



# 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 17, 2025 | Mon      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 18, 2025 | Tue      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 19, 2025 | Wed      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 20, 2025 | Thu      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 21, 2025 | Fri      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 24, 2025 | Mon      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 25, 2025 | Tue      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Nov 26, 2025 | Wed      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |
| Dec 1, 2025  | Mon      | Practice | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |                |                     |

| DATE                   | WEEK DAY | TYPE                      | OPPONENTS | START TIME | END TIME | LOCATION                                     | DEPARTURE  | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|------------------------|----------|---------------------------|-----------|------------|----------|--|--|--|---------------------|
| Dec 2, 2025            | Tue      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| Dec 3, 2025            | Wed      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| Dec 4, 2025            | Thu      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| Dec 4, 2025            | Thu      | Regular Season (MVITA #1) | @ TBD     | 7:30 PM    |          | UTICA University                             | <b>Bus/Driver:</b><br>First Student-Sandra<br>315.334.7029 | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Dec 4, 2025<br><b>Departure Time:</b><br>6:30 PM  | L                   |
| Dec 5, 2025            | Fri      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| Dec 8, 2025            | Mon      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| Dec 9, 2025            | Tue      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| Dec 10, 2025           | Wed      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| CANCELLED Dec 11, 2025 | Thu      | Practice                  | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |  |  |                     |
| POSTPONED Dec 12, 2025 | Fri      | Regular Season (MVITA #2) | @ TBD     | 4:00 PM    |          | UTICA University                             |  | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Dec 12, 2025<br><b>Departure Time:</b><br>3:00 PM | L                   |

| DATE         | WEEK DAY | TYPE                                 | OPPONENTS | START TIME | END TIME | LOCATION                                     | DEPARTURE   | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------|-----------|------------|----------|--|---|--|---------------------|
| Dec 15, 2025 | Mon      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |   |  |                     |
| Dec 15, 2025 | Mon      | Regular Season (Oscar Jenson Relays) | @ TBD     | 4:00 PM    |          | Hamilton College                             | <b>Bus/Driver:</b><br>First Student-Danyelle-202.390.2722 | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Dec 15, 2025<br><b>Departure Time:</b><br>3:00 PM | L                   |
| Dec 16, 2025 | Tue      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |   |  |                     |
| Dec 17, 2025 | Wed      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |   |  |                     |
| Dec 18, 2025 | Thu      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |   |  |                     |
| Dec 18, 2025 | Thu      | Regular Season (Art McKinnion Meet)  | @ TBD     | TBD        |          | UTICA University                             | <b>Bus/Driver:</b><br>First Student-Jason 903.401.3354    | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Dec 18, 2025<br><b>Departure Time:</b><br>3:00 PM | L                   |
| Dec 19, 2025 | Fri      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |   |  |                     |
| Dec 27, 2025 | Sat      | Regular Season (CNY Holiday Classic) | @ TBD     | 4:30 PM    |          | UTICA University                             |   | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Dec 27, 2025<br><b>Departure Time:</b><br>3:30 PM | L                   |
| Jan 2, 2026  | Fri      | Regular Season (John DiMao Meet)     | @ TBD     | 4:00 PM    |          | Colgate University                           | <b>Bus/Driver:</b><br>RCSD- Steve-315.240.8526            | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Jan 2, 2026<br><b>Departure Time:</b><br>2:45 PM  | L                   |
| Jan 5, 2026  | Mon      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |   |  |                     |

| DATE         | WEEK DAY | TYPE                                 | OPPONENTS | START TIME | END TIME | LOCATION                                     | DEPARTURE | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------|-----------|------------|----------|--|-----------|--|---------------------|
| Jan 6, 2026  | Tue      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 7, 2026  | Wed      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 8, 2026  | Thu      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 9, 2026  | Fri      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 10, 2026 | Sat      | Regular Season (Utica Challenge)     | @ TBD     | TBD        |          | UTICA University                             |           | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Jan 10, 2026                                      | L                   |
| Jan 12, 2026 | Mon      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 13, 2026 | Tue      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 14, 2026 | Wed      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 15, 2026 | Thu      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 16, 2026 | Fri      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 17, 2026 | Sat      | Regular Season (Krischenheiter Meet) | @ TBD     | 3:00 PM    |          | Onondaga Community College SRC Arena         |           | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Jan 17, 2026<br><b>Departure Time:</b><br>1:15 PM | L                   |

| DATE         | WEEK DAY | TYPE                          | OPPONENTS | START TIME | END TIME | LOCATION                                     | DEPARTURE | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------|-----------|------------|----------|--|-----------|--|---------------------|
| Jan 19, 2026 | Mon      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 20, 2026 | Tue      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 21, 2026 | Wed      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 22, 2026 | Thu      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 22, 2026 | Thu      | Post-Season (TVL Champonship) | @ TBD     | 7:30 PM    |          | UTICA University                             |           | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Jan 22, 2026<br><b>Departure Time:</b><br>6:30 PM | NL                  |
| Jan 23, 2026 | Fri      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 26, 2026 | Mon      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 27, 2026 | Tue      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 28, 2026 | Wed      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Jan 29, 2026 | Thu      | Practice                      | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |

| DATE         | WEEK DAY | TYPE                                 | OPPONENTS | START TIME | END TIME | LOCATION                                     | DEPARTURE | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------|-----------|------------|----------|--|-----------|--|---------------------|
| Jan 30, 2026 | Fri      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Feb 2, 2026  | Mon      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Feb 3, 2026  | Tue      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Feb 4, 2026  | Wed      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Feb 5, 2026  | Thu      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Feb 6, 2026  | Fri      | Practice                             | N/A       | 2:00 PM    | 3:30 PM  | RFA Auxilliary Gym, RFA Indoor Running Track |           |  |                     |
| Feb 6, 2026  | Fri      | Post-Season (Section 3 Championship) | @ TBD     | 4:30 PM    |          | Onondaga Community College SRC Arena         |           | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Feb 6, 2026<br><b>Departure Time:</b><br>2:45 PM  | NL                  |
| Feb 11, 2026 | Wed      | Post-Season (State Qualifers)        | @ TBD     | 4:30 PM    |          | Onondaga Community College SRC Arena         |           | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Feb 11, 2026<br><b>Departure Time:</b><br>2:45 PM | NL                  |
| Feb 24, 2026 | Tue      | Post-Season (Section 3 Elite Meet)   | @ TBD     | 4:30 PM    |          | Onondaga Community College SRC Arena         |           | <b>Departure Point:</b><br>RFA Bus Loop<br><b>Departure Date:</b><br>Feb 24, 2026<br><b>Departure Time:</b><br>2:45 PM | NL                  |
| Mar 6, 2026  | Fri      | Post-Season (State Meet)             | @ TBD     | 9:00 AM    |          | Ocean Breeze Athletic Complex                |           | <b>Departure Point:</b><br>RFA Bus Loop  | NL                  |

Date: 2025-12-28