

TRAVEL DIRECTIONS

WESTERN MAINE CONFERENCE

TRIPLE C CONFERENCE

ATHLETIC FACILITIES

Revised - Oct. 2005

Western Maine Conference

A / B Division (most sports):

Cape Elizabeth High School	Ocean House Rd.	799-3309
Falmouth High School	74 Woodville Rd.	781-7429
Freeport High School	30 Holbrook St.	865-4706
Fryeburg Academy	152 Main St.	935-2001
Gray NG High School	10 Libby Hill Rd., Gray	657-3323
Greely High School	Main St., Cumberland	829-4809
Lake Region High School	Rte. 302, Naples	693-6221
Poland Regional High School	Rte 26, Poland	998-5400
Wells High School	Sanford Rd.	646-7011
Yarmouth High School	West Elm St.	846-5535
York High School	286 Long Sands Rd.	363-3621

C Division (most sports):

North Yarmouth Academy	123 Main, Yarmouth	846-9051
Old Orchard Beach High Sch	40 EE Cummings Blvd.	934-4461
Sacopee Valley High School	115 S. Hiram Rd, Hiram	625-8507
St. Dom's High School	121 Gracelawn Rd, Auburn	782-6911
Traip Academy	Williams Ave., Kittery	439-1121
Waynflete School	360 Spring St, Portland	774-5721

Triple "C" Conference

Division I:

Freeport Middle School	19 Kendall Lane	865-4706
Molley Ockett Middle School	Rt. 302, Fryeburg	935-2401
North Yarmouth Academy MS	123 Main, Yarmouth	846-9051
Old Orchard Beach Jr. High	Jameson Hill Rd.	934-2361
Poland Middle School	Rte 26, Poland	998-5400
Sacopee Valley Middle School	115 S. Hiram Rd., Hiram	625-8507
Waynflete School	360 Spring St, Portland	774-5721

Division II:

Cape Elizabeth Middle School	Scott Dyer Rd.	799-3309
Falmouth Middle School	52 Woodville Rd.	781-7429
Gray NG Middle School	30 Libby Hill Rd., Gray	657-3323
Gorham Middle School	41 Morrill Ave.	839-5004
Greely Middle School	Main St., Cumberland	829-4809
Lake Region Middle School	Kansas Rd., Naples	693-6221
Scarborough Middle School	44 Gorham Rd	730-5010
Yarmouth Middle School	West Elm St.	846-5535

CAPE ELIZABETH HIGH & MIDDLE SCHOOLS

FROM SCARBOROUGH AND RTE. 1 SOUTH: At Rte 1 and Rte 114 intersection at Oak Hill. Proceed southeast on Rte 207 (a continuation of 114 - a right turn off Rte 1 if coming from Saco) towards Prout's Neck. At the intersection of Rtes 77 and 207, turn left onto Rte 77. Stay on 77 approx 8 miles, past Higgins Beach, Crescent Beach on into the heart of metropolitan Cape Elizabeth. When you can just see the Pond Cove Shopping Center ahead on your left, Cape Elizabeth High School will be

immediately on your left. If you get to the shopping center, you've missed the school driveway by 100 feet.

FROM PORTLAND NORTH ON 295: Take exit 6A off 295, which is marked Forest Ave. South (the 2nd Forest Ave exit as you come south). Stay in the right lane and proceed to the traffic light. Turn right towards the park onto Rte. 77. (You will stay on 77 all the way to Cape Elizabeth) Drive through the park, up State Street and over the hill (77 bears left around the monument at the top of the hill), down the hill to the water, bearing right across the drawbridge into South Portland. Once in South Portland, you will be on a four-lane road, pass the Dunkin Donuts on your left. Stay in the far right lane and be prepared to turn right (@Pizza Joint) at the next intersection onto Route 77 following signs for Cape Elizabeth. Over the next several miles, you will go through several stop lights. At the blinking light you will see a Cumberland Farms store on your right and a Mobil Service Station on your left. Continue on about another half mile. 100 feet past the Pond Cove Shopping Center on your right is the high school's driveway.

FOOTBALL FIELD DIRECTIONS: Follow the above directions to the blinking light @ Cumberland Farms. Turn right onto Scott Dyer Road. Follow Scott Dyer until the end. Take a left onto Spurwink Avenue. The football field will be on the left side of the road immediately following the sign for the Cape Elizabeth Transfer Station.

FROM EXIT 7 OFF THE MAINE TURNPIKE (from either direction): After going through the toll booths, continue straight ahead on the multi-lane connector to U.S. Rte. 1. At the stoplight, turn right onto Rte. 1 and go to the 2nd stoplight, at the intersection of Pleasant Hill Rd. As you approach this intersection there will be a Volvo dealership on your right. Turn left onto Pleasant Hill Rd and proceed about 3.5 miles (you will wind around a bit and go through a blinker light) until it T-intersects with Rte. 77. Turn left onto Rte 77 and go about 4 miles until you come to Cape Elizabeth High School on your left. If you pass the Pond Cove Shopping Center, you've missed the school driveway by 200 feet.

FALMOUTH HIGH & MIDDLE SCHOOLS

From Interstate 295 - North & South: Take Bucknam Road-Falmouth exit 10. Turn right off exit. Go .2 miles to light (variety store on right). Go straight at light - sign will say Falmouth West. Look for blue signs with arrows for Falmouth Middle/High School. Go 1.3 miles and bear right onto Falmouth Road. Look again for blue signs. Go 1 mile to Woodville Road (look again for blue signs). Take right onto Woodville Road. The school is .3 mile on the left.

From Maine Turnpike 95 - North & South: Take Exit 53 (Portland North). Go through toll booth and turn left onto Gray Road (Rt. 26). Go .2 miles to light (look for blue sign with arrows). Turn right onto Leighton Road. At the end of Leighton (.5 mile), turn right onto Falmouth Road. Travel .9 mile and turn left onto Woodville Road (look again for blue signs). The school is .3 mile on the left.

continued

Falmouth continued

Direction to Falmouth Community Park: Cross Country and Sub-Varsity Football

From Maine Turnpike:

Heading North of Portland. Take Exit 53 - at the light take a left onto Route 100 -with Hannaford on your right go to second set of lights - take a right onto Falmouth Road - Go down a hill and then go up and bear

to the left onto Winn Road - Fire House is on your right with Huston Park behind it - Continuing on Winn Road for 1/4 mile Community Park is on the right.

From 295:

Heading North of Portland - Take Exit 10-Bucknam Road exit - Take a right at the end of the exit - At the lights, go straight onto Falmouth road - Look for a blue sign indicting the town offices - Bear right at the fork staying on Falmouth Road - Go over the overpass - Town Hall on the right after the Falmouth Congregational Church - Continue on Falmouth Road - On your right is Huston Park and Winn Road Fire House - Continue to the next intersection, stay to the right take a right and that is Winn Road - Continue on Winn Road for 1/4 mile Community Park is on the right.

FREEPORT HIGH SCHOOL

From North: Take Rte. 115 out of Gray into Yarmouth. Turn left onto I-295 North. Take Exit 20, Desert Road. Take Rte. 1 north. After police & fire station go STRAIGHT through light. Turn left onto Holbrook Street located just before the Reebok Outlet. Follow Holbrook St., High School is on right. Tennis & Field Hockey on left. For Soccer, Lacrosse & Softball continue around the back of the school onto the Snow Road.

From South: Take I-295 out of Portland. Take Exit 20, Desert Road & follow same directions as above.

Baseball: Same as above. From Rte. 1 north, go past Holbrook Street, take next left between the GAP Outlet and the Lobster Cooker Restaurant. Follow street and parking lot to rear. Baseball field located at rear of parking lot

Wolf Neck State Park - cross country: Same as above. Follow Rte. 1 north. At L.L. Bean, take right onto BOW STREET. Follow signs to Wolf Neck State Park.

Pettingill Farm - cross country: Same as above. Follow Rte. 1 north. At L.L. Bean, take right onto BOW STREET. Go past Mast Landing School, cross over salt marsh, at top of hill take first right onto Pettingill Farm Rd - follow signs

Toddy Brook Golf Course (Located in North Yarmouth):

From the South: In Yarmouth, go north on Main Street, Rt. 115 - take right onto Sligo Road - go approx. 2.5 miles, course located at right

From the North: in Gray, go south on Rt. 115 - take left onto Rt. 9 - follow Rt. 9 approx 1 mile - take right onto Sligo Road - course on immediate left

FREEPORT MIDDLE SCHOOL

All athletic facilities (see cross country above): Take Exit 22 off I - 95. From north go right at end of exit ramp. From south go left at end of exit ramp. At McDonald's take left onto Rte. 1 north. Go 1/3 of mile. Take LEFT onto Kendall Lane. Middle School at end of street on left.

FRYEBURG - Molly Ocket MS

From Portland: Take 25 to Gorham, take right onto 113 in Standish, in Fryeburg take right on Main St. at monument. In Fryeburg, go around bend. School on left.

From the East: From Gray, take 202 south, take right onto 302. Follow 302 into Fryeburg. School on right

FRYEBURG ACADEMY

From Portland: Take Rte 25 to Gorham, take right onto Rte 113 in Standish. In Fryeburg take right on Main St. at monument. Take a right on Bradley St. and the gym is the next to last structure on the left. Soccer, football, field hockey and baseball fields are behind the gym. The softball field is across the street from the gym. Cross Country meets are held at the Fryeburg Fairgrounds on Rte. 5 past Tennis courts.

From the East: Follow 302 into Fryeburg. Take left onto Spring St. after the bowling alley. Take a right onto Bradley St. The gym is the second structure on the right.

HAM ICE ARENA, Conway, NH - FROM ROUTE 16: Follow Spaulding Turnpike (Rte. 16) into Conway. Take right onto West Main St. (across the street from Kennett High School). Ham Ice Arena is on left 1/2 mile down West Main St.

HAM ARENA, Conway, NH - FROM FRYEBURG: Go through Fryeburg going west on Rte. 302 / 113. At first light, continue straight on Rte. 113 (Rte. 302 goes right). Continue west on 113 to lights in Conway (Irving on the right). Stay straight through next set of lights (4 corner intersection). Keep straight until Kennett High School is on right. Take left at flashing light (onto West Main St.). 1/2 mile on the left is Ham Arena.

BRIDGTON ACADEMY ICE ARENA: 302 into Bridgton from Windham/Casco. Go straight at the 4-way light in Bridgton onto 117. Bear left before Harrison onto Rte. 37. Take left onto Chadbourne Hill Rd, then left at tennis courts.

TENNIS COURTS

FROM RTE. 302: Coming into Fryeburg, pass cemetery on left. As you start to round a sharp left hand turn, take a right onto Rte 5. Go approximately _ mile. Take left onto Swan's Falls Rd (if you get to Fairgrounds, you've gone to far). On Swan's Falls Rd, go approx. 2/10 mile and you'll see Forest Acres. Tennis Courts located here at end of driveway. Buses must park on the road.

FROM RTE. 5/113: Coming into Fryeburg, take right at the light. Go past Fryeburg Academy. Bear left onto Rte 5. Go approximately _ mile. Take left onto Swan's Falls Rd (if you get to Fairgrounds, you've gone to far). On Swan's Falls Rd, go approx. 2/10 mile and you'll see Forest Acres. Tennis Courts located here at end of driveway. Buses must park on the road.

STARKS HILL (NORDIC SKI LOCATION)

FROM RTE. 302: Rte. 302 into Fryeburg, left at Irving Station onto Elm Street. Go straight until you reach Forest Industries. Bear right onto dirt road. Pass B & C Auto Body Shop.

FROM RTE. 5/113: Rte. 5/113 into Fryeburg, left at monument onto Main St. Left at Irving Station onto Elm Street. Go straight until you reach Forest Industries. Bear right onto dirt road. Pass B & C Auto Body Shop.

GORHAM

Gorham from Rte. 114 – (from the Portland area)

Follow 114 to Gorham (from Rte 22) – take left onto Morrill Avenue (after Weeks Road and Running Springs Road) High School 2nd right, onto school grounds. Athletic fields are in the rear.

Gorham Middle School – Follow 114 to Gorham (from Rte 22) – At first light turn left onto Weeks Road. GMS on the left.

Narragansett School –

Take Rte. 114 to center of town. Turn right onto Rte. 25. School is approximately 1 mile on left.

To Gorham from Rte. 202 & 25

Narragansett - Rte 202 to Rte 25. At light at JCT of 202 and 25 turn left. School is on the left just beyond Municipal Bldg.

Gorham H.S. – Rte 202, bear right onto Rte 25. At third light turn left onto Rte 114.(South Street) Second right, Morrill Avenue.

Gorham M.S. – Rte 202, bear right onto Rte 25. At third light turn left onto Rte. 114 (South Street). Take 4th right onto Weeks Road. GMS on Left.

Village School – MS Softball

Narragansett School – JV & Frosh Football, X-Country (M.S. & H.S.)

Gorham High School – Soccer(V, JV & Frosh), Football(Varsity), Field Hockey(V&JV), Baseball,(V, JV & Frosh), Softball(V&JV), Track, Basketball(V,JV&Frosh), HS Lacrosse

Gorham Middle School – Baseball, Field Hockey, Basketball, Soccer, MS Lacrosse

University of Southern Maine – Ice Hockey

GRAY-NEW GLOUCESTER HIGH AND MIDDLE SCHOOLS

-Exit 63 off Maine Turnpike. At end of exit take right to first light.

-At first light go left to second light and go left again onto Rte. 26 North.

-Travel till you go over the highway overpass and take the first left AFTER the Fire Station onto Libby Road. The high school is on the right. The middle school is 1/4 mile after the high school.

•Middle school soccer games are played at the middle school.

•Middle school baseball / field hockey / softball are at the middle school.

•All high school fields are behind the high school.

GREELY HIGH SCHOOL / MIDDLE SCHOOL

From Northern Maine:

Option #1:

Maine Turnpike (Interstate 95) south to Augusta. Continue on I-95 from Augusta to Gardiner. Exit at the Gardiner Exit 51 and continue on 295 south to Exit 15, Yarmouth/Cumberland. Take a left onto Rt. #1, continue on this route for approximately 1 mile. Before the overpass, take a left at the Tuttle Rd. sign. Take a right at the top of the ramp onto Tuttle Road. Follow Tuttle for approximately 3 miles. Middle school is on the right. For high school, continue on Tuttle Road. Turn right onto Route #9. Greely High is on the right approx. 100yds.

Val Halla Golf Course: Continue beyond high school, on Main St. approx. 3/4 mile, turn right onto Greely Rd, then immediate right onto Val Halla Rd.

continued

Greely continued

Greely Road Fields (h.s. baseball / softball / sub-varsity football): Continue beyond schools - on Main St. approx. 3/4 mile, turn right onto Greely Rd. On Greely Road, go 1.6 miles – Turn right into facility

Twin Brook Recreation Facility: (h.s. / m.s. cross country running, nordic skiing - m.s. soccer, lacrosse) After turning right onto Tuttle Rd., travel approximately 1 1/2 miles to rec facility (on right).

Sharp's Field: Continue beyond schools on Main St. (Rt 9) approx. 2 miles. Bear left onto 115 at intersection with route 9. 100-200yds, turn right at stone pillars. 500 yds beyond pillars turn left into Town Office drive. Fields are on right.

West Cumberland Field: Take Turnpike (Interstate 95) to Exit 63 Gray. Turn right after toll onto Rt. 202 and then right onto Rt. 100/26. 4.9 miles take right onto Blackstrap Rd. Field is located on left, behind and to side of West Cumberland Fire Station and West Cumberland Community Center (white building)

Option #2:

Maine Turnpike (Interstate 95). Take Exit 63, Gray N.G. Turn right after toll. At intersection with Rt. 100 (Main St. Gray), cross Rt. 100 to 115 East. Continue on 115 to stop sign at intersection with 231, turn right. Few miles and then right onto Route #9. Follow Rt. #9 into Cumberland Center. High school will be on the left. For Greely Middle School, go past the high school, turn left at the traffic light onto Tuttle Rd. After Wilson Elementary School, turn left into middle school driveway

Val Halla Golf Course: (golf) Follow Rt. #9 into Cumberland Center, turn left onto Greely Rd. and immediate right onto Val Halla Rd.

Greely Road Fields (h.s. baseball / softball / sub-varsity football): Follow Rt. #9 into Cumberland Center, turn left onto Greely Rd. Greely Road, 1.6 miles – Turn right into facility

Twin Brook Recreation Facility: (h.s. / m.s. cross country running, nordic skiing - m.s. soccer, lacrosse) Follow Rt. #9 into Cumberland Center, high school will be on the left. Go past school, turn left at the traffic light onto Tuttle Rd - 1.7 miles to left turn into recreation facility.

Sharp's Field: From intersection with 231, approx 2/3 mile from intersection- look for a small auto body shop. Turn left onto Parsonage Rd. Turn right at end of street. Turn right into Town Office drive. Fields are on right.

West Cumberland Field: Take Turnpike (Interstate 95) to Exit 63 Gray. Turn right after toll onto Rt. 202 and then right onto Rt. 100/26. 4.9 miles take right onto Blackstrap Rd. Field is located on left, behind and to side of West Cumberland Fire Station and West Cumberland Community Center (white building)

From Southern Maine:

Option #1:

Maine Turnpike (Interstate 95) to Portland North, exit 53. Left after toll, onto Route 100. Approximately 1 mile, turn right at the traffic light onto Falmouth Rd. Falmouth Rd. will immediately bear to the left and becomes Winn Rd. Remain on Winn until it intersects with Rt.#9 - Left onto 9. Approximately 1 mile to Cumberland Ctr. For Greely Middle School: right at traffic light, left after Wilson Elementary School. For Greely High School: straight thru traffic light, school is on the right

Option #2:

Maine Turnpike (Interstate 95) to Portland Exit #44, 295 North. Remain on 295 no. until exit 10, Bucknam Rd. Exit. Take a right at the top of the ramp. Turn Right at the intersection with Route #9. Follow Rt #9 to Cumberland Center. For Greely Middle School: right at traffic light, left after Wilson Elementary School. For Greely High School: straight thru traffic light, school is on the right

continued

Greely continued

Val Halla Golf Course: (golf) Continue beyond schools on Main St. approx. 3/4 mile, turn right onto Greely Rd. and immediate right onto Val Halla Rd.

Greely Road Fields (h.s. baseball / softball / sub-varsity football): Continue beyond high school - on Main St. approx. 3/4 mile, turn right onto Greely Rd. Greely Road, 1.6 miles – Turn right into facility

Twin Brook Recreation Facility: (h.s. / m.s. cross country running, nordic skiing - m.s. soccer, lacrosse) When entering Cumberland Ctr., turn right at stop light onto Tuttle Road, travel 1.7 miles. Left into recreation fields.

Sharp's Field: Continue beyond schools on Main St. (Rt 9) approx. 2 miles. Bear left onto 115 at intersection with route 9. 100-200yds, turn right at stone pillars. 500 yds beyond pillars turn left into Town Office drive. Fields are on right.

West Cumberland Field: Take Turnpike (Interstate 95) to Portland North Exit 53. Left after toll, onto Route 100/26. 8 miles take left onto Blackstrap Road. Field is located on left, behind and to side of West Cumberland Fire Station and West Cumberland Community Center (white building).

West Cumberland Field (from Greely High School): South on Main Street/Rt. 9. Take right onto Blanchard Rd and go 2.7 miles and left onto Skillin Road and go .9 miles. Cross Gray Road/Route 100/26 and field is located on left, behind and to side of West Cumberland Fire Station and West Cumberland Community Center (white building).

North Yarmouth Memorial School

Greely HS is on Rt 9... so is North Yarmouth Memorial School

From Greely HS:

- * pass the high school, remain on Route 9 North
- * left at intersection with Rt. 115 (also still on Rt 9)
- * 100 yds, turn right between the stone pillars to remain on Rt9
- * School is a quarter of a mile on left
- * Take a hard left just before school to drop the kids off at the field

From Gray

- * Route 115 toward North Yarmouth/Cumberland
- * Take a left onto Parsonage Road (look for small auto body shop)
- * Take a left to drop kids off at field (just before school)

KENNEBUNK HIGH SCHOOL

Take Kennebunk, Kennebunkport, Kennebunk Beach Exit. Go through Toll Booth, at stop sign turn left. At 2nd stop sign, take another left (go toward Kennebunk). Go approximately 1 mile - Kennebunk High School will be on the left.

Kennebunk Cross Country Course:

Take Kennebunk, Kennebunkport, Kennebunk Beach Exit. Go through Toll Booth, at stop sign turn left. At 2nd stop sign take a right (go toward Sanford). The Cross Country Course is approximately 1/4 mile on the left side of the road. Look for a blue sign with two runners on it that says Gary Pike Cross Country Course. If you see Cummings Market on your left, you have gone too far.

LAKE REGION

High School: Located on Rte 302 North, 3-4 miles out of Naples.

Middle School: is off 302, 3-4 miles out of Naples, turn right onto Kansas Road before Lake Region High School. School is on left.

Tennis: is played at Point Sebago Campground, 2 miles before Naples on Rte. 302. Turn left at Point Sebago Campground sign and follow to end.

Golf: is at Bridgton Highlands Country Club. Going north on Rte. 302 through the town of Bridgton take a sharp right onto Highland Ave, just before 302 makes a sharp left up a hill. Follow signs to Country Club.

Bridgton Ice Arena: follow Rt. 302 past Lake Region High School. At light in Bridgton go straight on Rt. 117. Take left onto Rt. 37 and follow direction to Bridgton Academy the ice arena is on Hancock st.

NORTH YARMOUTH ACADEMY

From the North or South

Take 295 . Exit 15 (Yarmouth-Cumberland). Turn right onto Rte 1. Go through first light to Travis Roy Arena, about 1/2 mile. Turn right into parking lot and park bus in designated area near tennis courts. Restrooms are located in the arena. Athletic fields are located between Arena and Main Campus.

Baseball fields: Go past Travis Roy Arena and take exit for Rte 115. Field is on right at Rowe Elem. School.

Basketball: Go past Travis Roy Arena and take right directly after going over bridge/overpass - at stop go left onto Main Street (115). NYA Gym is on right behind school. Park buses on Main Street.

Golf: (Freeport Country Club)

Take Exit 20 off 295, from south go right at end of exit ramp, from north go left at end of exit ramp. Right onto Rte. 1 South. Take first RIGHT (at National Ski & Bike Store). Once across bridge, take first RIGHT. Golf course is at end of road.

OLD ORCHARD BEACH

Turnpike Exit 36 (Saco - OOB). After Toll Booth, go straight onto 195. After 2 miles the road will narrow. Stay straight until you come to a 7-11 store. Bear left at 7-11 store. Stay on this main road for about 1 mile till you reach a traffic light. Take left at light onto E Cummings Blvd. Middle school on your left, O.O.B. H.S. is 1/2 mile on right.

For Golf.: OOB will be playing matches at the Biddeford & Saco Country Club: Same directions as above until you reach the intersection with the 7 - 11 store. At the intersection, turn right. The B & S C.C. will be on your left about 1 mile down that road.

POLAND REGIONAL H.S. / BRUCE M. WHITTIER M.S.

From Auburn: Take Minot Ave. to Mechanic Falls. Take left onto Rte. 11. At light take left onto Rte. 26 South. School is immediately on the right.

From Yarmouth: Take 115 into Gray Center. Go straight across to Rte. 26 North and travel 13+ miles.

From the Portland Area and points South: Exit 63 off Maine Turnpike. At end of exit take right to first light. At first light go left to second light and go left again onto Rte. 26 North and travel 13+ miles.

From Sacopee Valley: Take Rte. 35 Standish/Buxton to Windham. Take left on Rte. 302 North to Raymond. Take Rte. 85 to end. Turn right onto Rte. 11 and follow to lights. Turn right onto Rte. 26 South, school is immediately on the right.

From Bridgton Area: Take Rte. 302 to Rte. 11 in Casco. Turn left onto Rte. 11 and follow 11+ miles to lights. Turn right onto Rte. 26 South, school is immediately on the right.

SACOPEE VALLEY HIGH & MIDDLE SCHOOLS

FROM KITTERY AREA:

- Take Route 236 to North Berwick
- In North Berwick, take Route 4 through Sanford, Alfred to Waterboro
- In Waterboro, take left onto Route 5 through Limerick to Cornish
- In Cornish, take left onto Route 25 West
- Go 100 yards to the first fork in the road (just beyond Bay Haven)
- At fork, take the right onto South Hiram Road
- The first school on left is the location of JH games
- The second school on left is the location of HS games.

ALTERNATE: --Take Turnpike to either Saco/Biddeford or Portland Exit

FROM BRIDGTON AREA:

- Take Route 117 to Brownfield
- Turn right onto Route 160 until South Hiram stop sign
- At stop sign (Route 160 Ice Cream) turn left onto South Hiram Road
- The high school is _ mile on the right
- South Hiram Elementary School is next school on right.

FROM PORTLAND AREA:

- Take exit for Route 25 West
- Follow Route 25 to Cornish
- In Cornish, take the right onto South Hiram Road
(fork in road just beyond Bay Haven Restaurant)
- The first school on left is the location of JH games
- The second school on left is the location of HS games.

FROM SACO/BIDDEFORD AREA:

- Take exit for Route 5 north
- Follow Route 5 through Waterboro, Limerick and into Cornish
- In Cornish, take left onto Route 25 West
- Go 100 yards to the first fork in the road (just beyond Bay Haven)
- At fork, take the right onto South Hiram Road
- The first school on left is the location of JH games
- The second school on left is the location of HS games.

continued

Sacopee Valley continued

FROM GRAY TURNPIKE EXIT:

- Turn left onto Route 35 West
- Follow Route 35 West through North Windham to Standish
- At stop light in Standish turn right onto Route 25
- Follow Route 25 to Cornish
- In Cornish, take the right onto South Hiram Road
(fork in road just beyond Bay Haven Restaurant)
- The first school on left is the location of JH games
- The second school on left is the location of HS games.

SCARBOROUGH

Scarborough High School: is located just off Route One, to the south of Portland and South Portland. Coming north on the Maine Turnpike, take exit 6 (Scarborough). Just after the tollbooth you will come to a traffic light. Go straight ahead until you reach Route One. Turn left on Route 1 north and go to the fifth traffic signal with the entrance to Scarborough Town Hall and the Town and Country Credit Union are on your left. Turn left into this entrance and follow the signs for Scarborough High School. Coming south on the Turnpike or from Portland, get onto Route 295 (formerly Exit 7 from the Turnpike) and go to Exit 2, which feeds onto Route One. Bear right onto Route One and go to the fifth traffic light. Turn right and follow the signs into the High School. Lots are available at the rear and side of the school.

Scarborough Middle School - Route 1 to Route 114 - 1/4 mile on 114 take 1st left after Tennis Courts by Public Library. School is located behind Library.

Willowdale Golf Course: Willowdale Golf Course is south on Rt. 1 from the main entrance to Scarborough High School. Going south on Rt. 1 from the high school turn left at the fourth traffic light onto Willowdale Road. The course is at the end of the road about .4 miles. If following directions to the High School from the south, after making a left on to Rt. 1 north, takes a right at the first traffic signal on to Willowdale Road and the course is .4 mile at the end of the road

Smiling Hill Farm - MS & HS X-country - Located on Route 22 in Westbrook

Wiley Field - JV Baseball, Frosh Soccer, Frosh Football - Take Exit 7 off I-95 in So. Portland. At end of spur (Governor's is in front of you) take a RIGHT on to Rte. 1. At second light, take a LEFT on to Pleasant Hill Rd. Go straight through intersection of Pleasant Hill Rd and Highland Ave. Take first LEFT on to Tenney Lane. Field located at end of street

ST. DOMS

To High School:

- Maine Turnpike(I-95) to Exit 75 from North or South - go thru toll booth take left onto Washington Street
- Washington Ave. leads into Minot Ave.
- go straight to second set of lights at intersection of Center Street & Turner Street
- go straight at light onto Center Street - continue until you see Auburn Mall on left ahead of you
- Just before Mall - Turn Left at light onto Mt. Auburn Ave.
- at next set of lights - turn Right onto Turner Street - go past Auburn Mall on your right
- turn left onto Gracelawn Road - immediately after Gracelawn Memorial Park
- School on Right

continued

St. Dom's continued

To Arena - C.M.Y.C.: Hockey

From Maine Turnpike: Exit 80, follow ramp onto Lisbon Road toward center of Lewiston. At 4th light, turn right on East Avenue. Next light turn left on Bartlett Street. At 1st stop sign turn right on Birch Street. After 2nd intersection, it is the gray building on your left.

L.H.S. Franklin Field: Tennis - From Maine Turnpike: Exit 13 - Follow ramp onto Lisbon Road toward center of Lewiston. At 4th light turn right onto East Avenue. After 1st light it will be on the left.

Tennis Courts are currently being built - please call for tennis match location

TRAIP ACADEMY

To go to the School:

From I-95: About 5 miles South of the York Toll Plaza, take Exit 2 (Kittery/South Berwick). This exit will take you to route 236, turn right and go over the Interstate heading to the Kittery Traffic Circle (.3 miles). Go halfway around the circle turning right after the Dairy Queen. Travel 1 mile then turn right after Brooks Pharmacy. Take 3rd left (.2 miles), Williams Avenue, the school will be on your right.

To go to SOCCER / TRACK / JV SOFTBALL FIELDS:

Go left on 236N (approximately 1 mile). Take a right at light. Field .8 of mile on left.

To go to FOOTBALL / FIELD HOCKEY / BASEBALL / SOFTBALL FIELDS:

Go right off from exit onto 236S to traffic circle (approximately .3 miles) Once on traffic circle take immediate right off circle. Fields are located on the left about 1 mile from traffic circle.

To CROSS COUNTRY COURSE:

Follow directions to the Osco Drug Store. Stay on this road for another 5 miles. Bear right at the Sunoco Gas Station. Go approximately 1/2 mile and bear right again until you see a bridge at an intersection. Go right onto bridge and take a right to Fort Foster park. Park is located at the end of road.

WAYNFLETE SCHOOL

The Fore River Fields Athletic Complex (Soccer, Lacrosse, Baseball, Tennis, Field Hockey):

From North or South, take Congress Street West (Rte 22) exit off I-295 and head west away from town. Go approximately 1.8 miles and take the first left after the RR Crossing onto Hobart Street. At about .3 miles turn right onto Osgood Street and follow straight to athletic fields.

Fore River Fields From the West on Rte 22: Turn right onto Hobart Street about 1 mile after the Portland Jetport Access road. and 50 yards before the RR Crossing. At about .3 miles turn right onto Osgood Street and follow straight to athletic fields.

The Waynflete School Gym:

From the North or South: take Congress Street (Rte 22) exit off I-295 and head east or downtown. Go past traffic light at intersection with St. John Street and go up the hill. At the top of the hill turn right onto Bramhall Street and then fork left onto Vaughn Street. follow Vaughn about one half mile and turn left onto Spring Street. School is just ahead on the right. Buses should drop teams off in front of that Administrative Building..., the gym is located just behind.

continued

Waynflete continued

From the West: Take Rte 22 past St John street, up the hill and turn right onto Bramhall Street, then follow directions above. Nearby parking for buses can be found by continuing on Spring Street to the next stop sign and turning right onto Emery Street. Turn right at next stop onto Danforth and look ahead for roadside parking between Fletcher and Storer Streets. If there is no available parking there continue ahead to the next stop sign and turn right onto Vaughan Street for parking.

Softball at Southern Me. Tech College. (SMTC):

From the West, in on Rte. 22 or from the North or South, take Congress Street (Rte 22) exit off I-295 and head east or downtown until traffic light / intersection w/ St. John Street (Rte. 1), turn right. Go about .7 miles to rotary to the end of St. John Street. Go halfway around rotary and off onto Rte/ 1A (Commercial Street). Turn left in less than 1 mile for Casco Bay Bridge to South Portland. The first full traffic light after

bridge you merge with Broadway. Go straight ahead on Broadway following all the way to end, approx 1.6 miles. Turn right onto Pickett, the right at next stop sign onto Fort Street. You'll see the two fields, on your left. Parking is available back on Pickett Street.

WELLS

Take Turnpike Exit 19. After toll booth turn left. About 1.5 miles on right is sign for school & school entrance.

Soccer, Track, Lacrosse: are played on Forbes Field which is 1.5 miles from W.H.S., take a right on Rte, 1 South, travel .5 mile south.

Cape Neddick Country Club:

Directions From the North: I-95 (Maine Turnpike) to Wells, Exit (Exit 2), East 1 mile to US 1, South(R) on US 1, approximately 5 miles to the center of Ogunquit, Angle left onto Shore Road(middle road of three),

The Club is approximately 2.2 miles south on the right side of Shore Road. When you approach "Perkins

Cove" there is a fork in the road, bear right. Winding road allow, for 20 minutes from the HS.

Recreation Dept Fields: Exit 19 - Go Right on 109 to blinking light approx 1mi. Take Right on route 9A. Fields on left about 1 mile.

YARMOUTH

High School:

From the West: Take Route 115 out of Gray to Yarmouth. At the second set of lights in Yarmouth, turn left onto Route One South towards Portland. At the second set of lights on Route One (Mobil gas station will be on your left), take a right onto Portland Street. Quality Containers of New England will be to your right. The new entrance for all high school events is the road immediately after the Quality Containers of New England entrance.

From the South: Take Interstate 295 and exit at Exit 15. At the first set of lights, turn left onto Portland Street. Quality Containers of New England will be to your right. The new entrance for all high school events is the road immediately after the Quality Containers of New England entrance.

From the North: Take Interstate 295 South and get off at Exit 17 and merge onto Route One. At the fifth set of traffic lights on Route One (Mobil gas station will be on your left), take a right onto Portland Street. Quality Containers of New England will be to your right. The new entrance for all high school events is the road immediately after the Quality Containers of New England entrance.

continued

Yarmouth continued

Athletic Events at the High School: H.S. Soccer, H.S. Lacrosse, H.S., Field Hockey, H.S. Softball, M.S. Softball, M.S. Baseball, M.S. Cross Country, M.S. Girls Lacrosse, H.S. Basketball, H.S. Tennis, H.S. Volleyball & H.S. Track, MS Field Hockey.

Yarmouth Middle School: (Winslow Field Complex)

From the North: Route 115 from Gray to Yarmouth. At first set of traffic lights take a right onto West Elm Street. Yarmouth High School is on the left, you will take a right onto McCartney Street. The Winslow Athletic Fields are on the left across from the Superintendents Office and Yarmouth Elementary School. Harrison Middle School is at the end of McCartney Street.

From the West and North: Follow directions to the High School to Portland Street. Stay on Portland Street, take a right onto West Elm street and a left onto McCartney (across from the high school).

Athletic Events at the Middle School: M.S. Soccer, M.S. Softball, M.S. Basketball, M.S. Boys Lacrosse.

Athletic Events Away From the High/Middle School Area:

Swimming: Casco Bay YMCA, Rte. 1, Freeport M.S. Baseball: Bennett Field in Yarmouth
Ice Hockey: NYA Ice Arena, Rte. 1, Yarmouth M.S. Softball: Tobiason Field (North Road)
Golf: Yarmouth plays at Val Halla in Cumberland. Take Rte. 9 & follow signs.
X Country: Pratt's Brook Facility on North Road.

YORK HIGH SCHOOL

Take I-95 to York Exit 7, after exit, turn left onto Rte. 1 North. Turn right at lights onto Old Post Road. Approximately 1 mile turn left onto Ridge Road. turn right (1st right) onto Webber Road. York H.S. and Athletic Fields on the right.

YORK GOLF&TENNIS (GOLF)

I-95 to York Exit 7. Turn right onto Rte 1 South. Turn left at York Corner lights onto York St. Turn right (2nd right) onto Organug Rd. Go past York MS, YG&T approx 1 mile.

BOG ROAD ATHLETIC FIELDS

I-95 to York Exit 7. Turn right onto Chases Pond Rd (York County Court House on the right). Approx. .5 mile turn left onto Scituate Rd. Approx .5 mile turn left onto Bog Rd. Go straight on Bog Rd (pavement ends) Athletic Fields 1 mile on right.

BUCKFIELD JR / SR HIGH SCHOOL

- From Auburn take Rte. 4 N to blinking light in Turner.
- At blinking light turn left onto Rte. 117
- follow Rte. 117 into Buckfield.
- In center of Buckfield go right, across bridge and take another immediate right after bridge onto Rte. 140.
- School is on left about .5 miles
- Athletic fields are behind school, up dirt access road.

RICHMOND JR / SR HIGH SCHOOL

- From I-95 North - take Exit 43 (Richmond/Litchfield)
- Take Right onto Rte. 197
- School approx. 3 miles on right - (school located behind old factory)