



# 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 13, 2023	Mon	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 14, 2023	Tue	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 15, 2023	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 16, 2023	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 17, 2023	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 20, 2023	Mon	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 21, 2023	Tue	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
CANCELLED Nov 24, 2023	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 27, 2023	Mon	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 28, 2023	Tue	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 29, 2023	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Nov 30, 2023	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Dec 1, 2023	Fri	Regular Season (MVITA MEET )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> Out- Justin R. (315)335-9844/ Return- Chris W. (315)240-7035	<b>Departure Point:</b> RFA Bus Circle <b>Departure Date:</b> Dec 1, 2023 <b>Departure Time:</b> 3:15 PM	L
Dec 7, 2023	Thu	Regular Season (MVCC Supplemental )	@ TBD	4:45 PM		Mohawk Valley Community College	<b>Bus/Driver:</b> One Bus - With Boys	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:30 PM	NL
Dec 12, 2023	Tue	Regular Season (Oscar Jenson Relays)	@ TBD	4:30 PM		Hamilton College	<b>Bus/Driver:</b> First Student - s. miller bus 9181 p#315-292-3620	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 3:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 15, 2023	Fri	Regular Season (MVITA #3 MEET )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Danielle S 202-390-2722	<b>Departure Point:</b> RFA Bus Circle <b>Departure Date:</b> Dec 15, 2023 <b>Departure Time:</b> 3:15 PM	L
Dec 18, 2023	Mon	Regular Season (MVCC Supplemental )	@ TBD	5:00 PM		Mohawk Valley Community College	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 3:50 PM	L
Dec 19, 2023	Tue	Regular Season (John DiMao Meet )	@ TBD	4:30 PM		Colgate University	<b>Bus/Driver:</b> First Student - Danielle S. 202-390-2722	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 3:15 PM	NL
CANCELLED Dec 27, 2023	Wed	Regular Season (CNY Holiday Classic )	@ TBD	11:45 AM		UTICA University	<b>Bus/Driver:</b> RCSD- Chris W (315)240-7035	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 3:15 PM	NL
Jan 3, 2024	Wed	Regular Season (Art McKinnon Meet )	@ TBD	4:30 PM		Colgate University	<b>Bus/Driver:</b> First Student - Shane M 315-292-3620	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 3:00 PM	NL
Jan 11, 2024	Thu	Regular Season (MVCC Supplemental rescheduled from 01/18/23)	@ TBD	5:00 PM		Mohawk Valley Community College	<b>Bus/Driver:</b> First Student - Wael B bus 9148 p#315-395-8395	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:50 PM	L
Jan 13, 2024	Sat	Regular Season (At Utica University)	@ TBD	9:00 AM		UTICA University	<b>Bus/Driver:</b> First Student - Jason G. 315-570-5342	<b>Departure Point:</b> Dart Circle <b>Departure Time:</b> 10:45 AM	L
POSTPONED Jan 18, 2024	Thu	Regular Season (MVCC Supplemental )	@ TBD	4:45 PM		Mohawk Valley Community College		<b>Departure Point:</b> RFA Bus Circle <b>Departure Date:</b> Jan 18, 2024 <b>Departure Time:</b> 3:15 PM	NL
Jan 20, 2024	Sat	Regular Season (MVITA #6 Senior March )	@ TBD	10:00 AM		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> First Student - Danelle S. 202-390-2722	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 8:00 AM	NL
Jan 30, 2024	Tue	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Jan 31, 2024	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Feb 1, 2024	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Feb 2, 2024	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym			
Feb 2, 2024	Fri	Regular Season (TVL Championships )	@ TBD	4:30 PM		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> First Student - John S. bus 9177 p# 315-886-9795	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 2:30 PM	L
Feb 6, 2024	Tue	Post-Season (Sectional 3 Championships )	@ TBD	4:30 PM		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> First Student - John S. 315-886-9795	<b>Departure Point:</b> RFA Bus Circle <b>Departure Time:</b> 2:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 14, 2024	Wed	Post-Season (State Qualifiers )	@ TBD	4:30 PM		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> No Transportation Needed	<b>Departure Point:</b> No Transportation Needed	L
Feb 20, 2024	Tue	Practice	N/A	TBD		RFA Main Gym			
Feb 21, 2024	Wed	Practice	N/A	TBD		RFA Main Gym			
Feb 22, 2024	Thu	Practice	N/A	TBD		RFA Main Gym			
Feb 26, 2024	Mon	Practice	N/A	TBD		RFA Indoor Running Track			
Feb 27, 2024	Tue	Practice	N/A	TBD		RFA Indoor Running Track			
Feb 29, 2024	Thu	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 2, 2024	Sat	Post-Season (New York State Championships )	@ TBD	9:00 AM		Ocean Breeze Athletic Complex		<b>Departure Point:</b> RFA Bus Circle	NL

Date: 2024-05-20