



Rome Free Academy

(G) 7/8TH Outdoor Track

Coaches:

- Rachel Destito, Coach
- Courtney Spatto, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 28, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Mar 29, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Mar 30, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Mar 31, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
CANCELLED Apr 1, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Buddy Evans Gym (Strough MS)			
Apr 4, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 5, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 6, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 7, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 8, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
CANCELLED Apr 19, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 20, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 21, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 22, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 25, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 25, 2022	Mon	Regular Season	Camden	4:15 PM		RFA HS Track			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE	
Apr 26, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 27, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 28, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Apr 28, 2022	Thu	Regular Season	Oneida	4:15 PM		RFA HS Track		L	
May 3, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 3, 2022	Tue	Regular Season	Utica Proctor (JFK)	4:15 PM		RFA HS Track		L	
CANCELLED May 4, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 5, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 9, 2022	Mon	Regular Season	@ Utica Proctor (DMS)	4:00 PM		Donovan Track	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 2:45 PM	L
May 10, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 11, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 12, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 13, 2022	Fri	Regular Season	@ Vernon-Verona-Sherrill	4:15 PM		Track	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 2:45 PM	L
May 16, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 17, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 18, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 19, 2022	Thu	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 20, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 23, 2022	Mon	Regular Season (TVL League meet)	Utica Proctor (DMS), Utica Proctor (JFK), New Hartford @ Whitesboro	4:00 PM		Ed Wadas Complex High School	Bus/Driver: First Student	Departure Point: Stadium Support Facility Departure Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE	
May 24, 2022	Tue	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 25, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 26, 2022	Thu	Regular Season	Whitesboro, Canastota	4:15 PM		RFA HS Track		L	
May 27, 2022	Fri	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
May 30, 2022	Mon	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
POSTPONED May 31, 2022	Tue	Regular Season	@ Central Valley Academy	4:30 PM		Diss Athletic Complex	Bus/Driver: First Student	Departure Point: Stadium Support Facility - Turin Street parking lot Departure Time: 2:45 PM	L
Jun 1, 2022	Wed	Practice (Practice)	N/A	2:30 PM	4:00 PM	Stadium Track and Field			
Jun 2, 2022	Thu	Regular Season	New Hartford	4:15 PM		RFA HS Track		L	

Date: 2024-07-18