



# 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	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 (Mohawk Valley Kickoff Meet)	@ TBD	7:30 PM		UTICA University	<b>Bus/Driver:</b> First Student-Danyelle-202.390.2722	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 4, 2025 <b>Departure Time:</b> 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		<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 12, 2025 <b>Departure Time:</b> 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 Jensen Relays)	@ TBD	4:00 PM		Hamilton College	<b>Bus/Driver:</b> First Student-Shane-315.292.3620	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 15, 2025 <b>Departure Time:</b> 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	<b>Bus/Driver:</b> First Student-Todd-315.709.9097	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Dec 18, 2025 <b>Departure Time:</b> 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	<b>Bus/Driver:</b> RCSD- Matt- 315.338.1905	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 2, 2026 <b>Departure Time:</b> 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	<b>Bus/Driver:</b> First Student- Todd- 315.709.9097	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Jan 10, 2026 <b>Departure Time:</b> 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	<b>Bus/Driver:</b> Steve Fosella - 315-240-8526 - RCSD	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 17, 2026 <b>Departure Time:</b> 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 Champonship)	@ TBD	7:30 PM		UTICA University	<b>Bus/Driver:</b> First Student- Matt H.- 315.335.5594	<b>Departure Point:</b> RFA Dart Circle <b>Departure Date:</b> Jan 22, 2026 <b>Departure Time:</b> 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			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 29, 2026	Thu	Practice	N/A	2:00 PM	3:30 PM	RFA Auxilliary Gym, RFA Indoor Running Track			
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> RFA Bus Loop <b>Departure Date:</b> Feb 6, 2026 <b>Departure Time:</b> 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> RFA Bus Loop <b>Departure Date:</b> Feb 11, 2026 <b>Departure Time:</b> 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> RFA Bus Loop <b>Departure Date:</b> Feb 24, 2026 <b>Departure Time:</b> 2:45 PM	NL
Mar 6, 2026	Fri	Post-Season (State Meet)	@ TBD	TBD		Ocean Breeze Athletic Complex		<b>Departure Point:</b> RFA Bus Loop	NL

