



Rome Free Academy

(B) V Winter Track

Coaches:

- Nicholas Jeror, Asst Coach
- Theodore Swavely, Asst Coach
- Billie Mays, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / 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	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
Dec 1, 2023	Fri	Regular Season (MV Kick off meet)	@ TBD	4:30 PM		UTICA University	Bus/Driver: First Student - Steve bus 9182 315-240-8526	Departure Point: RFA Bus Loop Departure Time: 3:15 PM L
Dec 7, 2023	Thu	Regular Season (MVCC Meet #2A)	@ TBD	4:45 PM		Mohawk Valley Community College	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 3:30 PM L
Dec 12, 2023	Tue	Regular Season (Oscar J Meet #2B)	@ TBD	4:30 PM		Hamilton College	Bus/Driver: First Student - S. Fosella bus 9179 p#315-240-8526	Departure Point: RFA Bus Loop Departure Time: 3:30 PM L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Dec 15, 2023	Fri	Regular Season (MV Meet #3)	@ TBD	4:30 PM		UTICA University	Bus/Driver: First Student - Steve F 315-240-8526	Departure Point: RFA Bus Loop Departure Time: 3:15 PM L
Dec 18, 2023	Mon	Regular Season (MVCC Meet 4B - rescheduled from 01/11/24)	@ TBD	5:00 PM		Mohawk Valley Community College	Bus/Driver: RCSD- Chris W (315)240-7035	Departure Point: RFA Bus Loop Departure Time: 3:50 PM L
Dec 19, 2023	Tue	Regular Season (John D Meet #4A)	@ TBD	4:30 PM		Colgate University	Bus/Driver: First Student - Shane M. 315-292-3620	Departure Point: RFA Bus Loop Departure Time: 2:45 PM L
Jan 3, 2024	Wed	Regular Season (Art Mck. Meet #5A)	@ TBD	4:30 PM		Colgate University	Bus/Driver: First Student - Steve 315-240-8526	Departure Point: RFA Bus Loop Departure Time: 2:45 PM L
POSTPONED Jan 11, 2024	Thu	Regular Season (MVCC Meet #4 B)	@ TBD	4:45 PM		Mohawk Valley Community College		Departure Point: RFA Bus Loop Departure Time: 3:40 PM L
Jan 11, 2024	Thu	Regular Season (MVCC Meet #5 - rescheduled from 01/18/24)	@ TBD	5:00 PM		Mohawk Valley Community College	Bus/Driver: First Student - Wael B bus 9148 p#315-395-8395	Departure Point: RFA Bus Loop Departure Time: 3:50 PM L
Jan 13, 2024	Sat	Regular Season (Utica Invitational)	@ TBD	12:00 PM		UTICA University	Bus/Driver: No Transportation Needed	Departure Point: No Transportation Needed Departure Date: Jan 13, 2024 NL
Jan 17, 2024	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
Jan 18, 2024	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
POSTPONED Jan 18, 2024	Thu	Regular Season (MVCC Meet #5)	@ TBD	4:45 PM		Mohawk Valley Community College		Departure Point: RFA Bus Loop Departure Time: 3:40 PM L
Jan 19, 2024	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
Jan 20, 2024	Sat	Regular Season (MV Meet #6)	@ TBD	10:00 AM		Onondaga Community College SRC Arena	Bus/Driver: First Student - Alex 315-225-6698	Departure Point: RFA Bus Loop Departure Time: 8:15 AM L
Jan 22, 2024	Mon	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
Jan 24, 2024	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Weight Room		
Jan 25, 2024	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
Jan 26, 2024	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		
Jan 30, 2024	Tue	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2024	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym			
Feb 1, 2024	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym			
Feb 2, 2024	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym			
Feb 2, 2024	Fri	Regular Season (TVL/CSC Championship)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Bus/Driver: First Student - Steve F. bus 9179 p#315-240-8526	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	L
Feb 6, 2024	Tue	Post-Season (Sectional Championship B/G)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Bus/Driver: First Student - Shane M. 315-292-3620	Departure Point: RFA Bus Loop Departure Time: 2:30 PM	NL
Feb 14, 2024	Wed	Post-Season (State Qualifiers B&G)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Bus/Driver: No Transportation Needed	Departure Point: No Transportation Needed	L
Mar 2, 2024	Sat	Post-Season (State Finals)	@ TBD	4:30 PM		Ocean Breeze Athletic Complex		Departure Point: RFA Bus Loop	NL

Date: 2026-02-06