



# Rome Free Academy

## (G) V Winter Track

### Coaches:

- Theodore Swavely, Asst Coach
- Diane Stevenson, Asst Coach
- Nicholas Jeror, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 19, 2019	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 20, 2019	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 21, 2019	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 22, 2019	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 25, 2019	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 26, 2019	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
CANCELLED Dec 2, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 3, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 4, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 5, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 6, 2019	Fri	Regular Season (MVITA @ UTICA COLLEGE )	TBD	4:30 PM		UTICA University	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:00 PM	L
Dec 9, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 10, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 11, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 12, 2019	Thu	Regular Season (MVITA @ UTICA COLLEGE )	TBD	4:30 PM		UTICA University	Bus/Driver: Birnie Bus	Departure Point: 95 Dart Circle Departure Time: 3:00 PM	L
Dec 16, 2019	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 17, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED Dec 17, 2019	Tue	Regular Season (John DiMao Invitational )	@ TBD	4:30 PM		Colgate University	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 2:30 PM	NL
Dec 18, 2019	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 19, 2019	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Dec 20, 2019	Fri	Regular Season (MVITA @ UTICA COLLEGE )	TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 3:00 PM	L
Jan 3, 2020	Fri	Regular Season (MVITA @ UTICA COLLEGE )	TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> RCSD	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 3:00 PM	L
Jan 6, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 7, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 8, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 9, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 10, 2020	Fri	Regular Season (MVITA @ UTICA COLLEGE )	TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 3:00 PM	L
Jan 13, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 14, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 14, 2020	Tue	Regular Season (At Colgate University)	@ TBD	4:00 PM		Colgate University		<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 3:45 PM	L
Jan 15, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 16, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 17, 2020	Fri	Regular Season (MVITA @ UTICA COLLEGE )	TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 3:00 PM	L
POSTPONED Jan 20, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 21, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 22, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 23, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 24, 2020	Fri	Regular Season (Utica College Invitational )	@ TBD	TBD		UTICA University	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 2:30 PM	NL
Jan 27, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 28, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 29, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 30, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Jan 31, 2020	Fri	Regular Season (TVL CHAMPIONSHIP)	TBD	4:30 PM		UTICA University		<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 3:00 PM	L
Feb 3, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 4, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 6, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 8, 2020	Sat	Post-Season (SECTIONAL FINALS )	TBD	TBD		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 6:00 AM	NL
Feb 10, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 11, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 14, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 24, 2020	Mon	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 25, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 25, 2020	Tue	Post-Season (Section 3 State Qualifiers )	@ TBD	TBD		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> Birnie Bus	<b>Departure Point:</b> 95 Dart Circle <b>Departure Time:</b> 2:30 PM	NL
Feb 26, 2020	Wed	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 27, 2020	Thu	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Feb 28, 2020	Fri	Practice	N/A	2:30 PM	4:30 PM	RFA Indoor Running Track			
Mar 7, 2020	Sat	Post-Season (NYS Championships )	@ TBD	TBD		Ocean Breeze Athletic Complex	Departure Point: 95 Dart Circle		NL
CANCELLED Mar 13, 2020	Fri	Post-Season (National Indoor Championships )	@ TBD	TBD		Armory Track	Departure Point: 95 Dart Circle		NL

Date: 2024-09-14