



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 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 (Mohawk Valley Kickoff Meet)	@ TBD	7:30 PM		UTICA University	Bus/Driver: First Student- Danyelle- 202.390.2722	Departure Point: RFA Dart Circle Departure Date: Dec 4, 2025 Departure Time: 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			
POSTPONED Dec 12, 2025	Fri	Regular Season (Mohawk Valley Meet #2)	@ TBD	4:00 PM		UTICA University		Departure Point: RFA Dart Circle Departure Date: Dec 12, 2025 Departure Time: 3:00 PM	L
Dec 15, 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 15, 2025	Mon	Regular Season (Oscar Jenson Relays)	@ TBD	4:00 PM		Hamilton College	Bus/Driver: First Student- Shane- 315.292.3620	Departure Point: RFA Dart Circle Departure Date: Dec 15, 2025 Departure Time: 3:00 PM	L
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 M. Meet)	@ TBD	4:00 PM		UTICA University	Bus/Driver: First Student- Todd- 315.709.9097	Departure Point: RFA Dart Circle Departure Date: Dec 18, 2025 Departure Time: 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 22, 2025	Mon	Practice	N/A	8:00 AM	10:00 AM	RFA Auxilliary Gym, RFA Indoor Running Track			
Dec 23, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	RFA Auxilliary Gym, RFA Indoor Running Track			
Dec 26, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	RFA Auxilliary Gym, RFA Indoor Running Track			
Dec 29, 2025	Mon	Practice	N/A	8:00 AM	10:00 AM	RFA Auxilliary Gym, RFA Indoor Running Track			
Dec 30, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	RFA Auxilliary Gym, RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2026	Fri	Regular Season (John D. Meet)	@ TBD	4:00 PM		Colgate University	Bus/Driver: RCSD- Matt-315.338.1905	Departure Point: RFA Dart Circle Departure Date: Jan 2, 2026 Departure Time: 2:30 PM	L
Jan 5, 2026	Mon	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym, RFA Indoor Running Track			
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 10, 2026	Sat	Regular Season (Utica Challenge)	@ TBD	11:00 AM		UTICA University	Bus/Driver: First Student- Todd-315.709.9097	Departure Point: RFA Bus Loop Departure Date: Jan 10, 2026 Departure Time: 9:45 AM	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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 (Fred K. Meet)	@ TBD	3:00 PM		Onondaga Community College SRC Arena	Bus/Driver: Steve Fosella - 315-240-8526 - RCSD	Departure Point: RFA Dart Circle Departure Date: Jan 17, 2026 Departure Time: 1:15 PM	L
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 Championship)	@ TBD	7:30 PM		UTICA University	Bus/Driver: First Student- Matt H.- 315.335.5594	Departure Point: RFA Dart Circle Departure Date: Jan 22, 2026 Departure Time: 6:00 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			

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Jan 29, 2026	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Jan 30, 2026	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Feb 2, 2026	Mon	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Feb 3, 2026	Tue	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Feb 4, 2026	Wed	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Feb 5, 2026	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Feb 6, 2026	Fri	Practice	N/A	2:00 PM	3:30 PM	RFA Auxillary Gym, RFA Indoor Running Track			
Feb 6, 2026	Fri	Post-Season (Section 3 Championship)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Departure Point: RFA Bus Loop Departure Date: Feb 6, 2026 Departure Time: 2:45 PM	NL	
Feb 11, 2026	Wed	Post-Season (State Qualifiers)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Departure Point: RFA Bus Loop Departure Date: Feb 11, 2026 Departure Time: 2:45 PM	NL	
Feb 24, 2026	Tue	Post-Season (Section 3 Elite Meet)	@ TBD	4:30 PM		Onondaga Community College SRC Arena	Departure Point: RFA Bus Loop Departure Date: Feb 24, 2026 Departure Time: 2:45 PM	NL	
Mar 6, 2026	Fri	Post-Season (State Meet)	@ TBD	TBD		Ocean Breeze Athletic Complex	Departure Point: RFA Bus Loop	NL	

Date: 2026-02-06