



Rome Free Academy

(G) 7/8TH Cross Country

Coaches:

- David Brognano, Head Coach
- Courtney Spatto, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 17, 2019	Tue	Regular Season	Notre Dame, Utica @ Utica Proctor (JFK/DMS)	4:00 PM		Proctor Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:45 PM	L
Sep 18, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 19, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 20, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 23, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	TBD			
Sep 24, 2019	Tue	Regular Season	Central Valley Academy, Oneida	4:00 PM		TBD			L
Sep 25, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 26, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 27, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Sep 28, 2019	Sat	Regular Season (EJ Hermann Cross Country Invitational)	@ Utica Proctor (JFK/DMS)	12:00 PM		Proctor Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 12:00 PM	NL
Sep 30, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 1, 2019	Tue	Regular Season	Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:45 PM	L
Oct 2, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 3, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 4, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 7, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 8, 2019	Tue	Regular Season 15-46-17 W	New Hartford @ Camden	4:00 PM		Camden Cross Country Course	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:45 PM	L
Oct 9, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 10, 2019	Thu	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 11, 2019	Fri	Practice	N/A	2:45 PM	4:00 PM	TBD			
Oct 12, 2019	Sat	Regular Season (Bill Coughlin Invite)	Holland Patent	11:00 AM	1:30 PM	TBD			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2019	Mon	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 16, 2019	Wed	Practice	N/A	2:45 PM	4:00 PM	RFA HS Track			
Oct 22, 2019	Tue	Regular Season (TVL Championship) 67-91-188-82-215-178-73-60-216 L	Central Valley Academy, Camden, New Hartford, Notre Dame, Utica, Oneida, Utica Proctor (JFK/DMS), Vernon-Verona-Sherrill @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 2:45 PM	L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		Departure Point: 95 Dart Circle Departure Time: 7:45 AM	NL

Date: 2024-07-13