ Utica College)	@ TBD	4:30 PM	8:30 PM	UTICA University	Bus/Driver: First student - To Diane 315-525-1300, From Terry 315-617-2947	Departure Point: 95 Dart Circle Departure Time: 3:30 PM	L
Jan 31, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 1, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 2, 2022	Wed	Regular Season (Sectionals @ OCC SRC Arena)	@ TBD	4:00 PM	8:00 PM	Onondaga Community College SRC Arena	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: 95 Dart Circle Departure Time: 2:10 PM	NL
CANCELLED Feb 4, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 7, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 8, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 9, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 10, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 11, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 14, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 15, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 16, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 16, 2022	Wed	Post-Season (NY State Qualifiers)	@ TBD	4:00 PM	8:30 PM	Onondaga Community College SRC Arena	Bus/Driver: First Student - Todd 315-709-9097	Departure Point: RFA High School Departure Time: 2:10 PM	NL
Feb 17, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 18, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			

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Feb 21, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 22, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 23, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 24, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
CANCELLED Feb 25, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Feb 28, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Mar 1, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Mar 2, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Mar 3, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Mar 4, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track, RFA Weight Room			
Mar 5, 2022	Sat	Post-Season (States)	TBD	TBD		Ocean Breeze Athletic Complex			NL
Mar 6, 2022	Sun	Post-Season (States)	TBD	TBD		Ocean Breeze Athletic Complex			NL

Date: 2025-12-29