



# 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 14, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 15, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 16, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
CANCELLED Nov 17, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 18, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 21, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 22, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 28, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 29, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Nov 30, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 1, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 2, 2022	Fri	Regular Season (IDT&F MV Kickoff Meet )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Kim Gwin, (315) 640-5593	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:15 PM	L
Dec 5, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 6, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 7, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 8, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 9, 2022	Fri	Regular Season (Oscar B Jensen Memorial Relays )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 12, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 13, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 14, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 15, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 19, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 19, 2022	Mon	Regular Season (MV Meet #3)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:00 PM	L
Dec 20, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 21, 2022	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 22, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track			
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track			
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	10:30 AM	RFA Indoor Running Track			
Jan 3, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 4, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 5, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 6, 2023	Fri	Regular Season (MV Meet #4)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:15 PM	L
Jan 9, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 10, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 11, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 12, 2023	Thu	Regular Season (Art McKinnon Meet #5)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:15 PM	L
Jan 13, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 17, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 18, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 20, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 21, 2023	Sat	Regular Season (MV Meet #6 (Senior March) )	@ TBD	10:00 AM		UTICA University	<b>Bus/Driver:</b> First Student - Danyelle 202-390-2722	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 8:45 AM	L
Jan 23, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 24, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
CANCELLED Jan 25, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 26, 2023	Thu	Regular Season (League Championships CSC/Tri-Valley Co-Ed)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 3:15 PM	L
Jan 27, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 30, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Jan 31, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 1, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 2, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
CANCELLED Feb 3, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 6, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 7, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 8, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2023	Thu	Post-Season (Sectional Championships )	@ TBD	4:30 PM		Onondaga Community College SRC Arena		<b>Departure Point:</b> Transportation not needed	L
Feb 10, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 13, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 14, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 15, 2023	Wed	Post-Season (Section 3 State Qualifiers)	@ TBD	4:30 PM		Onondaga Community College SRC Arena		<b>Departure Point:</b> No Transportation Needed	L
Feb 16, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 17, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 27, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Feb 28, 2023	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Mar 1, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Mar 2, 2023	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
Mar 3, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Indoor Running Track			
CANCELLED Mar 4, 2023	Sat	Post-Season (NYSPHSAA State Championships)	@ TBD	9:00 AM		Ocean Breeze Athletic Complex		<b>Departure Point:</b> RFA Bus Loop	L

Date: 2024-07-13