

DIRECTIONS TO POSSIBLE PLAYING SITES

The Carolina Region does not guarantee the accuracy of the following directions. These directions are provided by the individual tournament directors to the Region for publication. Due to road construction and human error, some directions may be inaccurate. Any questions about a specific site/directions should be directed to the Tournament Director where the tournament is being held (not the Region). Updates to these directions can be emailed to the Region.

ASHEBORO:

Asheboro YMCA:

FROM RALEIGH: Take 64 West to Asheboro. At the stop light just beyond Randolph Mall, turn right onto Hwy 42. YMCA is 1/8 mile on the left.

FROM THE WEST: Take I-40 East to Mocksville exit (Hwy 64 East). Take 64 East through Lexington to Asheboro. Continue through Asheboro to Hwy 42 stop light (K-Mart on the right). Take a left onto Hwy 42. YMCA is 1/8 mile on left.

FROM CHARLOTTE: Take Hwy 49 North to Hwy 64 East in Asheboro. Continue on 64 East to Hwy 42 stop light. Take a left. YMCA is 1/8 mile on left.

Asheboro High School:

FROM RALEIGH: US 1 South to Hwy 64 West. Follow 64 through Ramseur, approximately 10 miles to Asheboro. Go to the fifth traffic light (Park Street) and turn right. Asheboro High School will be on your immediate right. Gym is first building on right.

FROM GREENSBORO: 220 South to Asheboro. Exit onto 64 East towards Raleigh. Go to the first light. Turn left onto Park Street. High School is on right.

FROM CHARLOTTE: Take Hwy 49 North to Asheboro. Take 64 East to Raleigh. Go to first light and turn left onto Park Street. School is on right.

Faith Christian School:

FROM RALEIGH/DURHAM AREA: Take 64 W to Ramseur, NC approximately 10 miles from Asheboro. Take a left onto Main Street which has an Exxon station on the left. Follow the road approximately 3 miles until you see the Faith Christian Church and School on the right. Enter and go to the gymnasium parking lot.

FROM WINSTON-SALEM: Take 52 South to 64 East. Continue through Asheboro to Ramseur. Turn right at Exxon Station (Main Street). Go 3 miles and school is on right.

Southwestern Randolph High School – 1641 Hopewell Friends Road, Asheboro NC 27205:

FROM RALEIGH: Take 64 West to Asheboro. In Asheboro take 220 South. **Take the McDowell Road exit and turn right. Go to deadend and take left onto Mack Road. Go about 5 miles to another deadend. Turn right onto Hope Well Friends Road. High School is the second school entrance (MS below is first) about 1/4 mile ahead.

FROM GREENSBORO: 220 South to Asheboro. Follow from ** above.

FROM THE WEST: Take I-40 East to Mocksville exit (Hwy 64 East). Take 64 East through Lexington to Asheboro. Take 220 South and follow from ** above.

FROM CHARLOTTE: Take Hwy 49 North to Asheboro. Take 220 South and follow from ** above.

Southwestern Randolph Middle School - 1509 Hopewell Friends Road, Asheboro NC 27205:

FROM RALEIGH: Take 64 West to Asheboro. In Asheboro take 220 South. **Take the McDowell Road exit and turn right. Go to deadend and take left onto Mack Road. Go about 5 miles to another deadend. Turn right onto Hope Well Friends Road. School is 100 yards on the left.

FROM GREENSBORO: 220 South to Asheboro. Follow from ** above.

FROM THE WEST: Take I-40 East to Mocksville exit (Hwy 64 East). Take 64 East through Lexington to Asheboro. Take 220 South and follow from ** above.

FROM CHARLOTTE: Take Hwy 49 North to Asheboro. Take 220 South and follow from ** above.

ASHEVILLE:

AB Tech - 340 Victoria Road, Asheville, NC 28801:

FROM I-40 EAST OR WEST - take exit #50B (Biltmore House). Instead of going to the Biltmore House,, go straight on Biltmore Ave. up the hill past the hospitals to Victoria Road. Take a left onto Victoria Rd and continue onto the campus of AB Tech. Follow signs to Oak Gymnasium.

A.C. Reynolds HS/MS:

From I-40 East or West take Exit 53-A (Hwy. 74A - Bat Cave/Lake Lure). If you are coming from the West, turn right at the bottom of the off-ramp onto Hwy. 74A. If you are coming from the East, the Exit 53-A off-ramp circles you onto Hwy. 74A. Follow Hwy. 74A approximately 2 miles (road construction is currently underway on this highway). Turn right at the 3rd light - this is Rocket Drive (if you pass the Ingles grocery store you have gone too far). Once on Rocket Drive, the middle school will be on the right and the high school is on the left. Turn left just past where the school buses are parked in front of the high school. Follow this drive up to the gym.

Asheville Christian Academy - 74 Riverwood Rd, Asheville, NC 28805:

FROM I-40 EAST OR WEST - Take exit #59 (Swannanoa), follow signs to US Hwy 70. At the traffic light, turn left onto US Hwy 70. Pass the Ingles shopping complex on your left. At the next right, turn right onto Riverwood Road. Entrance to ACA campus will be on your left.

Asheville High School:

I-40 West to Exit 50 B (US 25 - "Biltmore Estate"). Go North, downhill, towards Estate. At second light (BP station) follow 25 as it bears left toward the Estate. Pass Estate entrance on left and continue uphill over the overpass. School is on your left. Use main bus loop entrance.

Asheville Middle School:

Take I-40 to Asheville. Get on I-240 (240-West if traveling 40W or 240E if traveling 40E). Take the Haywood Road exit off of 240. Turn left and go to stop. Turn left onto Haywood Road. Go to first light and turn right on S. French Broad. Asheville Middle School is on right about 1/2 mile past Patton.

Enka HS & MS:

Take I-40 West to Exit 44. Turn right at end of exit ramp. Go approximately 1 - 1 ½ miles to Asbury Road. For Enka Middle School, turn right on Asbury Road. School is approx. ½ mile on right. For Enka High School, turn left on Asbury Road. Turn right at next light. School is approximately 1 mile on left.

Erwin HS & MS:

Take I-40 to I-240 and take exit 3-A (19-23 Patton Avenue to West Asheville). Take Highway 63 (Leicester Highway) about 3.5 miles. Follow signs to Erwin HS & MS (they are beside each other).

Mars Hill College:

Take I-40 or I-26 to Asheville. Get on I-240 (which circles Asheville to the north) and proceed to exit 4A which is 19/23 north. (This will be a left exit coming from the west on 240; a right exit coming from the east.) Stay on 19/23 north (which will be a continuation of I-26 in a few years) for 18 miles to Mars Hill, exit 11. Take a left at the end of the exit ramp and proceed about 1.5 miles across Main Street and through the middle of campus. Look for Athletic Street on the right. Take Athletic Street to the stop sign and turn left. (The gym is immediately on the left) Park in the upper or lower lot on the right.

North Buncombe High School - 890 Clarks Chapel Rd, Weaverville, NC 28787:

I-240 to Hwy 19/23 (to Weaverville). Go about 10 miles to the Flat Creek Rd exit #17. At the end of the exit ramp, turn left onto Flat Creek Rd. Continue 1.5 mile, turn left onto Salem Hill Rd. Left on Clarks Chapel Rd. Gymnasium is in the rear of the school.

North Buncombe Middle School - 51 N. Buncombe School Rd, Weaverville, NC 28787:

Take I-40 to I-240 to Hwy 19/23 (to Weaverville). Go about 10 miles to the Flat Creek Road exit #17. At the end of the ramp, take a right to go to NB Middle School.

Owen HS & MS:

Take I-40 to Exit 59. At end of ramp, turn left (if traveling I-40 E). Go to the light and turn right onto Hwy 70. Go to the next light and turn left then take an immediate right. Follow the signs to Owen MS and HS.

Reid Center Park & Recreation Complex:

I-40 West to Exit 50 B (US 25 - "Biltmore Estate"). Go North, downhill, towards Estate. At second light, proceed straight ahead through Biltmore Village, crossing RR tracks and climbing uphill past Gold's Gym. At crest of "Hospital Hill", turn left onto Victoria Road. At next light, bear right, and then take the next right as well, which is Livingston. Follow Livingston downhill. The center is the closed-in, brick building on your right just past Congress Street.

Reynolds HS & MS:

Take I-40 to exit 53A (Fairview and Bat Cave). Take 74-A about 2 miles. After Reynolds Fire Dept., turn right at the next light. Reynolds MS is on the right and the HS is on the left. If you see Ingles, you've gone too far.

Rugby Middle School:

Follow directions to West Henderson High School below. Rugby MS is across the street from West Henderson HS.

Stephens Lee Park & Recreation Center:

Take I-40 West to exit 53 B (I-240 West towards Asheville). Follow 240 past Mall, and through "road cut". Take Charlotte Street exit. At light at end of exit ramp, turn left onto Charlotte Street. Go through two lights, passing T.K. Tripp's Restaurant, and descend hill to pass under pedestrian bridge. Take the next left, which is Max Street. Climb steeply...gym is on your left at the George Washington Carver Memorial Parking Lot.

TC Roberson HS:

Take I-40 to Asheville and take Exit 46 for I-26 East. Take I-26 to Exit 6 Skyland. At bottom of ramp, turn left. Pass Shoneys, etc and proceed approx. 1 mile. Look for Valley Springs Middle School on left. At that light, turn left. Pass VSMS and then the elem school, both on the left. Roberson is just ahead, below you on the right.

The Asheville School - 360 Asheville School Rd, Asheville, NC 28804:

FROM THE SOUTH: I-26 West to I-40 West toward Knoxville, Exit 44.

FROM THE NORTH: US 19-23 (new I-26) South to I-240 West to I-40 West, Exit 44.

FROM THE EAST AND WEST: I-40 to Exit 44.

At Exit 44, turn left at stoplight and proceed one mile straight ahead past the hotels and shopping centers. Follow Asheville School signs to our driveway on the right. Proceed to the Rogers Memorial Athletic Center – Gymnasium.

Valley Springs - 224 Long Shoals Rd, Arden, NC:

From I-40 or I-240, Take I-26 East (toward Hendersonville), continue 6 miles exit #37, Long Shoals Rd. Turn left off the exit ramp onto Long Shoals Rd. Continue 1 mile, school will be on your left (youth baseball fields in front). Gymnasium is in the rear of the school.

UNC-Asheville:

Take I-40 to Asheville. Get off I-40 onto I-240 bypass. Exit onto US 19-23 North. Follow the signs to the UNC-Asheville exit. Turn right off UNC-A's exit. Go .4 mile and turn left at light. Go around circle and enter onto campus at Blue sign (University Heights). At split in road, go right. Take first left and Justice Gym is at the bottom of the hill. UNC-Asheville Rec center is right next to Justice Gym.

Valley Springs Middle School:

FROM I-40: Take exit 50 and follow Highway 25 South. Take 25 S, which is also Hendersonville Road several miles to Hwy 146 (Long Shoals Road). Turn right onto Long Shoals Road. Go past Roberson HS on right and through the next light. Valley Springs is on the right.

Alternate Directions: Take I-40 to Asheville and take Exit 46 for I-26 East. Take I-26 to Exit 6 Skyland. At bottom of ramp, turn left. Pass Shoneys, etc and proceed approx. 1 mile. Look for Valley Springs Middle School on left.

Veritas Christian Academy:

FROM I-40: Take exit 50 (Hwy. 25 South/Hendersonville Road). South on Hwy. 25 and travel approximately 9 miles to Cane Creek Road and turn left. Veritas will be on your left.

West Henderson High School:

FROM INTERSTATE 40: take I-26 East towards Hendersonville. Get off on Exit 9 (Airport Road/HWY 280). Turn right onto Hwy 280 and go approximately 4 miles. At stoplight, turn left onto Hwy 191 South. Go approximately 3 miles and West Henderson High School is on the left.

FROM I-26 TRAVELING WEST: Get off on Exit 9 (Airport Road/Hwy 280) and turn left onto Hwy 280. Follow above directions to school.

AYDEN:

Ayden Grifton High School:

FROM THE WEST via US 264 East from Wilson/I-95: Take US 264 straight into Greenville (do not take US 264 by-pass to Washington, NC). At the second stoplight turn right on Allen Road. Follow Allen Road (direction of Alternate US 264) past the US 13 intersection to the NC 11/Memorial Drive intersection (Cracker Barrel Restaurant on Corner). Turn right on NC 11 South towards Kinston. After about 2 miles, you will see Pitt Community College on your right. Continue South on NC 11 about five miles to the intersection with NC 102 (Traffic Light). Continue South on NC 11 a further 3 miles to the next traffic light (likely blinking yellow). Turn left at the traffic light into Ayden Grifton HS and go straight back to the parking lot on the left side of the school. The Gym is in the back of the school.

FROM THE SOUTH (Kinston): Take NC 11 North from Kinston toward Greenville toward Greenville. After about 10 miles, watch for a traffic light (blinking yellow) and Ayden Grifton HS on the right side just before the light. Turn right at the High School traffic light and go straight into the parking lot on the left side of the school.

Ayden Middle School:

FROM THE WEST via US 264 East from Wilson/I-95: Take US 264 straight into Greenville (do not take US 264 by-pass to Washington, NC). At the second stoplight turn right on Allen Road. Follow Allen Road (direction of Alternate US 264) past the US 13 intersection to the NC 11/Memorial Drive intersection. Turn right on NC 11 South towards Kinston. After about 2 miles, you will see Pitt Community College on your right. Continue South on NC 11 about five miles to the intersection with NC 102. Turn left at the traffic light on Route 102 East. Turn right at the second street (entrance to Ayden Middle School grounds). Take the first left and go to the back of the School to the gym entrance.

FROM THE SOUTH (Kinston): Take NC 11 North from Kinston toward Greenville to the NC 102 intersection. Turn right at the traffic light on NC 102 East. The Ayden Middle School entrance road is the second right. See directions to gym above.

BOILING SPRINGS:

Gardner Webb University:

From I-85 South, take exit 74 Bypass (Kings Mountain). Continue into Shelby. Turn left onto Hwy 150 at intersection with Burger King, McDonalds, Shelby HS. Go through the next light and into Boiling Springs. At light (only one), turn left into Gardner Webb. Turn in entrance just past Hardees. Baseball field is on the left, and LYCC gym is on the right.

BREVARD:

Transylvania Recreation Center - 1078 Ecusta Road, Brevard, NC 28712 - 828/884-3156:

The Transylvania Recreation department is located on Ecusta Road at the entrance of Pisgah Elementary school.

FROM I-40: Take 26 toward Brevard and travel 18 miles past the airport and pass Wal-Mart on the left. This stop light is at junction of 64. Take the next left (at Lowe's) on to Ecusta Road. Travel about 1/4 mile and take the second school entrance (after the sign) at Pisgah Elementary. The Transylvania Recreation Center is at the end of the winding road.

BUNN:

Bunn High School - 29 Bunn Elementary School Rd, Bunn, NC 27508:

FROM THE WEST – Travel I-40 east toward Durham. Take exit 283 toward US 70. Take exit 16 US 1 N toward Wake Forest. Turn right onto 98 east, follow 98 east to Bunn. Turn right at stop sign onto 98/39 Main Street. Turn right onto Bunn Elementary School Rd. school will be on left.

FROM THE EAST – Follow I-40 west toward Raleigh. Take exit 301 440 east, take exit 14 follow 440 east to exit 14 64 east. Follow 64 east to the 39 North Louisburg exit. At top of exit turn left and follow 39 North to Bunn. At stop light turn left then turn left onto Bunn Elementary School Rd. and school is on the left.

Bunn Middle School - 4742 NC Hwy 39 South Bunn, NC 27508:

FROM THE WEST - Travel I-40 East toward Burlington/Durham merge onto I-540 via exit 283 toward US 70 take exit 16 US 1 North toward Wake Forest. Turn right onto 98 East and follow 98 East to Bunn. Turn left onto 39 North. School located on left.

FROM THE EAST - Follow 40 West toward Raleigh. Take 440 East via exit 301, take exit 14 to 64 East to Hwy 39. Take the hwy 39 exit toward Louisburg/Bunn. Turn left at top of exit. Follow 39 North to Bunn. Turn left at stop light go thru Bunn Middle school located on left (just outside the city limits).

BURLINGTON:

Elon University-Koury Athletic Center (Alumni Gym) & East Gym (for 3-court tournaments):

Take exit 140 off I-40. From the West take a left off the exit on to University Drive. From the East take a right onto University Drive. Follow until the road T's at Anna Marias Pizza. Turn right on to Haggard Dr.

FOR ALUMNI GYM-From Haggard turn left on Williamson and Alumni Gym/Koury Center is immediately on the right with parking on the left.

FOR EAST GYM- Stay on Haggard until you pass the tennis courts on your right. East Gym is the brick building beside the tennis courts. Parking is in front of the building.

Fairchild Center:

I-85/I-40 from Durham - take exit 147 and turn right at the light off the exit ramp. I-85/I-40 from Greensboro - take exit 147 and turn left at the light off the exit ramp. Going into Graham, go through two stop lights. The court house is in front of you with Main Street circling it. Take the second exit out of the circle and continue on Main Street. Go through three stop lights and at the fourth light turn right (Mobile on the left and Blue Pawn Shop on the right). Cross railroad track - go through stop light on Graham/Hopedale Road and Fairchild Community Center is on the left. This is approximately two miles from I-85/I-40.

NorthPark Community Center:

From I-85/I-40 follow directions as above to Fairchild Center. Pass Fairchild Center and at third stop light after Fairchild take a left onto Vaughn Road. At next light, turn right onto Belmont Street. Belmont Street turns into Sharpe Road. You will pass a softball field on the right. Gym is the next entrance on the right.

CAMDEN:

Camden Intermediate School - 123 Noblitt Drive, Camden, NC 27921 (252.335.7808):

FROM RALEIGH: Take 64 East to Williamston. Take 17 North to Elizabeth City. Take US 158 toward Camden. Take a left at NC 343 (2nd Stoplight in Camden.) Go a little less than a mile down NC 343. Noblitt Dr is on the left hand side, just past Grandy Primary School. The school is ¼ mile down the road.

FROM FAYETTEVILLE: Take 95 North to Rocky Mount. Get off on 64 east. Take 64 East to Williamston. Take 17 North to Elizabeth City. Take US 158 toward Camden. Take a left at NC 343 (2nd Stoplight in Camden.) Go a little less than a mile down 343. Noblitt Dr is on the left hand side, just past Grandy Primary School. The school is ¼ mile down the road.

FROM WILMINGTON/NEW BERN: Take 17 North to Elizabeth City. Take US 158 toward Camden. Take a left at NC 343 (2nd Stoplight in Camden.) Go a little less than a mile down 343. Noblitt Dr is on the left hand side, just past Grandy Primary School. The school is ¼ mile down the road.

Camden Middle School - 248 Scotland Rd, Camden NC, 27921 (252.338.3349):

Follow the Directions above, but do not turn on Noblitt Dr. Continue for another mile and turn right on Scotland Rd. Follow Scotland Road for approximately 1 and ½ miles. Camden Middle School will be on the left hand side. Turn in the 2nd driveway and the gym is on the back.

Camden Hotels – Several hotels are available in Elizabeth City which is less than 5 miles to Camden: Hampton Inn; Fairfield Inn & Suites.

CARY:

Bond Park Community Center:

FROM I-40 WEST (Greensboro): Take I-40 to Exit 287 (Harrison Avenue). Turn right onto Harrison Avenue; go approximately 1.1 miles. Turn right onto Cary Parkway. Turn left onto High House Road; go approximately 1/4 mile. Bond Park is on right. Follow signs to Community Center

FROM I-40 EAST (Wilmington): Take I-40 to Exit 287 (Harrison Avenue); Turn left onto Harrison Avenue; go approximately 1.1 miles; Turn right onto Cary Parkway; Turn left onto High House Road; go approximately 1/4 mile; Bond Park is on right; follow signs to Community Center

From US 64 WEST: Take US 64 to Davis Drive; turn left. Go approximately 3 miles and turn right on High House Road. Bond Park is about ¼ mile past Cary Parkway on right; Follow signs to Community Center.

FROM US 64 EAST: Take US 64 to I-440 (Inner Beltline). Stay on I-440 until it becomes westbound I-40. Take I-40 to Exit 287 (Harrison Avenue); Turn left onto Harrison Avenue; go approximately 1.1 miles; Turn right onto Cary Parkway; Turn left onto High House Road; go approximately 1/4 mile; Bond Park is on right; follow signs to Community Center

FROM US 1 SOUTH: Take US 1 to Cary Parkway; turn left onto Cary Parkway. Go approximately 5 miles; turn right onto High House Road; Bond Park is about ¼ mile on right; Follow signs to Community Center.

CHAPEL HILL:

Chapel Hill High School:

FROM I-40 take Hwy 86 exit (exit #266) and go south towards Chapel Hill. Go about 1.4 miles to Homestead Road and turn right. After crossing RR tracks, turn left and then turn right onto Chapel Hill School Road. School is on the left, and the gym entrance is in the back.

East Chapel Hill High School:

FROM I-40 take Hwy 86 exit (exit #266) and go south towards Chapel Hill. Go about 0.4 miles to third light (4th if traveling I-40 West) and turn left onto Weaver Dairy Road. East Chapel Hill High School will be 1.6 miles on the left (turn left at stoplight into school).

Grey Culbreth Middle School - 225 Culbreth Road:

FROM DURHAM: take 15/501 South around Chapel Hill. 54 and 15/501 will run concurrently. Take the exit ramp for 15/501 South and turn left at the light. Turn right at the second stoplight onto Culbreth Road. The middle school is half a mile on the left. Turn into the driveway and drive straight to the back of the lot. The gym is on your right.

RALEIGH & POINTS EAST: From I-40 West, take exit 273-B (54 West). Take 54 West to 15/501 South/54 Bypass. Once on the bypass, follow directions above.

GREENSBORO & POINTS WEST: From I-85 North, take exit 148 (54 East to Chapel Hill). Follow 54 into Chapel Hill (20 some miles), staying on 54 Bypass. Exit onto Smith Level Road. Take a right at the bottom of the exit ramp. Proceed to the third stoplight and take a left onto Culbreth Road. The school is half a mile on the right. Enter at the *second* entrance (marked by a green sign) and drive straight to the back of the lot. Gym is on your right.

Phillips Middle School:

From I-40 take Hwy 86 exit and go south towards Chapel Hill. Go past Homestead Road. Turn left onto Estes Drive (2nd stoplight past Homestead). School is ½ mile on left. Enter where it says Bus Parking.

University of North Carolina - Fetzer Gym:

FROM I-40 take US 15/501 exit and head towards Chapel Hill. Bear right onto Franklin Street. Go about two miles and turn left onto Raleigh Street at stop light (sign on left is hard to see and sign to right says Hillsborough). You are now on UNC's campus. Raleigh Street will stop directly in front of Fetzer.

ALTERNATE DIRECTIONS FROM I-40 EAST: Take Hwy 86 exit and go south towards Chapel Hill (turn right). Go about 2.0 miles and turn left onto Hillsborough Street at stop light. Go through several lights and Hillsborough will turn into Raleigh Street. Raleigh Street will end at light and Fetzer Gym is directly in front of you.

CHARLOTTE:

Belmont Abbey College - 100 Belmont-Mt Holly Road, Belmont 28012:

FROM I-85 NORTH FROM GASTONIA: Take Exit 26, turn left at the end of the ramp. Go 200 yards or so and turn left on Main Street. Cross over I-85 and Belmont Abbey will be on your right about 1/4 mile ahead. Follow the signs to the gym near back of campus.

FROM I-85 SOUTH FROM CHARLOTTE: Take Exit 26, turn left at the end of the ramp onto Main Street. Belmont Abbey will be on your right directly ahead. Follow the signs to the gym near the back of campus.

Butler High School:

FROM I-85 and I-77 take the W.T. Harris East exit. You will drive quite ways on Harris. It will go from 4 lane to 2 lane road. Harris will end at 74 (Independence Blvd). Turn left onto 74 East. Off of 74 East, take the first left (Matthews-Minthill Road) after the Hwy 51 exit. Butler High School is off this road.

Alternate Directions (should be faster):

FROM WINSTON AND WEST - Take 77 South to 485 East. Take the Rea Road exit and turn left onto Rea Road. At first light, take a right onto Hwy 51. Hwy 51 should end at Hwy 74. Turn right and take the first left (Matthews-Minthill Road). Butler High School is off this road.

FROM EAST - Take 85 South to 77 South. Get on 485 loop and follow directions above.

Carolina Courts – 7210 Stinson Hartis Road, Indian Trail, NC 28079-704.882.1115:

FROM RALEIGH / DURHAM AND GREENSBORO: Take I-85 S. Take exit 48 to merge onto I-485 S toward US-29. Take exit 49 for Idlewild Rd. Turn left at NC-3175/Stallings Rd. Continue to follow Stallings Rd. Turn left at NC-1524/Stevens Mill Rd. Turn right at NC-1523/Oakspring Rd/Oak Springs Rd. Continue to follow NC-1523/Oak Springs Rd. Turn left toward NC-1522/Stinson Hartis Rd. Turn left at NC-1522/Stinson Hartis Rd. Go to 7210 Stinson Hartis Rd.

FROM ASHEVILLE: Take I-40 E. Take exit 123A-B to merge onto US-321 S toward Lincolnton. Take the ramp onto I-85 N. Take exit 30 for I-485 S toward I-77 S. Continue toward I-485 S and merge onto I-485 S. Take exit 51 for US-74 E toward Monroe. Merge onto E Independence Blvd/US-74. Slight left at Independence Blvd/US-74. Turn left at Indian Trail Rd N/Indian Trail Fairview Rd/NC-1008. Continue to follow Indian Trail Fairview Rd. Turn left at NC-1522/Stinson Hartis Rd. Go to 7210 Stinson Hartis Rd.

FROM UPTOWN CHARLOTTE: Take exit 2B for US-74 E toward Independence Blvd. Merge onto E Independence Blvd/Independence Expy/US-74. Continue to follow E Independence Blvd/US-74. Slight left at Independence Blvd/US-74. Turn left at Indian Trail Rd N/Indian Trail Fairview Rd/NC-1008. Continue to follow Indian Trail Fairview Rd. Turn left at NC-1522/Stinson Hartis Rd. Go to 7210 Stinson Hartis Rd.

FROM NORTH OF CHARLOTTE: Take I-77 S. Take exit 11 for I-277 S toward Charlotte. Take exit 2B for US-74 E toward Independence Blvd. Merge onto E Independence Blvd/Independence Expy/US-74. Continue to follow E Independence Blvd/US-74. Slight left at Independence Blvd/US-74. Turn left at Indian Trail Rd N/Indian Trail Fairview Rd/NC-1008. Continue to follow Indian Trail Fairview Rd. Turn left at NC-1522/Stinson Hartis Rd. Go to 7210 Stinson Hartis Rd.

FROM SOUTH OF CHARLOTTE: Take I-485 S, heading East. Take exit 51 for US-74 E toward Monroe. Merge onto E Independence Blvd/US-74. Slight left at Independence Blvd/US-74. Turn left at Indian Trail Rd N/Indian Trail Fairview Rd/NC-1008. Continue to follow Indian Trail Fairview Rd. Turn left at NC-1522/Stinson Hartis Rd. Go to 7210 Stinson Hartis Rd.

Charlotte Latin High School:

From I-85, take I-77 South to the Tyvola Road exit. Take Tyvola Road East towards South Park area (do not go toward Charlotte College). Follow Tyvola Road until it becomes Fairview Road. You will pass SouthPark shopping mall on your left. Continue East on Fairview to Providence Road. Turn right on Providence Road and drive approximately 3-4 miles. You will pass the Arboretum Shopping Center on your right. Charlotte Latin is one mile further at the top of the hill on the right.

Charlotte Providence High School- (704) 343-5390:

FROM WINSTON AND WEST - Take 77 South to 485 East (South of Charlotte). Take the Rea Road exit and turn left onto Rea Road. At first light, take a right onto Hwy 51. Go 4-5 miles and school is on left.

FROM EAST - Take 85 South to 77 South. Get on 485 loop and follow directions above.

Alternate Directions:

From I-85 and I-77 take the W.T. Harris East exit. You will drive quite a ways on Harris. It will go from 4 lane to 2 lane road. Harris will end at 74 (Independence Blvd). Turn left onto 74 East. Turn right onto Hwy 51 towards Matthews. School is ahead on right (approximately 3 miles).

First Ward Center:

FROM I-77 South: Take the Brookshire East Blvd. Exit. * Follow approximately 3 miles and take the 6th street exit. Go straight onto 6th Street. Go ½ mile and First Ward Center will be on the right.

From I-85 South: Take the Brookshire Blvd. East exit. You will eventually cross over I-77 South. Follow from * above.

Hickory Grove Baptist Church – 7424 East W.T. Harris Blvd, Charlotte, NC 28215:

FROM NORTH OF CHARLOTTE: From I-85 South, take the W.T. Harris Blvd. exit. (to exit, go under I-85 and exit right). Go east on Harris Blvd. for approximately 7.5 miles. Hickory Grove Baptist Church will be on your right. The gym is in the Family Life Center.

FROM SOUTH OF CHARLOTTE: From I-85 North, take the W.T. Harris Blvd. exit. (exit to the right and go east). Stay on W.T. Harris Blvd. for approximately 7.5 miles. Hickory Grove Baptist Church will be on your right. The gym is in the Family Center.

Hickory Grove Christian-North Campus - 2350 Odell School Rd., Charlotte, NC, 28262:

FROM NORTH OF CHARLOTTE - Take I-85 South to Exit #49 (Concord Mills Blvd/Bruton Smith Blvd). Turn right onto Concord Mills Blvd. Go past Concord Mills Mall and turn Left on Derita Rd. Continue onto Odell School Rd. Entrance to Hickory Grove North Campus will be approximately 1 mile on your left.

FROM SOUTH OF CHARLOTTE - Take I-85 North to Exit #49 (Concord Mills Blvd/Bruton Smith Blvd). Turn Left onto Concord Mills Blvd. Go past Concord Mills Mall and turn Left on Derita Rd. Continue onto Odell School Rd. Entrance to Hickory Grove North Campus will be approximately 1 mile on your left.

Johnston YMCA - 3025 N. Davidson St, Charlotte, NC 28205 – 704.716.6300:

FROM INTERSTATE 85 TRAVELING SOUTH: Take Exit 41 (W. Sugar Creek Road). Turn left onto W. Sugar Creek Road. Turn right onto N. Tryon Street. Turn left on E. 36th Street. Turn right on N. Davidson Street. The YMCA will be on your right at 3025 N. Davidson Street.

FROM INTERSTATE 85 TRAVELING NORTH: Take exit 30 toward I-77 S. Take exit 9 to merge onto US-29 N/US-74 E/Wilkinson Blvd toward Charlotte/Douglas Intl Airport. Continue to follow US-74 E. Continue onto I-277 N. Take exit 3B toward N Carolina 49/Davidson St/Brevard St/Tryon St. Merge onto E 12th Street. Turn right at N. Davidson Street. The YMCA will be on your left.

FROM INTERSTATE 77 TRAVELING SOUTH: Take the exit 11 for I-277 (Brookshire Freeway). Merge onto 277 South via exit 11 A on the left. Take the exit 3A for Brevard/N. Davidson St/McDowell St. Turn left at N Davidson Street. The YMCA will be on your left at 3025 N. Davidson Street.

FROM INTERSTATE 77 TRAVELING NORTH: Take exit 9 to merge onto I-277 N/US-74 E and continue to follow I-277 N. Take exit 3B toward N Carolina 49/Davidson St/Brevard St/Tryon St. Merge onto 12th Street. Turn right at N. Davidson St. The YMCA will be on your left.

Prosperity Presbyterian Church - 5533 Prosperity Church Rd:

FROM I-77: Take exit number 23 (Huntersville/Gilead Road) and go east off ramp. Go .25 miles and turn right onto Statesville Road/US-21. Go 2.9 miles and turn left onto Alexanderana Rd. Go .87 miles and turn left onto Eastfield. Go 2.37 miles and take sharp right onto Prosperity Church Road. Prosperity Presbyterian Church will be approximately 1 mile on right at 5533 Prosperity Church Rd.

FROM I-85: Take exit number 52 (Poplar Tent Road) and go west off ramp. Go 3 miles and turn left on Harris Rd. Harris Road will become Eastfield Rd., from there go another 1.69 miles to Prosperity Church Road. Take a slight left onto Prosperity Church Road. Prosperity Presbyterian Church will be approximately 1 mile on right at 5533 Prosperity Church Rd.

Sports Warehouse – 704.583.1444 - 10930 Granite Street:

TRAVELING I-77: If going South, take Westinghouse Blvd and go right. If going North, take Westinghouse Blvd and go left. Go to Granite Street and take a right. Sports Warehouse is third building on the left.

TRAVELING I-85: If traveling South, take I-77 South exit and follow directions from 77 above. If traveling North on 85, take the Billy Graham Parkway to I-77 South and follow directions from 77 above.

Sports Warehouse#2 - 10709 Suite M Granite Street – 704.583.1444:

TRAVELING I-77: If going South, take Westinghouse Blvd and go right. If going North, take Westinghouse Blvd and go left. Go to Granite Street and take a right. Sports Warehouse (above) is 3rd building on the left. After passing the Sports Warehouse on your left, cross through intersection of Continental Blvd. Location #2 is the first driveway on the right.

TRAVELING I-85: If traveling South, take I-77 South exit and follow directions from 77 above. If traveling North on 85, take the Billy Graham Parkway to I-77 South and follow directions from 77 above.

UNC-Charlotte:

From I-85 North & South take exit 45A (Harris Blvd) to Highway 49 North exit (you will see signs to UNCC). Turn left on 49 North. Go 1 mile to main entrance on left. Turn into main entrance. At split stay left. Go to dead end and turn left (Parking Deck ahead on right). Two Parking Decks are on the right. Belk Gym is to the right of the new Parking Deck and the new Student Athletic Center is just past Belk Gym.

Z.B. Vance High School - 7600 IBM Drive, Charlotte, NC 28269:

From I-85 North & South (take 77 to 85 North if applicable), take the W.T. Harris Blvd. West exit. Go to first stop light (IBM Drive). Take a left onto IBM Drive. School is on the left.

CLEMMONS:

Carolina Region Office – 3770 Clemmons Road, STE C, 27012:

Take I-40 to Clemmons exit (#184). If traveling I-40 West, turn left off exit and crossover I-40. If traveling I-40 East, turn right off exit. Go approximately 1 mile to 158 (Clemmons Road at stoplight at top of hill). Turn right and go West on 158 for 0.3 miles. Our office building is on the right (1st brick building of 3 brick office buildings in a row). Sign on brick wall in front and beside front door. Suite C is upstairs.

Old Clemmons School Gym:

Take I-40 to Clemmons exit (#184). From I-40 West, turn left off exit and crossover 40. From I-40 East, turn right. Go to Stadium Drive (3 lights for I-40 W, 2 lights for I-40 E) and turn left. Follow Stadium Drive around curves to the right. Old Clemmons School Gym is on the right, just before Stadium Drive ends at 158 (Just past playground area).

New Hope PCA Community Center – 2570 Harper Road, Clemmons, NC 27012:

Take I-40 to Clemmons exit (#184). If traveling I-40 West, turn right and go to next stop light. If traveling I-40 East, turn left and go to second stop light. Turn left onto Peace Haven Road. Go about 0.4 mile (past YMCA on left) and turn right on Harper Road. Go about 0.5 miles around two sharp curves and facility is on the left.

West Forsyth YMCA-1150 S. Peace Haven Road Clemmons, NC 27012 – 336.712.2000:

Now also known as Jerry Long Family YMCA

Take I-40 to Clemmons exit (#184). If traveling I-40 West, turn right and go to next stop light. If traveling I-40 East, turn left and go to second stop light. Turn left onto Peace Haven Road. Go 0.3 of a mile and YMCA is on left.

CLIMAX:

Northeastern Randolph Middle School - 3493 Ramseur-Julian Road, Liberty, N.C. 27298:

FROM GREENSBORO: From Interstate 85, exit onto US 421 South. Travel approximately 16.8 miles to the Liberty exit. Turn right onto NC HWY 49A (Old Liberty Road). Travel approximately 2.4 miles to the intersection of Ramseur-Julian Road and Old Liberty Road. Turn left onto Ramseur-Julian Road. Travel 1.7 miles. NERMS is on the right side of the road directly across from Sandy Creek Baptist Church.

FROM ASHEBORO: From US HWY 220, exit onto US HWY 64 East and travel to Ramseur. In Ramseur, turn left onto NC HWY 49 North. Travel approximately 1/2 mile. Fork to the left onto Ramseur-Julian Road. Travel 5.6 miles. NERMS is located on the left side of the road directly across from Sandy Creek Baptist Church.

FROM RALEIGH: Take US HWY 64 West to Ramseur. In Ramseur, turn right onto NC HWY 49 North. Travel approximately 1/2 mile. Fork to the left onto Ramseur-Julian Road. Travel 5.6 miles. NERMS is located on the left side of the road directly across from Sandy Creek Baptist Church.

Providence Grove High School – 5555 Mack Lineberry Rd, Climax, NC 27233:

FROM GREENSBORO: 421S to Hwy 62S. At stop light at Climax, turn left onto Hwy 22S. Go 5 miles and turn right on Mack Lineberry Rd. Go 1/4 mile and turn right into the 2nd drive. Follow the drive to the back parking lot.

FROM ASHEBORO: 220N exit N. Fayetteville St. At the stop light, go straight onto Old Liberty Rd. Go approx. 5 miles and turn left onto Worthville Rd. Go 1 mile and turn right onto Mack Lineberry Rd. Go 5 1/2 miles and turn left into the 1st drive. Follow the drive to the back parking lot.

FROM BURLINGTON: 85S/40w to Hwy 62S. Go approx. 18 miles on Hwy 62S to Climax. At the stop light, turn left onto Hwy 22S. Go 5 miles and turn right onto Mack Lineberry Rd. Go 1/4 mile and turn right into the 2nd drive. Follow the drive to the back parking lot.

FROM RALEIGH: 40W to Greensboro and exit onto 421S. Exit onto Hwy 62S toward High Point. At the stop light in Climax, turn left onto Hwy 22S. Go 5 miles and turn right onto Mack Lineberry Rd. Go 1/4 mile and turn right into the 2nd drive. Follow the drive to the back parking lot.

FROM SILER CITY: 421N to Hwy 62S to High Point. At the stop light in Climax, turn left onto Hwy 22S. Go 5 miles and turn right onto Mack Lineberry Rd. Go 1/4 mile and turn right into the 2nd drive. Follow the drive to the back parking lot.

COLFAX (GREENSBORO):

Triad Park (Outdoor):

FROM RALEIGH: Take I-40 West to Greensboro. Take exit 208 Sandy Ridge Road. Turn right onto Sandy Ridge Road. Drive until road ends at Market St. Turn left on Market. Triad Park is 2.3 mi on the right.

FROM WINSTON-SALEM: Take Business 40 east. Exit left onto old 421 to Colfax (Just after NC 66 exit). Triad Park entrance will be on your left.

CONCORD:

Cannon School - 5801 Poplar Tent Rd., Concord:

FROM I-85: Take Exit 52 - Poplar Tent Rd. Go towards Concord on Poplar. The school is about a mile down the road.

FROM: I-77: Take Exit 25 (Hwy 73/Sam Furr Rd.) towards Concord. Turn right on Poplar Tent Road.

DAVIDSON:

Davidson College:

From I-77: Take exit 30 (Davidson College exit). If traveling 77S, turn left at top of ramp. If traveling 77N, turn right. Proceed until you come to a "T" intersection with a stoplight (route 115 and Main Street). Turn right. Continue to stoplight at Concord Road and turn left onto Concord. Turn left after the first blinking yellow light into the parking lot for the Baker Sports Complex. Enter building from the front courtyard.

DOBSON:

Surry High School and Surry Community College (they are next to each other):

FROM HIGHWAY 52 - Take Highway 601 south for approximately 8 miles. Turn right onto Rockford Road (at caution light). Turn right onto S. Main St. (at stop sign). The college facility is located on the left side of S. Main St. just past Surry Central High School. SCC: Take first entrance and follow to the end of the street. The Gym will be on your Right. **HWY 52 leads to Mt. Airy however you can stay of 52 which will turn into I-74. This way you do not have to go all the way through Mt. Airy to reach Dobson.

FROM I-77 - Take exit 93 and turn east toward Dobson for approximately 3 miles. At the second stop light turn right onto S. Main St. The college facility is located approximately 1 mile on the right side of S. Main St. Surry Central High School is just past Surry Community College on the Right.

FROM I-74 - Take Hwy. 601 south. (toward Dobson). Turn right onto Rockford Rd. (at caution light). Turn right onto S. Main Street. (at stop sign). The college facility is located on the left side of S. Main St. just past Surry Central High School. SCC: Take first entrance and follow to the end of the street. The Gym will be on your Right

FROM I-40W - Take HWY 52 toward Mt. Airy and follow directions listed above. Or Stay on I-40W to HWY421N. Follow to I-77N and follow directions listed above.

FROM I-40E - Take I-77 N in Statesville and follow directions above.

DUNN:

Coats-Erwin Middle School - 2833 Hwy 55 East, Dunn, NC 28334 (910) 230-0300

FROM RALEIGH: Follow 401 S. to Fuquay. Take a left onto Highway 55 East. Follow Hwy. #55 through Angier and through Coats. Continue on Highway #55 East. The school is located on the left.

FROM DUNN: Take Hwy. #421 North . At the intersection of 421 and 55 take a right onto Highway 55 West. Continue on Highway #55. The school is located on the right.

FROM FAYETTEVILLE: Take Highway 401 North to Lillington. At the intersection of 421, 401 and 210. Take a right onto 421 S. Follow to intersection of 421 and 55. Turn left on Highway 55 West. Continue on Highway #55. The school is located on the right.

FROM LILLINGTON: Take Highway 401 North to Highway 421. Take a right onto Hwy 421 South. Follow to intersection of 421 and 55. Turn left on Highway 55 West. Continue on Highway #55. The school is located on the right.

DURHAM:

Brogden Middle School:

From Hwy 70/I-85 (From Raleigh and Greensboro) Exit Hwy 70 at Roxboro Road exit at Northgate Shopping Center. Turn right on Roxboro Road and go to the next stop light at Roxboro and Leon Street. Turn left on to Leon Street and the school is on the left about two blocks.

Campus Hills Park (Irwin R. Holmes Recreation Center) - S. Alston Avenue:

From I-40, take Exit #278 (Rt. 55) and go North towards Durham (left hand turn for both East and West exits off I-40). Turn right, at the traffic light, onto Riddle Road. Go about 1/3 mile and take a left at stop sign onto S. Alston Avenue. Gym is on left about 1/2 mile.

Carolina Friends School:

FROM RALEIGH: Take I-40 West to the 15-501 exit (#270). Take a right and head North towards Durham. Go 0.2 miles and take a left onto Mt. Moriah. Go about 1.4 miles to end and take a right on Erwin. Go about 1.9 miles and take a left on Mt. Sinai. Go about 1.9 miles and take a right on Friends School Road. Go 0.6 miles and school entrance is on the left.

FROM GREENSBORO/WEST: Take I-40 East to exit 266 (Hwy 86 N). Take a left onto 86 N. Take the first right (second light) onto Whitfield. Go 3.6 miles and take a left on Erwin Road. Go about 1.9 miles and take a left on Mt. Sinai. Go about 1.9 miles and take a right on Friends School Road. Go .6 miles and school entrance is on the left.

FROM DURHAM: Take 15-501 South to Cornwallis Road exit. Turn right. Take a left on Erwin Road. Take a right on Mt. Sinai. Go about 1.9 miles and take a right on Friends School Road. Go 0.6 miles and school entrance is on the left.

Carrington Middle School - 227 Milton Road:

From I-85, take Duke Street exit (#176B). Head North on Duke and go past Infinity (also known as Latta Road). Take a left onto Milton Road (which is 4.6 miles from I-85). School is on left.

Duke University

Brodie Recreation Center - East Campus:

FROM RALEIGH: Take I-40 West to 147 North (Durham Freeway). Take exit 14 - Swift Avenue (approx. 9 miles). Turn right onto Swift Avenue (Swift turns into Broad after you cross Main Street). Turn right onto W. Markham Avenue. Take your first right. This road takes you onto campus (The road to the left is Sedgefield Street). Continue until you reach Brenda and Keith Brodie Recreation Center (across from tennis courts).

FROM DURHAM, CHARLOTTE, CHAPEL HILL, W-S: Take I-85 North to Durham. Take Guess Road exit (2nd exit past 15-501 merge). Take a right onto Guess Road. Take a right onto Broad Street. Take a left onto W. Markham Avenue. Take your first right. This road takes you onto campus (The road to the left is Sedgefield Street). Continue until you reach Brenda and Keith Brodie Recreation Center (across from tennis courts).

Card Gym (IM Building)- West Campus:

FROM RALEIGH: Take I-40 West to 15-501 North. Turn right onto 15-501. Stay on 15-501 North By-Pass. Take exit 107 (751-Duke West Campus). Take a right onto 751 South. Turn left onto Science Drive (Wash. Duke Inn & Golf Club to the right). Turn right onto Towerview Drive. Park in first parking lot on the right. Card Gym is a large rock building with the tennis courts in front.

FROM CHARLOTTE, W-S: Take I-40 East to 15-501 North. Turn left onto 15-501. Follow above directions "from Raleigh".

FROM DURHAM: Take I-85 south. Merge onto 15-501 South. Take exit 107 (751-Duke West Campus). Take a left onto 751 South. Turn left onto Science Drive (Wash. Duke Inn & Golf Club to the right). Turn right onto Towerview Drive. Park in first parking lot on the right. Card Gym is a large rock building with the tennis courts in front.

Durham Lakewood YMCA:

FROM GREENSBORO: Take I-85 to Gregson exit. Head South on Gregson (one way) past main street. Turn right onto Chapel Hill St. Go past Durham Freeway (147). Go 1/4 mile on Chapel Hill Street and bear left onto Kent Street (by Carolina Bikeways). Turn right onto Morehead (stop light) and then second left onto Chapel Hill Road (by Princeton Apts.) YMCA is past Lakewood Shopping Center on the left.

FROM RALEIGH: Take I-40 West to Durham Freeway North. Take Chapel Hill Street exit (just past Duke Street). Turn right (heading West) onto Chapel Hill St. Follow the above directions.

FROM CHAPEL HILL: Take 15/501 North to Durham. Take Business 15/501 when it splits off from Bypass 15/501. You'll drive past South Square mall and go under an overpass. You'll approach another overpass, and you'll see a Hardee's up on the overpass to your left. Go under the overpass and take the first right. At the stop sign, take another right. At the stoplight, take another right. Now you're driving over the overpass, having done a 270 degree turn. The YMCA is approximately 0.9 miles on your right.

Edison Johnson Arts & Recreation Center:

From I-85, take Duke Street exit. Head North on Duke and turn right onto W. Murray Avenue. Follow signs for Vietnam Memorial. Gym is 1/4 mile down W. Murray on the left.

Hillside High School:

From I-40: Take I-40 to Durham and take the Fayetteville Road Exit (#276). I-40 East travelers, turn left off exit; I-40 West travelers turn right. Go to the 4th stop light and turn right onto Riddle Road. Take the first left (unmarked school entrance that puts you at the back of the school where gym is). Turn right into parking lot. Enter gym through the doors.

Jordan High School – 6806 Garrett Rd, Durham, NC 27707:

FROM THE WEST: Use I-40 E to Raleigh/Durham/Chapel Hill. Take the NC-54 exit 273 to Chapel Hill/Durham - go 0.3 mile. Turn left at NC-54 - go 1.3 mile. Bear left at Hope Valley Rd - go 0.1 mile. Turn left at Garrett Rd - go 0.2 mile. School is on the left. Use main parking lot and main entrance.

FROM THE EAST: Use I-40 W to Chapel Hill. Take the NC-751 exit 274 to Jordan Lake - go 0.3 mile. Turn right at NC-751 - go 0.9 mile. Bear right at Hope Valley Rd - go 0.1 mile. Turn left at Garrett Rd - go 0.2 mi. School is on the left. Use main parking lot and main entrance.

Lowes Grove Middle School:

FROM THE WEST: travel on I-40 East past Chapel Hill towards the Research Triangle Park. Take the exit for Hwy 55 South (#278 Hwy 54/55 Apex). *Travel quarter of mile, then turn left onto Hwy 54 east at very large intersection. Travel 1/2 of a mile and take a left onto S. Alston Ave. Travel 1/4 mile to see Lowes Grove athletic fields on left. Turn into the driveway between the baseball field and the church and immediately turn into the fenced-in parking lot by the gym entrance.

FROM THE EAST: travel on I-40 West through the Research Triangle Park towards Chapel Hill. Take the exit for Hwy 55 South (#278 Hwy 54/55 Apex) and proceed from * above.

Neal Middle School:

Neal is close to Southern High School. Follow the directions for Southern to Rt. 98. Follow Rt. 98 for 4.1 miles from Rt. 70 (past Mineral Springs). Take a left on Baptist. School is on the left.

North Carolina Central University:

FROM I-40: Take Exit # 279B (NC-147 North) toward Durham/Downtown. Merge on to NC - 147. Take the NC-55/Alston Avenue exit (exit 11). Turn left on S. Alston Avenue (NC-55). See below for Gym directions from here...

For McDougald-McLendon Gymnasium turn right on Lawson St. and park in the lot on the right next to Latham Dormitory. Walk up the hill to the Gym, which is on the left.

For L.T. Walker Physical Education Complex, turn right on Cecil St., then right on Lincoln St. Take right on Nelson St. Turn left into the parking lot of the Walker Complex.

A campus map is on page: <http://www.nccu.edu/map/map-medium.html>

McDougald-McLendon Gym is building 36 on the map. Walker Physical Education Complex is building 59 on the map.

North Carolina School of Science & Math:

FROM RALEIGH: Take I-40 West to 147 North (Durham Freeway). After approximately 9 miles, take exit 14, Swift Avenue. Turn right onto Swift. Swift Avenue turns into Broad Street around the Duke East campus. After approximately .9 miles, take a left onto Club Blvd. NCCSM is at the Broad/Club intersection. Turn right onto Maryland. Eilber PE Center is the 3rd Building on the right. Park on street or in front of the school (due to construction).

FROM CHARLOTTE/CHAPEL HILL/W-S: Take I-85 North to Durham. Take the Guess Road exit (2nd exit past 15-501 merge). Take a right onto Guess Road. Go 0.3 miles and take right onto Broad Street. Go .4 miles and take right onto Club Blvd. Turn right onto Maryland. PE Center is 3rd building on right.

Northern High School – 117 Tom Wilkinson – 919.560.3956:

FROM I-40: Exit I-40 at Durham Expressway. Exit the Durham Expressway at Duke St. Proceed North on Duke St. through town. Duke St. and Roxboro St. merge becoming Roxboro (501N). Proceed north to Tom Wilkinson Rd. Turn left on Tom Wilkinson Rd. Northern will be on the left.

FROM I-85: Exit I-85 at Duke Street (Northgate Mall). Proceed North on Duke St. for approximately six miles. Duke St. will merge with Roxboro St. becoming Roxboro (501N). Turn left on Tom Wilkinson Rd. Northern will be on the left.

Riverside High School - 3218 Rose of Sharon Road:

From I-85, take Guess Road exit. Head North on Guess Road (away from downtown Durham). Take a left on Rose of Sharon Road. School is on the right.

Southern High School:

FROM I-85: Take Rt. 70 East (exit 178 to Raleigh). Exit on Rt. 98 (to Wake Forest). Head East on 98 for 1.9 miles. Take a left on Clayton Road (BBQ restaurant). School is 1.1 miles down Clayton on the right. Enter gym through double blue doors past the main doors.

FROM RALEIGH: Take 70 West to Durham to Hwy 98. Exit to your right, but take a left onto Hwy 98 East towards Wake Forest. Go 1.9 miles on 98 and take a left on Clayton. Go 1.1 miles and take a right into Southern HS.

Triangle Day School - 4911 Neal Road, Durham, NC 27705:

FROM US 15-501 BY-PASS - Take the Morreene Road Exit (Exit 108). At the top of the ramp turn west, away from Duke University and the Millennium Hotel. Travel about 1.9 miles. As you drive down Morreene Road, its name changes to Neal Rd. (Do not turn on the access road off to the right that you may notice when the streets change names-also called Neal Rd.) Staying on that main road, you will see the school on you left just past the railroad tracks.

FROM THE INTERSECTION OF NC 751 AND US 70 BUSINESS - Take US 70 Bus east (toward the Hillsborough Road portion). Travel about 50 yards and bear right onto Bennett Memorial Road (you'll see a brown historical marker sign for The Bennett Place). At the first stop sign, turn right onto Neal Rd. You will see the school immediately on your right.

FROM THE DURHAM FREEWAY (NC 147) - Take NC 147 N. toward Durham. Exit at US 15-501 S. to Chapel Hill (Exit 16B). Take the 2nd exit onto Morreene Road (Exit 108). Turn right at the top of the ramp. Travel about 1.9 miles. As you drive down Morreene Road, its name changes to Neal Rd. (Do not turn on the access road off to the right that you may notice when the streets change names -also called Neal Rd.) Staying on that main road, you will see the school on you left just past the railroad tracks.

FROM I-40 W - Follow I-40 W. until the Durham Freeway (NC 147) splits to the right. Take NC 147 N. to Durham Exit at US 15-501 S. to Chapel Hill (Exit 16B). Stay toward the right-hand lane and exit at Morreene Road (Exit 108). Turn right at the top of the ramp. Travel about 1.9 miles. As you drive down Morreene Road, its name changes to Neal Road. (Do not turn on the access road (also called Neal Rd.) that veers off to the right where the Morreene Road changes names). Staying on that main road, you will see the school on you left just past the railroad tracks.

FROM I-85 - Exit at Cole Mill Road (Exit 173). If you were coming from the north, turn left onto Cole Mill Road. If you were coming from the south, turn right onto Cole Mill Road. Turn right onto Hillsborough Road. Travel about 1.5 miles (past the Cracker Barrel and the Hilton hotel) and turn left onto Neal Rd. (A brown historical marker for Bennett Place is located at the turn for Neal Road). TDS will be on your right.

Trinity School – 4011 Picket Rd Durham, NC 27705:

FROM CHARLOTTE AND POINTS SOUTH – GO North on I-85 N. Slight right at I-40 E (signs for I-40 E/Raleigh) 11.6 miles. Take exit 270 for US-15/US-501 toward Chapel Hill/Durham .3 miles. Turn left at Durham Chapel Hill Blvd/US-15 N/US-501 N 1.5 miles. Turn left at Garrett Rd 1.0 miles. Turn left at Pickett Rd 1.1 miles

FROM GREENSBORO/WS – GO East on I-40 E. Take exit 270 for US-15/US-501 toward Chapel Hill/Durham 0.3 mi Turn left at Durham Chapel Hill Blvd/US-15 N/US-501 N 1.5 mi. Turn left at Garrett Rd 1.0 mi. Turn left at Pickett Rd 1.1 mi

FROM POINTS WEST - Head north on I-40 W. Take exit 270 for US-15/US-501 toward Chapel Hill/Durham 0.3 mi Turn left at Durham Chapel Hill Blvd/US-15 N/US-501 N 1.5 mi. Turn left at Garrett Rd 1.0 mi. Turn left at Pickett Rd 1.1 mi

FROM POINTS NORTH - Head south on I-95 S. Take exit 138 to merge onto US-64 W toward Nashville/Raleigh 44.7 mi. Take exit 419 for US-440 W toward US-1/Wake Forest 0.4 mi. Merge onto I-440 N 9.3 mi. Take exit 4B toward Durham/I-40 W/RDU Int'l Airport 0.4 mi. Merge onto Raleigh-Chapel Hill Expy 2.8 mi. Merge onto I-40 W 18.3 mi Take exit 270 for US-15/US-501 toward Chapel Hill/Durham 0.3 mi. Turn left at Durham Chapel Hill Blvd/US-15 N/US-501 N 1.5 mi. Turn left at Garrett Rd 1.0 mi. Turn left at Pickett Rd 1.1 mi

EDEN:

Draper Recreation Center (Mill Avenue Gym) – 1718 Mill Avenue, Eden NC 27288:

Follow directions to Morehead HS (below) all the way to the stop light before Morehead High School on Pierce Street. Take a right at that light onto Stadium Drive (Morehead HS can be seen from light). Go approximately 3 miles to the 2nd stop light and turn left onto Fieldcrest Road. Go to the next light and turn right onto Mill Avenue. Draper Recreation Center will be on your right about 1/4 of a mile.

Holmes Middle School:

Same directions as Morehead HS (below). Holmes Middle School is directly across the street from Morehead HS.

Morehead High School - 134 North Pierce Street, Eden, NC 27288:

From I-40 (in Greensboro) take Hwy 68 (Airport exit) North to 220 North (those traveling I-85 North to Greensboro, should take I-40 West to get to Hwy 68 - airport exit). Get off 220 North at Hwy 135 (Mayodan/Eden exit). Turn right off exit. Go approximately 9 miles and turn right at the stop light (Harrington Hwy - East 770). On Harrington Hwy, turn left at the second stop light (Hwy 14). Make a right at the McDonald's, which is the 3rd light (Kings Hwy which turns into Pierce Street as it curves left). Follow that road through the 1st light. Morehead HS will be on your right.

ELKIN:

East Wilkes High School - 13315 Elkin Hwy 268, Ronda, NC 28670:

FROM WEST OF STATESVILLE ON I-40: Take I-40 East to I-77; Take I-77 North; continue north and take Exit 83 (to the left) for Sparta (Hwy 21); take the first exit (less than a mile) which is for Elkin and Hwy 268 By-Pass.

Then follow directions * below:

FROM EAST OF WINSTON-SALEM: Take I-40 West to US-421 North, follow US-421 to I-77 North and take Exit 83 (to the left) for Sparta (Hwy 21); take the first exit (less than a mile) which is for Elkin and Hwy 268 By-Pass.

Then follow directions * below:

FROM SOUTH OF STATESVILLE: Take I-77 North; continue north and take Exit 83 (to the left) for Sparta (Hwy 21); take the first exit (less than a mile) which is for Elkin and Hwy 268 By-Pass. Then follow directions below:

*At the top of the exit, turn left. Continue on Hwy 268, which is 4-lane, through 3 traffic lights. After the 3rd traffic light the road will turn into a 2-lane road. Continue on Hwy 268 for several miles, there is a big green sign on the right for East Wilkes Middle School. Just continue on Hwy 268 until you see the Home of the Cardinal sign on the right which is ¼ mile past the turn for the middle school.

East Wilkes Middle School - 2202 Macedonia Church Road, Ronda NC 28670:

FROM WEST OF STATESVILLE ON I-40: Take I-40 East to I-77; Take I-77 North; continue north and take Exit 83 (to the left) for Sparta (Hwy 21); take the first exit (less than a mile) which is for Elkin and Hwy 268 By-Pass.

Then follow directions * below:

FROM EAST OF WINSTON-SALEM: Take I-40 West to US-421 North, follow US-421 to I-77 North and take Exit 83 (to the left) for Sparta (Hwy 21); take the first exit (less than a mile) which is for Elkin and Hwy 268 By-Pass.

Then follow directions * below:

FROM SOUTH OF STATESVILLE: Take I-77 North; continue north and take Exit 83 (to the left) for Sparta (Hwy 21); take the first exit (less than a mile) which is for Elkin and Hwy 268 By-Pass. Then follow directions below:

*At the top of the exit, turn left. Continue on Hwy 268, which is 4-lane, through 3 traffic lights. After the 3rd traffic light the road will turn into a 2-lane road. Continue on Hwy 268 for several miles, there is a big green sign on the right for **East Wilkes Middle School**, turn right after the sign onto Money Road and it will bring you back to Macedonia Church Road, make a left and immediate right, you will be at the middle school.

Elkin High School - 334 Elk Spur St, Elkin, NC 28621:

FROM EAST OF WINSTON_SALEM: Take I-40 West to 421 North (Yadkinville/North Wilkesboro). Go about 25 miles to I-77 North (Elkin exit). *Go to exit #82 (Jonesville/Elkin exit Hwy 67). Exit at #82 and go to bottom of ramp. Go left at stoplight onto Hwy 67 West. Continue on this road until you cross Yadkin River bridge. Upon crossing bridge at stoplight, turn left (Hwy 268 West Business). Go one block and turn right at light. Go to top of the hill and get in left lane. Turn left at light. Elkin Recreation Department is about 0.5 mile on the left. High School is just past the Rec department. Go left at flashing caution light. School is on the right about 2 blocks. FROM WEST: Take I-40 to I-77 North. Follow from * above.

Elkin Recreation Department:

FROM EAST OF WINSTON_SALEM: Take I-40 West to 421 North (Yadkinville/North Wilkesboro). Go about 25 miles to I-77 North (Elkin exit). *Go to exit #82 (Jonesville/Elkin exit Hwy 67). Exit at #82 and go to bottom of ramp. Go left at stoplight onto Hwy 67 West. Continue on this road until you cross Yadkin River bridge. Upon crossing bridge at stoplight, turn left (Hwy 268 West Business). Go one block and turn right at light. Go to top of the hill and get in left lane. Turn left at light. Elkin Recreation Department is about 0.5 mile on the left. FROM WEST: Take I-40 to I-77 North. Follow from * above.

FAYETTEVILLE:

Cape Fear High School - 4762 Clinton Road, Fayetteville, NC 28301:

Going either North or South on I-95 take exit 52, Highway 24 east toward Clinton. After about three miles turn right at the stop light onto Clinton Road. Go 0.25 miles and turn left into the school.

Traveling WEST on Highway 24, go 3.7 miles past the last stop light in Stedman (on Wade-Stedman Road) and turn left onto Clinton Road.

Fayetteville Academy - 3200 Cliffdale Rd., Fayetteville, NC 28303:

FROM SOUTH: Take I-95 to exit 46 Hwy 87 North to Hay Street Exit. Take a Left at top of ramp. Follow Hay street (turns into Ft. Bragg Rd.) and veer to left onto Morganton Rd. Take a left onto Cliffdale Rd. and school entrance is on right 3/10 of a mile.

FROM NORTH: Take I-95 to exit 56 Bus. 95. Take right on Grove street at Sandpiper Restaurant. Take Left on to Robinson street when Road Dead Ends. Take next right onto Hay St. Follow Hay street (turns into Ft. Bragg Rd.) and veer to left onto Morganton Rd. Take a left onto Cliffdale Rd. and school entrance is on right 3/10 of a mile.

FROM GREENSBORO: Take 421 South to Sanford. In Sanford take Hwy 87 South through Ft. Bragg (note road Changes to Bragg Blvd), Take a right onto 401 By-pass South 2/10 miles after passing Powers Swain Chevrolet. Take a right at light onto Skibo Road. Take a left onto McPherson Church Rd. at the Super Wal-mart. Take a left onto Cliffdale Rd. School is on left approx 1 mile, take the entrance past the school gym is in back.

FROM CHARLOTTE: Take Hwy 74 East toward Laurinburg. Take a left onto Old Wire Road in a tiny town called Laurel Hill. Take a Left onto 401 North in Wagram. Stay on 401 into Fayetteville and turn left onto 401 By-pass/Skibo Road. Go Four stoplights and turn right onto Cliffdale Rd. School on left approx. 2.5 miles. Take entrance past the school and gym is in back.

FROM Fayetteville Academy to Jack Britt HS: Take a right out of the parking lot onto Cliffdale Rd. (Front of School) Go to 6th light and turn left on Skibo Rd. Go until road dead ends and turn right onto Raeford Rd. Take left at Second light onto Bingham Dr. Take right at second light onto Fisher Rd. Take left at next light onto Lakewood. Take Left at next light onto Rockfish Rd. School is immediately on Right. Park in lot to the left and enter through front of school.

Fayetteville Christian School - 1422 Ireland Dr. Fayetteville, NC 28304:

FROM NORTH I-95: Take Exit 56 Business 95 /301. Go approx 7 miles and turn Right on to Owen Drive Heading to Cape Fear Valley Hospital. Turn Left at 5th light on to Village Drive (Eiffel Tower replica is on left) Go three lights and turn right on to Ireland Dr. School will be on left after passing Douglas Byrd High School and middle School.

FROM SOUTH I-95: Take exit for Business 95 North to Owen Dr. (Crown Coliseum Complex will be on right) Take a left on to Owen Dr and follow directions above.

FROM SANFORD/GREENSBORO: Take 421 South to Sanford. In Sanford take Hwy 87 South through Ft. Bragg (note road Changes to Bragg Blvd), Take a right onto 401 By-pass South 2/10 miles after passing Powers Swain Chevrolet. Take a right at light onto Skibo Road. Take a left onto Raeford Rd. when Skibo dead ends just after Home Depot. Go 5 lights and turn right on to Ireland Dr. (McDonald's on right) School will be on right ½ mile.

FROM CHARLOTTE: Take Hwy 74 East toward Laurinburg. Take a left onto Old Wire Road in a tiny town called Laurel Hill. Take a Left onto 401 North in Wagram. Stay on 401 North until you get into Fayetteville it will become Raeford Rd/401Business. (Do not take 401 By-pass) After you pass 71st. High School it will be the 10th light and take a right on to Ireland Dr. (McDonald's on right). School will be on right ½ mile.

Fayetteville State University-Capel Arena (1200 Murchison Road, Fayetteville, NC 28301):

TRAVELING I-95 South from Durham, Raleigh, Rocky Mount, Greenville: Take Exit 56 - to Hwy 301 (Business 95). At the first intersection (Sandpiper Seafood will be on the right), turn right on Grove Street which will undergo a name change at the 3rd traffic light, becoming Rowan Street. After the next (or fourth traffic light from the Sandpiper) and as you go over the train overpass, get in the right lane and exit off Rowan to the right BEFORE the next traffic light you can see (which is on Bragg Boulevard). This is a short exit ramp to a traffic light through which you will proceed straight ahead to Murchison Road. FSU is approximately 1 mile ahead, on the right.

TRAVELING I-95 North from South Carolina, Lumberton, Whiteville: Take Exit 49 to Highway 53 - there is a "Fayetteville State University" exit sign. Turn left at the exit traffic light and follow Highway 53 (Cedar Creek Road) for several miles, past the Monsanto Plant, and a Winn-Dixie shopping plaza. At the next traffic light, proceed straight through, crossing "old" Highway 24 or Clinton Road. Turn left at the next light onto "new" Highway 24 which becomes Grove Street. Continue through the next intersection (Sandpiper Seafood will be on the right), staying on Grove Street which will undergo a name change at the 3rd traffic light, becoming Rowan Street. After the next (or fourth traffic light from the Sandpiper) and as you go over the train overpass, get in the right lane and exit off Rowan to the right BEFORE the next traffic light you can see (which is on Bragg Boulevard). This is a short exit ramp to a traffic light through which you will proceed straight ahead to Murchison Road. FSU is approximately 1 mile ahead, on the right.

TRAVELING Highway 24 West from Clinton, Jacksonville, Havelock: As you enter Fayetteville's city limits, stay on Hwy 24 (which becomes Grove Street) through three intersections (Sandpiper Seafood will be on the right at the third light). Stay on Grove Street which will undergo a name change at the 3rd traffic light, becoming Rowan Street.

After the next (or fourth traffic light from the Sandpiper) and as you go over the train overpass, get in the right lane and exit off Rowan to the right BEFORE the next traffic light you can see (which is on Bragg Boulevard).

This is a short exit ramp to a traffic light through which you will proceed straight ahead to Murchison Road. FSU is approximately 1 mile ahead, on the right.

TRAVELING East, Northeast from Charlotte, Rockingham, Laurinburg: Connect with Highway 401 North, through Raeford. After passing Seventy-First High School on your left, within a few miles you will approach the 401 Bypass which is a T-intersection to the left. Turn left and continue on the Bypass, passing by all the shopping centers, i.e., Home Depot, Target, Best Buys, Cross Creek Mall, Wal-Mart Superstore, etc. After the Wal-Mart Superstore traffic lights, you will go under an overpass and proceed through the next 3 traffic lights. The fourth traffic light is the Murchison Road intersection: landmarks include a Hardee's on the left side of the street, and two gas stations opposite. Turn right on Murchison Road. At the second traffic light or approximately-4 miles, you will see the FSU football field on the left at Langdon Street.

TRAVELING East, Southeast from Greensboro, Chapel Hill, through Sanford: Approaching Fayetteville on Highway 24, continue through the town of Spring Lake. As you approach Fort Bragg (just past Jersey Mike's, the Biscuit Kitchen, and Dunkin' Donuts on the right), there is a major intersection with Highway 210/87. Take the left turn on to Highway 210/87 which cuts across Fort Bragg. This becomes Murchison Road as you enter Fayetteville city limits. After approximately 8 miles, and at the fifth traffic light within the city limits, you will see the FSU football field on the left at Langdon Street.

Fayetteville YMCA (2717 Ft. Bragg Road – 910.323.0800):

FROM I-95: take exit 52B, Hwy 24 West toward Fayetteville. Stay on Hwy. 24 West for 7.6 miles (note: the street name changes from Hwy 24 to Grove Street to Rowan Street to Bragg Blvd.). Go through a total of 13 stop lights.

At the 14th light turn left onto Stamper Road. Go one block to the next light. Turn left onto Fort Bragg Road. The Y is immediately on your right. The gym is in the back building.

FROM HWY 401 EAST (Raeford Road): turn left onto Hwy 401 North Bypass (Skibo Road). Stay on Hwy 401 North bypass for 3.2 miles (not counting the light at the turn, go through 14 traffic lights). Turn right at the 15th light onto Swain Street following the signs for Hwy 24 East. Turn right onto Hwy 24 East (Bragg Blvd). Follow directions below.

FROM HWY 24 EAST: Go 1.1 miles past the intersection with Hwy 401 North Bypass and bear right onto Fort Bragg Road. You will go through two traffic lights and turn just before you get to the third. Stay on Fort Bragg Road until you pass Stamper Road. The YMCA is just beyond the intersection to the right.

Jack Britt HS - 7403 Rockfish Rd. Fayetteville, NC 28306:

Use school website (<http://www.jbhs.ccs.k12.nc.us>) for more directions. (for Mapquest.com users replace Rockfish Rd with Stoney Point Rd.)

FROM NORTH/SOUTH-Take I-95 to exit 41. From South take a left at ramp; from North take a right. Continue on Hwy 59 toward Hope Mills for approx. 3 miles. Take Left onto Rockfish Rd after passing under train trestle.

School will be approx 4 miles on Left. Park in parking lot on the left and enter school from front.

FROM GREENSBORO: Take 421 South to Sanford. In Sanford take Hwy 87 South through Ft. Bragg (note road Changes to Bragg Blvd), Take a right onto 401 By-pass South 2/10 miles after passing Powers Swain Chevrolet.

Take a right at light onto Skibo Road. Take a right onto Raeford Rd. when Skibo dead ends just after Home Depot.

Take a left at second light onto Bingham. Take a right at second light onto Fisher. Take a left at first light onto Lakewood. Take a left at next light onto Rockfish. School is 240 feet on right.

FROM CHARLOTTE: Take Hwy 74 East toward Laurinburg. Take a left onto Old Wire Road in a tiny town called Laurel Hill. Take a Left onto 401 North in Wagram. Take a right onto Gillis Hill road at the Super Wal-mart. Take

a left onto Rockfish Road (may also be named Stoney Point) School is on right just past stoplight. Approx 2 miles.

FROM RALEIGH, DURHAM, CHAPEL HILL: Take I-40 East to I-95 South to exit 41 Hwy 59. Take a right at top of ramp. Take a left onto Rockfish Rd (approx 3 miles) after passing under railroad trestle. School will be on the left approx 4 miles.

Methodist College - 5400 Ramsey St. Fayetteville - 910.630.7000 – www.methodist.edu:

FROM I-40 in Raleigh: Take I-40 East. Take I-95 South. Exit business I-95/301 South. At first stoplight, turn right on Grove Street. Go approximately 0.5 mile and turn right on Ramsey St. (401 north). Go approximately 5 miles and Methodist College will be on the right.

Terry Sanford High School:

Follow directions to Fayetteville YMCA above. Terry Sanford HS is 1 block south of the YMCA on Fort Bragg Road.

FAYETTEVILLE HOTELS: The Village Lodge – 910.483.2621 (6 miles from Y).

GASTONIA:

Ashbrook High School:

On NORTH BOUND and SOUTHBOUND I-85, take exit 22 (Cramerton/Lowell) and turn left. Go 1.7 miles until stoplight at New Hope Road. Turn right and go half a block to school on the right. Turn into first parking lot driveway and gym is in back of building.

Bradley Center - 704/866-6847:

ON SOUTHBOUND I-85, take exit 19 (East Gastonia/Hwy 7) and turn right.** proceed 1/2 mile west on Ozark Avenue. Turn right at stoplight onto North Modena Street. Go 1 mile and Center is on right.

ON NORTH BOUND I-85, take exit 19 (East Gastonia/Hwy 7) and turn left. Proceed from ** above.

Erwin Center - 704/866-6844:

On Southbound and Northbound I-85, take exit 17 (Gastonia-Lincolnton/Hwy 321) and turn right. Proceed .8 miles south on Hwy 321. Turn right at stoplight onto Davidson Avenue. Go .3 miles and turn right on North Pryor Street. Center is on the left.

Forestview High School:

On NORTH BOUND and SOUTHBOUND I-85, exit 22, Cramerton/Lowell and turn left. Proceed 5.2 miles straight until stoplight at Union Road (please note that this stretch changes names several times: Main-Redbud-Hofman-Robinwood). Turn left onto Union Road and proceed 3.3 miles. School is on the left. Enter parking lot through last driveway. Gym is on the right side of the building.

Gaston Day School - 2001 Gaston Day School Road - Gastonia, NC 28056 - 704.864.7744:

FROM I-85 SOUTHBOUND: Take exit#21 in Gastonia (Cox Road). Turn left on Cox Road. Cox Road becomes Armstrong Park. Armstrong Park becomes Gaston Day School Road. Road narrows through the neighborhood. Circle right through the round-up and go on across straight ahead. Gaston Day will be on your left about 1 mile ahead. Gym is rear of the school. School is approximately 6 miles from I-85.

Highland Junior High School:

On Southbound and Northbound I-85, take exit 17 (Gastonia-Lincolnton/Hwy 321) and turn right. Proceed 2 blocks and turn right onto Radio Street. Go 1 block and turn left onto Morris Street. Go 1 block and turn right on Doffin Lane. Gym is behind school.

Hunter Huss High School:

On Southbound and Northbound I-85, take exit 17 (Gastonia-Lincolnton/Hwy 321) and turn right. Proceed 3.2 miles south on Hwy 321. Turn right on Hudson Blvd. and go 1/2 mile. Turn right on Lynhaven Drive and go 1/2 mile. Turn right on Edgfield - school is on right with gym at back of school.

Jeffers Center - 704/866-6852:

On Southbound and Northbound I-85, take exit 14 (Bessemer City-West Gastonia/Hwy 274) and turn right. Proceed 0.7 miles south on Hwy 274. Turn right on Crescent Lane (at Shrimp Boat restaurant). Turn immediately left on Myrtle School Road (follow green information signs). Go 0.3 miles and turn right on Whitner Street. Center is at the end of the street.

North Gaston High School – 1133 Ratchford Road, Dallas 28034:

ON SOUTHBOUND I-85, take exit 20 (New Hope Road) and turn right.** Proceed 4.2 miles north on New Hope Road (this becomes Dallas 275/279, E. Trade Street). Turn right on SR 1001/North Oakland Street (at Union 76 Station). Go 1.3 miles and turn left onto Ratchford Road. High School and W.C. Friday Junior High are on the left.

ON NORTHBOUND I-85, take exit 20 (New Hope Road) and turn left. Proceed from ** above.

Phillips Center - 704/866-6851:

On Southbound and Northbound I-85, take exit 17 (Gastonia-Lincolnton/Hwy 321) and turn right. Proceed 3.2 miles south on Hwy 321. Turn right on Hudson Blvd. and go .8 miles. Turn left at flashing caution light onto Echo Lane. Center is at the end of the street.

Southeast Center/National Guard Armory - 704/866-6850:

ON SOUTHBOUND I-85, take exit 20 (New Hope Road) and turn left.** Proceed 1.5 miles south on New Hope Road. Turn right on Robinwood (stoplight at cemetery). Go 2 miles, Armory is on left.

ON NORTHBOUND I-85, take exit 20 (New Hope Road) and turn right. Proceed from ** above.

York Chester Junior High School:

On Southbound and Northbound I-85, take exit 17 (Gastonia-Lincolnton/Hwy 321) and turn right. Proceed 2.1 miles south on Hwy 321. Turn right on Garrison Blvd. Go 0.2 miles and turn right on Trenton Street. Gym is on the right at back of school.

GASTONIA HOTEL INFORMATION: Econolodge at Hwy 274 (800/424-6423), Days Inn at 321 North (704/864-9981), Motel 6 at 321 North (704/868-4900), Comfort Suites at exit 20 off I-85 (704/865-6688), Innkeeper at New Hope Road (800/822-9899), Hampton Inn at New Hope Road (800/426-7866), Holiday Inn Express at East Franklin Blvd (800/465-4329), or Howard Johnson Lodge at W. Franklin Blvd (704/865-3421).

GREENSBORO:

Barber Park - 1500 Dans Road, Greensboro 27401:

Take I-40 East & West to East side of Greensboro (from I-85 N from Charlotte take I-40 E). Take exit 128 (E. Lee Street). If traveling I-40 E, turn left off exit and go back under I-40. If traveling I-40 W, turn right off exit. Go approximately 0.8 mile and turn left onto E. Florida Street. Go 0.2 mile to the Barber Park entrance on the left. Volleyball is in the “Bubble” on the left.

Greensboro College (Hanes Gym-VB team plays Home matches here):

NOTE: This is one court only and is not used for tournaments often. The schedule will say Hanes if we happen to use this site. Go to Reynolds unless otherwise posted.

FROM THE WEST: From I-40 take the Patterson Street/Coliseum Exit (#216 - to the right). Continue on Patterson until you come to a T (Lee Street/High Point Road). Turn left onto Lee Street. Take a left onto Fulton Street. Go three blocks and you will see the parking lot in front of Hanes Gym (located on McGee Street).

FROM THE EAST: From I-40/I-85 towards Winston-Salem and take the Elm-Eugene Street exit and turn right. Bear right onto Eugene as two roads split. Take a left onto Lee Street. Take a right onto Fulton Street. Go three blocks and you will see the parking lot in front of Hanes Gym (located on McGee Street).

FROM CHARLOTTE: Take 85 North to Greensboro. Take 85 Bus after the Groometown Exit and then take the Coliseum Exit. Follow that 4-5 miles and take the Lee St. exit. Take a left on Lee St. and then a right on Fulton St. Go three blocks and you will see the parking lot in front of Hanes Gym (located on McGee Street).

Greensboro College (Reynolds Gym) - 1015 W. Market Street, Greensboro, NC 27401:

FROM THE WEST: From I-40 take the Patterson Street/Coliseum Exit (#216 - to the right). Continue on Patterson until you come to a T (Lee Street/High Point Road). Turn left onto Lee Street. Take a left onto Tate Street. Continue on Tate for 4-6 blocks. Take a right onto West Market Street. Turn right into the parking lot on the left side (east) of the building. FYI, this is NOT the gym (Hanes) where Greensboro College currently plays their home volleyball matches.

FROM THE EAST: From I-40/I-85 towards Winston-Salem and take the Elm-Eugene Street exit and turn right. Bear right onto Eugene as two roads split. Take a left onto Lee Street. Take a right onto Tate Street. Continue on Tate for 4-6 blocks. Take a right onto West Market Street. Turn right into the parking lot on the left side (east) of the building. FYI, this is NOT the gym (Hanes) where Greensboro College currently plays their home volleyball matches.

FROM CHARLOTTE: Take 85 North to Greensboro. Take 85 Bus after the Groometown Exit and then take the Coliseum Exit. Follow that 4-5 miles and take the Lee St. exit. Take a left on Lee St. and then a right on Tate St. Take Tate four/five blocks to W. Market ST. Take a right on W. Market and an immediate right into the parking lot beside Reynolds Center.

Grimsley High School:

From Raleigh: From I-40/I-85 take the Elm-Eugene Street exit and turn right. Continue straight on Eugene as two roads split (Elm goes to right). Take a left onto Lee Street. Take a right onto Aycock Street. Stay on Aycock. Aycock becomes Westover Terrace. Turn left on to Campus Drive (Grimsley High School).

From the West: From I-40 take the Patterson Street/Coliseum Exit (to the left). Continue on Patterson until you come to a T (Lee Street/High Point Road). Turn left onto Lee Street. Take a left onto Aycock Street. Stay on Aycock. Aycock becomes Westover Terrace. Turn left on to Campus Drive (Grimsley High School).

Guilford College:

FROM I-40: Take the Guilford College Road exit - if traveling I-40 East, turn left; if traveling I-40 West, turn right. Go approximately 3 miles (cross W. Market and W. Friendly). After crossing W. Friendly, turn right at first stop light onto campus. Follow road (it curves left) and the Gym is on the right. Park in gravel lot beside baseball field. Entrance is on other side of building beside tennis courts.

FROM SOUTH: Take I-85 North to Exit 121, Holden Road. Go North on Holden Road (exit under construction, this is a right if you loop around overpass, or a left if you exit straight onto Holden). Proceed 5.6 miles to West Friendly Avenue, and turn left. Proceed 2.4 miles to the college main entrance on the right (just before the traffic light at New Garden Road). Recreation Building is on the far right of campus.

North Carolina A&T University (Moore Gym):

FROM W-S & RALEIGH: Take I 40 to Greensboro. In Greensboro, take 29 North. ** Take the 2nd Market Street exit. Turn right at top of exit and cross back over 29. Almost immediately after crossing over 29, turn right on N. Booker (beside tennis courts, is also turn to get back on 29 South). Veer left onto N. Booker (not right onto 29 S). Go to stop sign and turn right onto N. Benbow. Take first left onto John W. Mitchell Drive(Corbett Gym is on left). Go past Corbett and turn left into parking lot by outdoor basketball courts. Moore Gym is the brick building to the left of the basketball courts.

FROM CHARLOTTE: Take 85 North to Greensboro and get on I-40 East. Take 29 North and follow from ** above.

Page High School - 201 Alma Pinnix Dr, Greensboro, NC 27405:

FROM THE NORTH: Take 29 South. Take the Cone Boulevard exit and turn right. Follow "Common" directions below.

FROM THE SOUTH: Take 29 North. See I-40.

FROM I-40 EAST and WEST: Take 29 North. Go about 5 miles north. Take the Cone Boulevard West exit (2nd exit under bridge). Follow "Common" directions below.

COMMON DIRECTIONS: Take E Cone Boulevard to Alma Pinnix and turn left. Page is on the left in about .5 mile.

Proehlfic Park – 4517 Jessup Grove Road, Greensboro – 336.665.5233:

Take the new I-40 Bypass (future I-73), and get off at the Bryan Blvd exit heading EAST toward downtown Greensboro. After getting onto Byran Blvd, take the New Garden Road exit. At the traffic light turn LEFT onto New Garden Road. Follow New Garden Rd. until to a traffic light at the intersection of New Garden Rd and Horse Pen Creek Rd. At the light make a LEFT onto Horse Pen Creek. Follow Horse Pen Creek for 2 miles until you pass Proehlfic Park on your left. Take the next LEFT onto Jessup Grove Rd. The entrance to the Park will be the first left after turning onto Jessup Grove Rd.

SportsPlex - 2400 16th Street, Greensboro, NC 27405 – 336.230.2220:

FROM THE WEST: Take I-40 East through Greensboro. Just past the I-40/I-85 merge take US 29 North. Proceed past Florida Street, Bessemer, Wendover, etc. Take the 16th Street/Shopping Center exit. At top of the ramp, go right and circle around the new shopping center on left. Our facility is located on the right just before you hit Cone Blvd (corner of 16th and Cone).

FROM THE EAST: Take I-40 West towards Greensboro. Take exit 44 (to Hwy 70). Follow to dead end and take right onto 70 West. Follow signs to Hwy 29N. Take Hwy 29 North exit. From 29 N take 16th Street exit. Take right at top of exit and follow around curve. Greensboro Sportsplex will be on right.

FROM THE NORTH: Come down US29 South. Exit Cone Blvd. exit. Turn left and proceed to 16th Street. Take a right on 16th Street. Our facility will be located on your immediate left.

FROM THE SOUTH: Come up 85 North into Greensboro. Be sure to take the old I-85 and not the new Bypass. When 85 merges with 40 East, you will take the second exit (US29 North). Proceed up US29 North until you get to the 16th Street/Shopping Center exit. At the top of the ramp, go right and circle around the shopping area on the left. Our facility will be on your right at the corner of 16th Street and Cone Blvd.

SW Guilford High School (910/274-4330):

Take I-40 to the Airport exit (Hwy 68). If traveling from the East (Raleigh), turn left under I-40. If traveling from the West (W-S), turn right. Go South on 68 for 2 to 2.2 miles to Williard Dairy Road (1st street past Keply's Barn. Turn right onto Williard Dairy. Go to end of street and take left onto Barrow. School is 2 mile on left.

Western Guilford High School:

From I-40 (Western side of Greensboro): Take the Guilford College Road exit - if traveling I-40 East, turn left; if traveling I-40 West, turn right. Go approximately 1.5 miles. You will cross RR tracks and come to a stop light. Turn left onto W. Market Street. At next light turn right onto Friendway. You will go around a sharp curve left and a sharp curve right. After curves, high school is on the left. Take second driveway entrance into school. Gym is in back left past tennis courts.

UNC-Greensboro:

FROM RALEIGH: From I-40/I-85 take the Elm-Eugene Street exit and turn right. Continue straight on Eugene as two roads split (Elm goes to right). Take a left onto Lee Street. Take a right onto Aycock Street. Go two blocks and take a right onto Walker Avenue. A large parking lot is on the corner of Walker and Aycock. Gyms are across the street.

FROM THE WEST: From I-40 take the Patterson Street/Coliseum Exit (to the left). Continue on Patterson until you come to a T (Lee Street/High Point Road). Turn left onto Lee Street. Take a left onto Aycock Street. Go two blocks and take a right onto Walker Avenue. Park in the large lot at corner of Walker and Aycock. Gyms are across the street.

GREENVILLE/WINTERVILLE:

AG COX Middle School, 2675 Church Street, Winterville, 28590:

FROM THE WEST THROUGH WILSON: Take US 264 toward Greenville and continue into Greenville (do not take US 264 to Washington). Turn right at the second light (Allen Road) on Alt US 264. At the third traffic light (Cracker Barrel on left), turn right on Memorial Drive/NC 11. Take NC 11 South in the direction of Kinston. After passing Pitt Community College and Sam's Club, turn left into Winterville at first light beyond Walmart. Follow Mill Street for about one mile. Go straight at the first traffic light (Main Street). Take the second left on Blount Street (just beyond Amoco station). AG Cox Middle School gym will be on your right after two blocks.

FROM KINSTON: Take NC 11 North, turn right at the first Winterville traffic light on Main Street. At the next traffic light, turn right on Mill Street. Take the second left on Blount Street (just beyond Amoco station). AG Cox Middle School gym will be on your right after two blocks.

FROM EAST GREENVILLE OR THE SOUTHEAST: From New Bern, take NC 43 into Greenville. Turn left on Fire Tower Road. Follow Fire Tower Road to NC 11 and turn left towards Kinston. Turn left into Winterville on Mill Street at first traffic light. Follow Mill Street for about one mile. Go straight at the first traffic light (Main Street). Take the second left on Blount Street (just beyond Amoco station). AG Cox Middle School gym will be on your right after two blocks.

DH Conley High School – Winterville:

FROM THE WEST AROUND WILSON: Take US 264 toward Greenville. Take US 264-Business into Greenville (do not take US 264-Bypass to Washington). After 1.5 miles on US 264-Business, turn right onto Arlington Blvd at the 3rd stoplight. After 4.5 miles, turn left onto Firetower Road at the light. After 1 mile, turn right onto NC 43 South (Charles Street) at the light. After 4.5 miles, turn right onto McLawhorn Farm Road at the light. D.H. Conley High School is on the left visible from NC 43.

East Carolina University - Student Recreation Center:

FROM WINSTON-SALEM/GREENSBORO: I-40 East to Raleigh. *Get onto 440 inner or outer beltline. Exit onto the Rocky Mount /Greenville/64 East exit. Travel to the 264 East/ Greenville Exit and exit right. Take 264 East through Wilson to Greenville. At Greenville do not follow the US 264 turnoff to Washington, NC. Go straight into town on Stantonsburg Road (follow the green signs to the ECU campus). After several lights Stantonsburg Road turns into Farmville Blvd and then ends at 14th Street. Turn right at 14th street. At the fourth light, turn left onto Charles Boulevard. Go through the intersection of Charles Boulevard and 10th Street. Turn right onto 9th Street, the first street on the right past McDonald's. Gym is the first building on the left corner and parking is just beyond the gym on the left. The entrance is on the far side of the building.

EB Aycock Middle School - 1325 Red Banks Road, Greenville, NC 27858 (252) 756-4181:

FROM THE WEST VIS US 264: Take US 264 straight into Greenville(do not take US 264 to Washington). At the third stoplight, turn right onto Arlington Blvd.. After about 4.5 miles turn left onto Red Banks Road. EB Aycock is about 0.8 miles on the left.

FROM THE NORTH VIA US 13: Proceed into Greenville on US 13 South, which becomes Memorial Drive. About 4.5 miles past the US 264 Bypass, take a left onto Arlington Blvd. After about 2.5 miles take a left onto Red Banks. EB Aycock is about 0.8 miles on the left.

FROM THE SOUTH VIS US 13: Proceed into Greenville on US 13 North. Just past the Mall(on the left), take a right onto Greenville Blvd. After about 2 miles, take a right onto Red Banks Road. EB Aycock is about 1.7 miles on the left.

FROM THE EAST VIA NC 43: Proceed into Greenville on NC 43 North. At the second stoplight, turn right onto Red Banks EB Aycock is about 0.5 miles on the left.

FROM CHARLOTTE: I-85 North to Greensboro. Continue I-40 E to Raleigh. Continue from * above.

FROM RALEIGH: Continue from * above.

FROM WILMINGTON: Take Highway 17 North through New Bern to Highway 43 turnoff near Vanceboro. Turn left onto Highway 43 to Greenville. 43 becomes Charles Boulevard. Stay on Charles Boulevard. Go through the intersection of Charles Boulevard and 10th Street. Turn right onto 9th Street, the first street on the right past McDonald's. Gym is the first building on the left corner.

J.H. Rose High School:

FROM THE WEST via US 264 East from Wilson/I-95: Take US 264 straight into Greenville (do not take US 264 by-pass to Washington, NC). At the third stoplight, turn right onto Arlington Blvd. Follow Arlington Blvd through three stoplights. J.H. Rose High School (600 W. Arlington Blvd) is on the left. The entrance to the gym is behind the classroom wings to the right.

FROM THE SOUTH on NC 11 (from Kinston) or US 13 (from Goldsboro): Take NC 11/US 13 (Memorial Drive) North to the intersection with Arlington Blvd (McDonalds on corner). Turn right on Arlington Blvd and go through one stoplight. J.H. Rose High School is on left.

FROM THE NORTH on NC11/US 13: Follow US 13/NC 11 (Memorial Drive) South to intersection with Arlington Blvd (McDonald's on corner). Turn left on Arlington Blvd and go through one stoplight. J.H. Rose High School is on the left.

Pitt Community College:

FROM THE WEST via US 264 East from Wilson/I-95: Take US 264 straight into Greenville (do not take US 264 by-pass to Washington, NC). At the second stoplight turn right on Allen Road. Follow Allen Road (direction of Alternate US 264) past the US 13 intersection to the NC 11/Memorial Drive intersection. Turn right on NC 11 South towards Kinston. After about 2 miles, turn right behind Burger King on Tice Road. Tice Road ends after a short distance at Reedy Branch Road. Turn left on Reedy Branch Road. Pitt Community College Gym is on the right. It is the only building on the right side of the road.

FROM SOUTH (Kinston): Take NC 11 North toward Greenville. Go through the stop light at Fire Tower Road and move to the left lane. Pitt Community College is on left. Take left onto Tice Road (before Burger King). Tice Road ends after a short distance at Reedy Branch Road. Turn left on Reedy Branch Road. Pitt Community College Gym is on the right. It is the only building on the right side of the road.

South Central HS – 570 Forlines Road, Winterville 28590:

FROM WILSON: Take US 264 toward Greenville and continue into Greenville (do not take US 264 to Washington). Turn right at the second light (Allen Road) on Alt US 264. At the third light (Cracker Barrel on left), turn right on Memorial Drive/NC 11. Take NC 11 South in the direction of Kinston. Turn right on Reedy Branch Road (between the Comfort Inn and Amoco). Drive South on Reedy Branch Road past Pitt Community College to the second intersection (Forlines Road). Turn right at the four way stop sign on Forlines Road. South Central HS is on the right after approximately 0.7 miles.

FROM KINSTON: Take NC 11 North and turn left on Forlines Road (second Winterville traffic light, Roberts Company sign at corner). Proceed through the four way stop sign at Reedy Branch Road. South Central HS is on the right after approximately 0.7 miles.

FROM EAST GREENVILLE OR THE SOUTHEAST: From New Bern, take NC 43 into Greenville. Turn left on Fire Tower Road. Follow Fire Tower Road to NC 11 and turn left towards Kinston. At the second light turn right on Forlines Road. Go through the four way stop sign at Reedy Branch Road. South Central HS is on the right after approximately 0.7 miles.

The Zone - 4801 Reedy Branch Road, Winterville:

FROM WILSON: Take US 264 toward Greenville and continue into Greenville (do not take US 264 to Washington). Turn right at the second light (Allen Road) on Alt US 264. At the second light (Cracker Barrel on left), turn right on Memorial Drive/NC 11. Take NC 11 South in the direction of Kinston. Turn right on Reedy Branch Road (between the Comfort Inn and Amoco). Drive South on Reedy Branch Road past Pitt Community College and through two intersections (Davenport Farm Road and Forlines Road). The Sara Law Softball Complex and the Zone are on the left 0.2 miles past the Forlines Road intersection.

FROM KINSTON: Take NC 11 North, turn left on NC 903 South at the first Winterville traffic light. At the first intersection, turn right on Reedy Branch Road. The Sara Law Complex is on the right after 0.3 miles.

FROM EAST GREENVILLE OR THE SOUTHEAST: From New Bern, take NC 43 into Greenville. Turn left on Fire Tower Road. Follow Fire Tower Road to NC 11 and turn left towards Kinston. At the second light turn right on Forlines Road. Turn left at the first intersection on Reedy Branch Road. The Sara Law Sports Complex is on the left after 0.2 miles.

HAVELOCK:

GRAMMERCY CHRISTIAN School:

FROM RALEIGH: Take I-40E to exit 306 (70E). 70E runs directly into Havelock, approximately 120 miles from exit. Caution - In Goldsboro, 70E makes a 360 degree w/the exit to the right. Stay on 70E through Kinston and Newbern. Drive through Havelock on 70E. The school is located approximately 2 miles east of Havelock on the right hand side of 70E. Turn right into school. Gym is in front of you to the left.

FROM FAYETTEVILLE: Take I95N to exit 96(70E Goldsboro). Turn right. Approximately 100 miles to Havelock. Follow 70E directions above.

FROM GREENVILLE: Travel south on Hwy 43 to Hwy 17 into New Bern. As soon as you drive over the bridge turn left. Look for Havelock - Hwy 70E Ramp. Once on 70E, follow from * above.

FROM WILMINGTON: Travel North on Hwy 17. Past Holly Ridge turn right onto Hwy 172. Drive on through Camp Lejeune to Hwy 24. Turn right remain on Hwy 24. In Newport turn left on Hibbs Rd. (Texaco station stop light). For Havelock sites drive west on Hwy 70. School is on left 2 miles before you get to Havelock.

Havelock High School:

FROM RALEIGH: Take I-40E to exit 306 (70E). 70E runs directly into Havelock, approximately 120 miles from exit. *Caution - In Goldsboro, 70E makes a 360 degree w/the exit to the right.* * Remain on 70E into town. Get in left lane immediately after Blockbuster Video. Turn left onto Hwy 101, go pass two (2) stop lights, school will be on your right.

FROM FAYETTEVILLE: Take I95N to exit 96(70E Goldsboro). Turn right. Approximately 100 miles to Havelock. See caution above. Follow from * above.

FROM GREENVILLE: Travel south on Hwy 43 to Hwy 17 into New Bern. As soon as you drive over the bridge turn left. Look for Havelock - Hwy 70E Ramp. Once on 70E, follow from * above.

FROM WILMINGTON: Travel North on Hwy 17. Past Holly Ridge turn right onto Hwy 172. Drive on through Camp Lejeune to Hwy 24. Turn right remain on Hwy 24. In Newport turn left on Hibbs Rd. (Texaco station stop light). For Havelock sites drive west on Hwy 70 into Havelock. From 70W, turn right at the 4th light(fire station). Go to next stop light (Hwy-101) and turn right. School will be on your right.

Havelock Recreation Center - 252.444.6429:

Follow the directions listed above to HAVELOCK HIGH SCHOOL. After you get on 101 East, stay on 101 East and pass the high school and elementary schools on your right. After passing the elementary school, take a right on Recreation Drive. The gym will be directly in front of you. The Recreation Center is approximately 1.6 miles from the main gate at Marine Corps Air Station Cherry Point.

Marine Dome:

Same directions as Havelock High School (above), except at 1st stop light on Hwy 101, turn left into the base.* You will have to present identification at the gate (Cherry Point Marine Corps Air Station). After you enter the base, go to the 4th traffic light and turn right. Drive through the next intersection with a traffic light. You will pass a post office and chapel on your left. You will then pass a street on your left followed by several pedestrian crosswalks. Turn at the first left after the crosswalk onto an unmarked street. There is an old empty marquee on the corner of that street. After you make the left, the Marine Dome will be directly in front of you.

FROM WILMINGTON: Same as Wilmington directions to Havelock HS above except you turn left on Hwy 101. Go to next light and turn right into base. Follow from * above.

Tucker Creek Middle School:

Follow directions above (Havelock HS) to Havelock. At the 1st stoplight in Havelock turn left and drive around to the left of the furniture store towards the school.

FROM WILMINGTON: Follow directions above (Havelock HS) to Havelock. : Remain on 70W through Havelock. At the stop light just past Holiday Inn and Shoneys, Burger King will be on your right, with McDonalds on your left. go two (2) stop lights and turn right into the Furniture Store. Drive around to the school.

HENDERSON:

Aycock Recreation Center - 307 Carey Chapel Rd Henderson, NC 27537:

FROM I-85 NORTH - In Henderson, you will take Exit 214 (Hwy. 39) Henderson Downtown T/R on South 39 at stop sign. Go through 7 lights. After the 7th light go 0.3 miles and turn left on Vicksboro Road (sign on the right will say Recreation Complex). Go 1.5 miles and turn left on Carey Chapel Road. Go 0.4 miles and the Complex is on the left behind Aycock Elementary.

FROM #1 NORTH FROM RALEIGH: Take exit 39 which is directly after Vanco Mill Road exit and turn right at the stoplight. Go 0.3 miles and turn left on Vicksboro Road (sign on the right will say Recreation Complex) pick up directions from above.

Crossroads Christian School 583 Old County Home Road, Henderson NC:

FROM I-85 NORTH: Take the Ruin Creek Road exit (number 212). Turn Right onto Ruin Creek Road (becomes Tiny Broadrick Blvd at second stop light). Go to fourth stop light (about 2.5 miles) and turn left onto Old County Home Road. Crossroads Christian School is 0.5 mile on the right. Follow driveway to the back of the school for gym entrance.
FROM US 1 NORTH: Take US-1 Business Exit (0.3 mile past Cobblestone Subdivision). Turn left at end of ramp onto US-1 Business. Go 2 miles to Belmont Drive (Texaco on the Left). Turn Left on Belmont Drive (Belmont Drive becomes Old County Home Road). Crossroads Christian School is 0.8 mile on the left.

Henderson Middle School:

FROM I-85 NORTH: Take exit 39. Turn right and go 0.9 mile. Turn right on North William Street (3rd light). Gym is on the left.

FROM US 1 NORTH: Take exit 39. At the stop sign, turn left to 39 North. Go 1 mile. Turn left onto North William Street. School is on the left.

Kerr-Vance Academy - 700 Vance Academy Road, Henderson, NC 27537:

FROM I-85 NORTH: Take the Ruin Creek Road exit (number 212). Turn Right onto Ruin Creek Road. At second light (about .3 miles) turn right to continue on Ruin Creek Road. Take this road to the end. Turn Left at the stop sign onto US-158 BR. Take the next Right (at light) onto Vance Academy Road. Kerr-Vance Academy will be ahead approximately 1 mile on the right.

FROM US 1 NORTH: Take US-1 Business Exit (0.3 mile past Cobblestone Subdivision). Turn left at end of ramp onto US-1 Business. Go 2 miles to Belmont Drive (Texaco on the Left). Turn Left on Belmont Drive (Belmont Drive becomes Old County Home Road) and go 1.7 miles to Vance Academy Road. Turn Right on Vance Academy Road. Kerr-Vance Academy is one mile on the left.

Northern Vance High School - 293 Warrenton Road, Henderson, NC 27537:

FROM I-85 NORTH: take 158 Bypass East exit 215. Go to end of ramp to light. Turn left at light. Go .7 miles. Turn right at the light at the Goodyear place. Go 0.3 miles. Turn in first driveway on left.

FROM HWY #1 NORTH: Get off at the Warrenton Road exit. Follow signs to Northern Vance. Go left at the end of the ramp. Go over RR Tracks. Northern Vance is 0.2 mile on right. Use 2nd entrance.

Southern Vance High School - 925 Garrett Road, Henderson, NC 27537:

FROM I-85 NORTH: Turn off on exit 214 (39). Turn right at stop sign. Go through 8 stop lights. Turn left at the 9th stop light (SR # 1538, Garrett). Go 0.3 mile and school is on left.

FROM US 1: Exit off Vanco Mill road. Go straight across at the end of the road (stop sign). Go straight across at second stop sign. School is on left. Use 2nd driveway.

HOTEL INFORMATION (HENDERSON): Scottish Inns - 1-800-251-1962; Comfort Inn - 1-800-228-5150; Sleep Inn - 252-433-9449; Budget Host Inn - 252-492-2013; Days Inn - 1-800-325-2525; Hampton Inn of Henderson - 252-492-3007; Holiday Inn Express - 252-438-6300; Howard Johnson - 252-492-7001

HENDERSONVILLE:

Apple Valley Middle School, 43 Fruitland Road, Hendersonville, NC 28792:

(AVMS shares a campus/is adjacent with North Henderson HS below)

FROM I-40: In Asheville, take I-26 towards Spartanburg. From Interstate 26 take exit 49A (18A with old numbering) toward Bat Cave (Hwy 64 East--Chimney Rock Highway). Follow the exit ramp to the right onto Highway 64 East. Turn left at the fourth traffic light (about 1 mile) onto Fruitland Road. The second drive on the left is the entrance to the school.

Edneyville Elementary School - 2875 Pace Road, Hendersonville, NC 28792; (828.685.7600):

FROM I-40: In Asheville, take -26 towards Spartanburg. From Interstate 26 take exit 49A (18A with old numbering) toward Bat Cave (Hwy 64 East--Chimney Rock Highway). Follow the exit ramp to the right onto Highway 64 East. Go approximately 5 miles on Highway 64 East. Turn right onto Pace Road. Go about 1/2 mile. The school entrance is on your right. Use the second entrance.

North Henderson High School 35 Fruitland Road, Hendersonville NC 28792; (828.697.4500):

FROM I-40: In Asheville, take I-26 towards Spartanburg. From Interstate 26 take exit 49A (18A with old numbering) toward Bat Cave (Hwy 64 East--Chimney Rock Highway). Follow the exit ramp to the right onto Highway 64 East. Turn left at the fourth traffic light (about 1 mile) onto Fruitland Road. The first drive on the left is the entrance to the school.

Rugby Middle School:

Follow same directions to West Henderson High School below, but instead of turning left into West Henderson High School, continue to the next light (1/2 mile) and Rugby Middle is on the right. Gym is behind the school and that is where you will enter the gym.

West Henderson High School:

FROM I-40 WEST: Take I-26 East (in Asheville). Stay on I-26, take the Asheville Airport exit (exit 40). Take a right off exit. Stay on this road until you come to a Texaco Station on the left. Turn left at the light. Stay on this road and go through two stop lights. The third stop light is West Henderson High School. Turn left at light, go to the top of the hill and turn left. Gym is on the right. Plenty of parking.

FROM I-85 (or the south of Hendersonville): Get on I-26 West until you come to the Fletcher/Mountain Home exit (exit 44). Turn left off exit. Go through three stop lights and on the 4th stop light, turn right on Rugby road (there is a cemetery on the corner). Go to stop sign and turn left on North Rugby Road. Go to stop light and turn left. Next stop light is West Henderson High School. Turn left and school is at top of hill. Turn left at top of hill and gym is on the right.

Xcel Sportsplex - 37 Maxwell Drive, Hendersonville 28791:

FROM I-40 WEST TO ASHEVILLE: Take exit 46A on the left for US-74 E/I-26 E toward Spartanburg/Hendersonville. Stay on I-26 E. Take exit 44 for US-25 N toward Fletcher/Mountain Home/US 25 S. Turn left off exit. Go 0.10 mile and turn right at Maxwell Drive just past Auto Advantage.

HICKORY:

Hickory High School:

FROM I-40 TRAVELING WEST: Take Exit #125. Turn right at the top of the ramp at the stoplight.

FROM I-40 TRAVELING EAST: Take Exit #125. Turn left at the stoplight at the top of the ramp back over the Interstate.

Continue North on Lenoir-Rhyne Blvd. (8th St. Dr., SE) to Tate Blvd., SE and turn left (look for the signs that say To 127 and Downtown). Go to the next light and turn right onto Hwy 127 North. Continue north on Hwy 127 to 13th Ave., NE and turn right (Checkers Restaurant on corner). Go to the end of the street to the stop sign. Hickory High Gym will be directly in front of you.

Highland Recreation Center/Stanford Park:

FROM I-40 TRAVELING WEST: Take Exit #126.(McDonald Pkwy) Turn right at the top of the ramp at the stoplight.

FROM I-40 TRAVELING EAST: Take Exit #126(McDonald Pkwy). Turn left at the stoplight at the top of the ramp back over the Interstate.

Continue North on McDonald Parkway. McDonald Parkway will change into 24th ST NE. Continue North on 24 St NE, as you cross Springs Rd, 24th St NE will change into 29th Ave Dr NE. Continue on 29th Ave Dr NE to stoplight at 16th ST NE. Turn Left at 16th ST NE (SECU/Pizza Hut). Continue on 16th ST NE and it will change into 8th ST DR NE. Continue on 8th ST DR NE and Highland Recreation Center/Stanford Park will be on your right.

Lenoir-Rhyne College:

FROM I-40 TRAVELING WEST: Take Exit #125. Turn right at the top of the ramp at the stoplight.

FROM I-40 TRAVELING EAST: Take Exit #125. Turn left at the stoplight at the top of the ramp back over the Interstate.

Continue North on Lenoir-Rhyne Blvd. (8th St. Dr., SE) crossing over Tate Blvd., SE. After you go under the Railroad trestle, take an immediate left at the Lenoir-Rhyne College sign. Go thru the next light, continue past the main entrance to Lenoir-Rhyne and turn right on Stasavich Pl., NE. Shuford Gymnasium will be on your left just past the attached McCrorie Center.

Neill Clark Recreation Center (about 2 miles past Hickory HS):

FROM I-40 TRAVELING WEST: Take Exit #125. Turn right at the top of the ramp at the stoplight.

FROM I-40 TRAVELING EAST: Take Exit #125. Turn left at the stoplight at the top of the ramp back over the Interstate.

Continue North on Lenoir-Rhyne Blvd. (8th St. Dr., SE) to Tate Blvd.,SE and turn left (look for the signs that say To 127 and Downtown). Go to the next light and turn right onto Hwy 127 North. Continue north on 127 to 29th Ave Dr NW and turn left (Eckerds Drugs will be on your right at the intersection). Drive approx 1 mile, turn right at the park gates. (Neill Clark Park is on the right just pass the Hickory Community Chapel). Parking for the Gym is at the end of the drive and down the hill.

Northview Middle School (about 1 mile past Hickory HS):

FROM I-40 TRAVELING WEST: Take Exit #125. Turn right at the top of the ramp at the stoplight.

FROM I-40 TRAVELING EAST: Take Exit #125. Turn left at the stoplight at the top of the ramp back over the Interstate.

Continue North on Lenoir-Rhyne Blvd. (8th St. Dr., SE) to Tate Blvd.,SE and turn left (look for the signs that say To 127 and Downtown). Go to the next light and turn right onto Hwy 127 North. Continue north on 127 to 28th Ave., NE and turn right (just before Eckerd's Drugstore). The School will be about 1 mile on your right. Park in the lower parking lot just past the school building.

St. Stephens High School:

From I-40, take the Conover Exit #130. From either direction, turn right at the end of the ramp. Go to the 3rd traffic light and turn right on Section House Road. Go to the next light and turn right on Springs Road. Go to the 2nd traffic light and turn left (look for the sign that says St. Stephens High School and H.M. Arndt Middle School). The High School will be the first school at the end of the road (the Middle School is behind the High School). Turn left, go about 100 yards and turn into the fenced-in area for the gym parking lot.

HIGH POINT:

High Point University:

FROM THE EAST: (Raleigh/Durham/Chapel Hill and points east) Travel south on I-85 through Greensboro and the I-40/85 split. Exit Business 85 (green shield) and then exit US Highway 311 north and turn right onto Main Street. Turn right onto North College Drive. Turn left onto Montlieu Avenue. Turn right onto OA Kirkman. Then, turn right onto West College Drive. The Millis Center and other athletic facilities will be on your right.

FROM THE NORTH: (Southwest Virginia, West Virginia) Travel south on I-77 across the NC state line to I-74 east (toward Mount Airy/Winston-Salem). Exit US Highway 52 south. Take 52 South to Winston-Salem, and take I-40 east to exit 196 (US Highway 311 south). At High Point, take the South High Point exit (311/Main Street). Turn left onto Hartley Drive (at Wal-Mart/Chick-fil-A). Hartley Drive becomes North College Drive at Oak Hollow Mall. Continue and turn right onto Montlieu Avenue. Turn right onto OA Kirkman. Then, turn right onto West College Drive. The Millis Center and other athletic facilities will be on your right.

FROM THE SOUTH: (Charlotte and points south) Travel north on I-85 to Exit 87 (Business 85 north/green shield). Follow Business 85 about 23 miles to the US Highway 311 north exit. Turn left on Main Street, and then right onto College Drive. Turn left onto Montlieu Avenue. Turn right onto OA Kirkman. Then, turn right onto West College Drive. The Millis Center and other athletic facilities will be on your right.

FROM THE WEST: (Winston-Salem and points west) Travel east on I-40 past Winston-Salem to Highway 311 South (Exit 196). Follow 311 South to High Point and take the South High Point exit (311/Main Street). Turn left onto Hartley Drive (at Wal-Mart/Chick-fil-A). Hartley Drive becomes North College Drive at Oak Hollow Mall. Continue and turn right onto Montlieu Avenue. Turn right onto OA Kirkman. Then, turn right onto West College Drive. The Millis Center and other athletic facilities will be on your right.

FROM GREENSBORO: A) Take Wendover Avenue westbound/southbound past Interstate 40 to Eastchester Drive (NC Highway 68). Turn left on Eastchester and follow above directions from Piedmont Triad International Airport. or B) Take High Point Road southbound past Four Seasons Town Center, through Jamestown (where road will become Main Street) and into High Point (where road will become Greensboro Road and then Lexington Avenue). You will begin to see the soccer, baseball and athletic fields on your left. Turn right onto OA Kirkman. Then, turn right onto West College Drive. The Millis Center and athletic facilities will be on your left.

HOPE MILLS:

Gray's Creek High School - 5301 Celebration Drive, Hope Mills, NC 28348 – 910.424.8589:

FROM SOUTH OF FAYETTEVILLE: Take I 95 North to exit #41, Cypress Lakes Exit. Turn right at the end of the exit ramp. Follow road for about 2 miles. Turn left on to Celebration Drive. Gray's Creek High will be about 100 yards down on the right.

FROM NORTH OF FAYETTEVILLE: Take I 95 South to exit 41, Cypress Lake exit. Turn Left at the end of the ramp. Follow road for about 2 miles. Turn left on to Celebration Drive. Gray's Creek High will be about 100 yards down on the right.

HUNTERSVILLE:

Southlake Christian Academy - 13901 Hager's Ferry Road, Huntersville NC 28078 - 704.949.2200:

SouthLake Christian is located at the intersection of Highway 73 and Hager's Ferry Road in Huntersville, North Carolina.

FROM I-77: Take exit 25 west approximately four miles to the campus on the right.

FROM HWY 16: Take Highway 73 east approximately four miles to the campus on the left.

JACKSONVILLE:

Camp Lejeune (French Creek Gym):

FROM WILMINGTON: Take 17 North toward Jacksonville to 24. Take 24 to the main gate at Camp Lejuene.

FROM NEW BERN: Take 17 South toward Jacksonville. Turn left on Piney Green Road. Follow Piney Green to 24 and turn right on 24. Take 24 to the main gate.

The Pass and ID building is to the right of the main gate. Stop in the office with your license, registration and proof of insurance, and they will give you a pass and directions to the gym.

Northwoods Park Middle School - 904 Sioux Drive, Jacksonville, NC 28540:

FROM WILMINGTON: 17 North to Jacksonville. Left on Henderson Drive. Left on Barn Street. Right on Sioux Street. School is on right past Bosco Drive.

FROM I-40: 53 East to Jacksonville and 17 North. Follow 17 North directions.

FROM NEW BERN/GREENVILLE: 43/17 South to Jacksonville. Right on Henderson Drive. Left on Barn Street. Right on Sioux Street. School is on right past Bosco Drive.

KANNAPOLIS:

Kannapolis High School:

FROM CHARLOTTE: Take I-85 North to exit #58 (Highway 29 North). The ramp is a clover leaf and make sure you take 29 NORTH (the second turn to the right). *Continue on 29 North until you come to Highway 136 (newly named #3 for Dale Earnhart- if the new signs are up). Take a Left onto Highway 136 North. Continue on Highway 136 North about 1-1/2 miles to Ridge Street. Ridge Street is at a stop light just before an overpass. Turn Right onto Ridge Street. Go several blocks until you reach the stop light at 1st Street. Take a right onto 1st Street. Go 2 blocks and take a left at the light onto Rose Street. Take the first or second road to the Right into the AL Brown High School parking lots. The gym will be on the north side of the campus. (It will be on your left across from the main building if you come in the first driveway. It will be straight ahead if you use the 2nd driveway.)

FROM NORTH OF KANNAPOLIS: Take I-85 South to exit #58 (Highway 29 North) and follow the directions from * above.

KERNERSVILLE:

East Forsyth High School -1113 West Mountain Street, Kernersville, NC 27284 (336) 996-2231:

Take Business I-40 (to Kernersville/downtown Winston-Salem) to Linville Road exit (#10). FROM EAST, go straight at the stop light onto West Mountain Street. FROM WEST, turn right off the exit, go to stop light and turn right onto West Mountain Street. Go 1 mile and turn right into High School.

Kernersville Middle School:

FROM Winston Salem (on Business I-40): Take the S MAIN ST exit-Exit 14. Turn left and go on S MAIN ST/ NC-250 1.7 miles. Stay straight to go onto PINEY GROVE RD. Go 0.7 miles and turn left onto BROWN Rd. The gym is in the back of the school to the left.

FROM Greensboro (on Business I-40): Take the S MAIN ST exit-Exit 14. Turn right and go on S MAIN ST/ NC-250 1.7 miles. Stay straight to go onto PINEY GROVE RD. Go 0.7 miles and turn left onto BROWN Rd. The gym is in the back of the school to the left.

Kernersville YMCA – 1113 West Mountain Street, Kernersville 27284 (336) 996-2231:

Take Business I-40 (to Kernersville/downtown Winston-Salem) to Linville Road exit (#10). FROM EAST, go straight at the stop light onto West Mountain Street. FROM WEST, turn right off the exit, go to stop light and turn right onto West Mountain Street. Go 5 miles and turn right into Kernersville YMCA.

Southeast Middle School:

FROM WINSTON-SALEM: Take I-40 east bound to exit 201 (Union Cross Rd). Turn Left onto Union Cross Rd. Go approximately one mile and turn right onto Old Salem Rd (at stoplight). Go approximately 6 tenths of a mile and Southeast Middle School is on the right. The gym is at the back of the building.

FROM GREENSBORO: Take I-40 West bound to exit 201 (Union Cross Rd). Turn right onto Union Cross Rd. Go approximately one mile and turn right onto Old Salem Rd (at stoplight). Go approximately 6 tenths of a mile and Southeast Middle School is on the right. The gym is at the back of the building.

KINGS MOUNTAIN:

Kings Mountain High School:

FROM HICKORY AREA: Take 321 to I-85 South to Kings Mountain. Exit Hwy 74 Business. Stay on 74 Bus. through town. At the light past the hospital (hospital will be on your right) take a left. You are on Phifer Road. School is on your right (approx. one mile).

FROM CHARLOTTE AREA AND POINTS EAST: Get on I-85 South and follow above directions.

FROM ASHEVILLE AREA: Take Highway 74 East through Shelby. Continue east on 74 to Kings Mountain. Take Business 74 exit...exit right. Follow 74 Business until you see a McDonalds on your right. Turn right at the stop light after McDonalds. You are on Phifer Road. Kings Mountain High is approximately one mile on right.

Kings Mountain Middle School:

Follow the above directions to the High School. Go past the High School and Kings Mtn. Middle School will be on the right.

LAURINBURG:

St. Andrews College - 1700 Dogwood Mile St, Laurinburg NC 28352:

FROM I-74 EAST take 15-501 exit and go to Ford Street. Turn left and take the next right onto 15-401 South. Take the next left onto Lauchwood, * and then take the next right onto Dogwood Mile. You are now on campus. Take a left at the softball field, and turn right at the PE Center. Entrance to gym is on the left.

FROM I-74 WEST take the 15-401 South exit and turn left at Lauchwood. Follow from * above.

LEXINGTON:

Tyro Middle School:

Follow directions below to West Davidson High School. Tyro MS is beside West Davidson HS.

West Davidson High School - 200 Dragon Drive, Lexington, NC 27295:

FROM LEXINGTON: Take Bus. 85 to Exit 86. At the stop sign, turn left. Turn right on Tyro Road. At Y stay to left on Tyro Road for 3 miles. Turn left onto Vi Mae Drive. School directly in front of you.

FROM WINSTON_SALEM: Take NC Hwy 150 toward Salisbury. After entering Tyro, turn left at the stop light onto Michael Road. Turn left at end of Tyro Middle School parking lot. School is at the end of road.

FROM CHARLOTTE/SALISBURY: Take I-85 N. Take NC Hwy 150 Exit after crossing Yadkin River. Go through Churchland to Tyro. At the stop light, turn right. Turn left at end of Tyro Middle School parking lot. School is at end of road

MAYODAN:

McMichael High School - 6845 Hwy 135, Mayodan, North Carolina 27027:

FROM THE EAST: Take I-40 through Greensboro to Highway 68 North (towards Piedmont Triad Airport). Follow 68 North until it merges with Highway 220 North (passes through Stokesdale). Follow 220 North approximately 10 miles to the Highway 135 (Mayodan/Eden) exit. Turn left on 135 from the exit ramp. Go over the bridge and McMichael is on the Right.

FROM THE WEST: Take I-40 past Winston Salem to Highway 68 North (towards Piedmont Triad Airport). Follow 68 North until it merges with Highway 220 North (passes through Stokesdale). Follow 220 North approximately 10 miles to the Highway 135 (Mayodan/Eden) exit. Turn left on 135 from the exit ramp. Go over the bridge and McMichael is on the Right.

Stone-Eden Baptist Church - 5122 NC Highway 770, Stoneville, NC 27048:

FROM 220N: Take 220 N to Highway 770 exit. (Stoneville-Eden exit) Turn Right at the end of the exit. Continue on Highway 770 through Stoneville. Just as you get out of town, the church will be on your right.

Western Rockingham Middle School:

Follow the same directions as McMichael High School (above). Go past McMichael on Highway 135 until you come to a stoplight. Turn left. (Bus. 220) Turn right at the next stoplight beside Hardees onto Burton Street. At the end of Burton Street turn right. Western Rockingham Middle School will be on your left just past the light.

MISENHEIMER:

Misenheimer is located in the southern Piedmont of North Carolina, less than an hour northeast of Charlotte.

Pfeiffer University:

Pfeiffer is located on U.S. Highway 52 between Salisbury and Albemarle, NC.

FROM Interstate 85 in Salisbury, take Exit 76-A and follow U.S. Hwy. 52 south for 16 miles. The highway runs through our campus. Our entrance gates will be on your left, past the traffic light. Pfeiffer is located 12 miles north of Albemarle. The campus is one mile north of the intersection of U.S. Hwy. 52 and U.S Hwy 49. Our entrance gates will be on your right, just past our Chapel.

FROM the eastern Charlotte city limit, you should travel on U.S. Hwy 49 North for 30 miles. At the intersection of U.S. Hwy 52 and U.S. Hwy. 49, turn left. The Pfeiffer campus is one mile north on U.S. Hwy. 52.

FROM Asheboro, NC, you will travel for 30 miles on U.S. Hwy. 49 South. At the intersection of U.S. Hwy. 52 and U.S. Hwy 49, turn right. The Pfeiffer campus is one mile north on U.S. Hwy. 52

MOCKSVILLE:

Davie County High School:

FROM EAST - take I-40 W to Mocksville, Hwy. 601 exit. Go South on 601. Follow signs, staying on Hwy 601 South through town. Davie County High School will be on the left. After going past the school, turn left at stoplight. Turn left into large parking lot.

FROM WEST - take I-40 E to Mocksville, Hwy. 64 exit. Go South on Hwy. 64. At first stoplight, turn right (Hwy. 64 and Hwy. 601 run together for a short time). Follow Hwy. 601 South signs through town. Go past school (on left) and turn at stoplight. Turn left into parking lot.

FROM I-85 - Take Salisbury, Jake Alexander Blvd. exit. Go North on Jake Alexander Blvd. until it dead ends on Hwy. 601. Go North on Hwy. 601. After passing Food Lion, turn right at the stoplight. Turn left into parking lot.

MOORESVILLE:

Lake Norman High School:

TRAVELING I-40 EAST AND WEST AND I-77 SOUTH FROM STATESVILLE: Take Exit #36, Mooresville Highway 150.

If traveling I77 South (from Statesville or I-40), turn right (away from I-77 and towards Cracker Barrel and Hardees). If traveling I77 North (from Charlotte), turn left across I-77. Pass Lowes on your left. Go through the light at Williamson Rd. Pass Best Buy on your left. Go about one mile. Turn left onto Doolie Rd (Harris Teeter on your right). School is on the right.

Be advised if traveling from east of Greensboro that it is better to travel via I-40 not I-85. There is no best way to get from I-85 to Mooresville.

Mooresville High School – 659 East Center Street:

FROM I77 TRAVELING NORTH AND SOUTH - Exit #36 (Mooresville), Highway 150. From the South, turn right (away from I77). From the North turn left (across I77). Take Hwy 150 until you come to the McDonald s(past Hwy 21 overpass). At the stop light where the McDonalds is located, turn right onto Hwy 3. Cross Main St in Mooresville, go about a mile and turn right onto Magnolia Street. At the next light, turn right. Mooresville HS on immediate left.

Mooresville Middle School – 160 Magnolia Street:

FROM I77 TRAVELING NORTH AND SOUTH - Exit #36 (Mooresville), Highway 150. From the South, turn right (away from I77). From the North turn left (across I77). Take Hwy 150 until you come to the McDonald s(past Hwy 21 overpass). At the stop light where the McDonalds is located, turn right onto Hwy 3. Cross Main St in Mooresville, go about a mile and turn right onto Magnolia Street. Go through the light and Mooresville MS is on the immediate left.

MOREHEAD CITY:

West Carteret High School:

FROM RALEIGH: Take I-40E to exit 306 (70E). 70E runs directly into Havelock, approximately 120 miles from exit. *Caution - In Goldsboro, 70E makes a 360 degree w/the exit to the right.* * Remain on Hwy 70E through Havelock towards Morehead City. In Morehead City just past Wal-mart get into the left lane. At the next light (Hwy 24-70 intersection) turn left. Go about 1/2 mile. School intersection will be to your left.

FROM FAYETTEVILLE: Take I95N to exit 96(70E Goldsboro). Turn right. Approximately 100 miles to Havelock. See caution above. Follow from * above.

FROM GREENVILLE: Travel south on Hwy 43 to Hwy 17 into New Bern. As soon as you drive over the bridge turn left. Look for Havelock - Hwy 70E Ramp. Once on 70E follow from * above.

FROM WILMINGTON: Travel North on Hwy 17. Past Holly Ridge turn right onto Hwy 172. Drive on through Camp Lejeune to Hwy 24. Turn right and remain on Hwy 24. Remain on Hwy 24 through Hwy 70 intersection. After 24/70 intersection take the left turn at first light. High school will be in front of you.

MORGANTON:

Liberty Middle and Patton High Schools:

FROM RALEIGH: Travel I-40 West to Exit 104 Enola Rd, turn left onto Enola Rd., pass Chic-Fil-La on the left. Travel 0.6 miles to Liberty Middle School located on the left. Gym is in the back follow signs.

FROM ASHVILLE: Travel I-40 East to Exit 104 Enola Rd, exit right onto Enola Rd., pass Chic-Fil-La on the left. Travel 0.6 miles to Liberty Middle School located on the left. Gym is in the back follow signs.

MORRISVILLE:

Triangle Volleyball Club - 9301 Globe Ctr Drive, Ste 140, Morrisville, NC 27560:

<http://www.trianglevolleyball.org/TriangleComplexMap.pdf>

FROM I-40 IN RALEIGH: Take exit 283 I-540 North (toward Hwy 70). Travel about 3/4 mile, then take Exit 2B, Aviation Pkwy (North). Drive approximately 1/4 mile. At the end of Aviation Pkwy turn right onto Globe Dr. Take another, immediate right onto Globe Dr. (Globe Dr makes a hard right, if you go straight you'll be on Briar Creek Pkwy). Continue on Globe Drive, cross back over I-540, and take left onto Globe Center Drive. Building 9301 is on your right. Suite 140 is at the very end.

MOUNT AIRY:

Gentry Middle School - 1915 West Pine Street, Mount Airy, NC 27030:

FROM CHARLOTTE AND I-77 NORTH: Take I-77 North to Exit 100. At bottom of exit ramp turn right on Highway 89/West Pine Street. Gentry MS will be approximately 6 miles on the right.

FROM WINSTON-SALEM AND HIGHWAY 52 NORTH: Take Highway 52 North to the Highway 89 exit toward I-77/Mount Airy. At stoplight at bottom of ramp turn left onto Highway 89/West Pine Street. Gentry MS will be approximately 2 miles on the left.

Jones Intermediate School - 2170 Riverside Drive, Mount Airy, NC 27030:

FROM CHARLOTTE AND I-77 NORTH - I-77 North to Exit 100. At bottom of exit ramp turn right on Highway 89/West Pine Street. Travel approximately 6.5 miles to 2nd Stop Light. At 2nd Stop Light turn left onto Independence Blvd. Travel approximately 1.5 miles to Stop Sign (You will go thru 5 Stop Lights). At Stop Sign turn left onto Riverside Drive. Travel approximately 3 miles to gym on right.

FROM WINSTON-SALEM AND HIGHWAY 52 NORTH - Highway 52 North to the Highway 89 exit toward I-77/Mount Airy. At stop light at bottom of exit ramp go straight onto Independence Blvd. Travel approximately 1.5 miles to Stop Sign (You will go thru 5 Stop Lights). At Stop Sign turn left onto Riverside Drive. Travel approximately 3 miles to gym on right

Mount Airy High School and Old Junior HS - 1011 North South Street, Mount Airy, NC 27030:

Note: Do not speed on N. South Street. Speed limit is 25 and the city police are always there!

FROM CHARLOTTE AND I-77 NORTH - I-77 North to Exit 100. At bottom of exit ramp turn right on Highway 89/West Pine Street. Travel approximately 6.5 miles to 2nd Stop Light. At 2nd Stop Light turn left onto Independence Blvd. Travel approximately 1/2 mile to 2nd Stop Light. At 2nd Stop Light turn left onto N. South Street. Travel approximately 1 mile to 1st Stop Light.

For Mt. Airy HS: Turn left at 1st Stop Light on to Orchard Street. After turning right make next turn into school parking lot. Gym will be on the right.

For Old Junior HS: Go straight thru first light. Turn left at the next entrance beside of Brays Recapping. Gym will be on your left.

FROM WINSTON-SALEM AND HIGHWAY 52 NORTH – Take Highway 52 North to the Highway 89 exit toward I-77/Mount Airy. At stop light at bottom of exit ramp go straight onto Independence Blvd. Travel approximately 1/2 mile to 2nd Stop Light. At 2nd Stop Light turn left onto N. South Street. Travel approximately 1 mile to 1st Stop Light.

For Mt. Airy HS: Turn left at 1st Stop Light on to Orchard Street. After turning right make next turn into school parking lot. Gym will be on the right.

For Old Junior HS: Go straight thru first light. Turn left at the next entrance beside of Brays Recapping. Gym will be on your left.

North Surry High School - 2440 West Pine Street, Mount Airy, NC 27030:

FROM CHARLOTTE AND I-77 NORTH: Take I-77 North to Exit 100. At bottom of exit ramp turn right on Highway 89/West Pine Street. North Surry will be approximately 5 miles on the left.

FROM WINSTON-SALEM AND HIGHWAY 52 NORTH: Take Highway 52 North to the Highway 89 exit toward I-77/Mount Airy. At stoplight at bottom of ramp turn left onto Highway 89/West Pine Street. North Surry will be approximately 3 miles on the right.

MOUNT OLIVE:

Mount Olive is located near the intersection of Hwy. 117 and Hwy. 55.

Mount Olive College:

FROM RALEIGH/GREENSBORO - take I-40 East to Newton Grove exit(#341). Take left onto Hwy 55 east--follow into Mount Olive (18 miles). Once in Mount Olive, take right onto Henderson St. at the Sleep Inn sign. Follow Henderson St. onto campus. College Hall is on the left side (octagonal brick building).

FROM THE SOUTH - I-95 North to Hwy 13 North(exit #58). Take Hwy 13 N to Newton Grove Traffic Circle. Go to 2nd Right in Circle and take Hwy. 55 East to Mount Olive(18 miles). Once in Mount Olive take right onto Henderson St. at Sleep Inn sign. Follow Henderson St. onto campus. College Hall is on left side (octagonal brick building).

FROM NORTH - I-95 South to Hwy 70 East. Hwy 70 East to Hwy 117 South. Take Mount Olive exit --Hwy 55. Take left onto Hwy 55. Take next right onto Henderson street.

FROM WILMINGTON - I-40 West to Hwy. 117 North. Take Hwy. 117 N to Hwy 55. Take Right on to Hwy 55. Take immediate Right onto Henderson Street. College Hall is on the left.

NEWTON:

Newton Central Recreation Center - 301 South Ervin Ave, Newton, NC 28658:

FROM THE NORTH – Take I-40S exit 132(New Highway16) take a right at the top of the ramp headed South. Continue on Hwy 16S. Turn right at light onto Hwy 10. Hwy 10 will merge with Hwy 16 Bus. Turn right on S Ervin Ave.

FROM THE SOUTH – Take I-40S exit 132(New Highway16) take a left at the top of the ramp headed South. Continue on Hwy 16S. Turn right at light onto Hwy 10. Hwy 10 will merge with Hwy 16 Bus. Turn right on S Ervin Ave.

Newton Conover High School - 338 W. 15th St., Newton, NC 28658:

FROM I-40 WEST: Take I-40 West to Conover (Exit 133 Rock Barn Rd). At top of ramp take a left at stop light onto Rock Barn Road (ROCKBARN RD becomes CONOVER BLVD E / US-70 W). Go to the 6th light and take a LEFT onto NORTHWEST BLVD / NORTH WEST BLVD / US-321 BUS (Bojangles on Corner). Go to the 2nd stop light and turn Left onto 20th St. (Right Aid Pharmacy on the Corner). At the first light turn Right onto Ashe Ave – High School on the right – gym on the right.

Newton Conover Middle School - 221 West 26th Street, Newton, NC 28658:

FROM I-40 WEST: Take I-40 West to Conover (Exit 133 Rock Barn Rd). At top of ramp take a left at stop light onto Rock Barn Road (ROCKBARN RD becomes CONOVER BLVD E / US-70 W). Go to the 6th light and take a LEFT onto NORTHWEST BLVD / NORTH WEST BLVD / US-321 BUS (Bojangles on Corner). Go to the 2nd stop light and turn Left onto 20th St. (Right Aid on the Corner). At the first light turn Left onto Ashe Ave – (go through first intersection of 21st street). At the next yield sign turn right onto 26th street – Middle is on your right – enter gym through the front of the building.

Newton Recreation Department - 23 South Brady Ave, Newton, NC 28658:

FROM THE NORTH – Take I-40S exit 132(New Highway16) take a right at the top of the ramp headed South. Continue on Hwy 16S. Turn right at light onto Hwy 10. Hwy 10 will merge with Hwy 16 Bus. Turn right on S Brady Ave. Gym on right. Parking is located in front and rear.

FROM THE SOUTH – Take I-40S exit 132(New Highway16) take a left at the top of the ramp headed South. Continue on Hwy 16S. Turn right at light onto Hwy 10. Hwy 10 will merge with Hwy 16 Bus. Turn right on S Brady Ave. Gym on right. Parking is located in front and rear.

OXFORD:

D.N. Hix Gym (City of Oxford Recreational Facility) - 320 Williamsboro St, Oxford NC 27565:

FROM THE NORTH - Take exit 206 off of I85 and take a right at the end of the ramp. Stay on Williamsboro St and the facility will be on the left behind the baseball/softball fields and next to City Hall.

FROM THE SOUTH - Take exit 204 off of I85 and take a left at the end of the ramp. Follow that road (Linden Ave) until you see the National Guard Armory. Go through the light at the Armory and go past the Cemetary and take a right at the light on to Hillsborough St. That will turn into Williamsboro St and when you see CVS take the next right and the facility is behind City Hall and the baseball/softball fields.

JF Webb High School:

Take Hwy 85 North to Oxford/Clarksville Hwy 15 exit. From the ramp turn left. Follow to the 1st light and turn left onto the Oxford Loop. Follow the loop around to the fourth light. This is Hwy 15 North again, turn left. Directly after the turn, turn left again onto the school's road, you should see a sign. The gyms are located in front of the elevated parking area.

Mansonic Home for Children:

Take Hwy 85 N to Exit 204 - Oxford exit Hwy 96. From the ramp take a left, follow through to the 4th light (Hillsborough St.) take a right. Go to the first light (College St.) turn left. Follow College St. through one light the Children's Home sits on the right side of College St. Go to the second entrance (near the soccer field) and turn right the gym is immediately to your right.

Northern Granville Middle School:

Follow same directions as above to Oxford Webb. Go past the High School. Go through the first stop sign and follow the road around to the next stop. The school sets on the left. To get to the gym, turn left at the stop and the parking is about one block on the left.

PEMBROKE:

UNC-Pembroke:

THE UNIVERSITY OF NORTH CAROLINA AT PEMBROKE is located in Robeson County in southeastern North Carolina and is approximately 10 miles from the intersection of U.S. Highway 74 and Interstate 95 at Lumberton. The University is approximately 90 minutes south of Raleigh, 90 minutes north of the North and South Carolina beaches and two hours east/southeast of Charlotte.

FROM RALEIGH, NC/FAYETTEVILLE, NC AND POINTS NORTH: Take I-95 south to Exit 17. Turn right onto N.C. Highway 711. Continue straight through the light and travel about 10 miles to Pembroke. Follow NC Highway 711 through Pembroke until you reach the fifth light. UNCP is on the right. Make a right onto University Road and parking for the gym will be on the right across from the football stadium.

FROM CHARLOTTE, NC/LAURINBURG, NC AND POINTS WEST: Take U.S. Highway 74 east to the junction of N.C. Highway 710. (There is a stop light at this intersection.) Turn left onto N.C. Highway 710 West. Follow N.C. Highway 710 about one mile to a traffic light. Continue straight through this light (the road will change to N.C. Highway 711 South). Continue straight two more miles. UNCP is on the left. Make a left onto University Road (Pizza Hut on the right) parking for the gym will be on the right across from the football stadium.

FROM WILMINGTON, NC AND POINTS EAST: Take U.S. Highway 74 west about 15 miles past I-95 to the junction of N.C. Highway 710. (There is a stop light at this intersection.) Turn right onto N.C. Highway 710 West. Follow N.C. Highway 710 about one mile to a traffic light. Continue straight through this light (the road will change to N.C. Highway 711 South). Continue straight two more miles. UNCP is on the left. Make a left onto University Road (Pizza Hut on the right) parking for the gym will be on the right across from the football stadium.

FROM SAVANNAH, GA/FLORENCE, SC AND POINTS SOUTH: Take I-95 north to Exit 17. Turn left onto N.C. Highway 711. Continue straight through the light and travel about 10 miles to Pembroke. Follow N.C. Highway 711 through Pembroke until you reach the fifth light. UNCP is on the right. Make a right onto University Road and parking for the gym will be on the right across from the football stadium.

PILOT MOUNTAIN:

Armfield Civic Center - 873 Old US 52 Bypass W, Pilot Mtn, NC 27041:

FROM WEST: Take I-40 East to Winston-Salem. Take US-52 North (go 24.4 miles). * Take the Elkin/Hwy268 exit (#134) and turn right on S KEY ST (go about 1.4 miles). Turn Left on OLD US 52 BYP W. Armfield Civic Center is about a half mile ahead on the right.

FROM EAST: Take I-40 West to Greensboro. Take I-40 Business West to Winston-Salem. Take US-52 North in Winston-Salem and follow directions from * above.

FROM CHARLOTTE: Take I-85 North. Get on US-52 North and continue from * above.

For detailed map and customized driving directions - go here - <http://www.eastsurrylittleleague.org/> - and click on "Locations" for a map.

East Surry High School:

FROM SOUTH: From Winston-Salem (approx. 25 miles), follow US52 North to Elkin/Hwy268 exit (#134). At top of exit ramp, turn right, go to first stoplight (intersection of Hwy268 and Main Street) and turn left. Go through the next stoplight and the school will be on the right. Entrance to the gym is at the front of the school at the circle driveway.

FROM NORTH: From Mt. Airy (approx. 10 miles), follow US52 South to Elkin/Hwy268 exit (#134). At top of exit ramp, turn left, go to first stoplight (intersection of Hwy. 268 and Main Street) and turn left. Go through the next stoplight and the school will be on the right. Entrance to the gym is at the front of the school at the circle driveway.

Pilot Mountain Middle School:

FROM SOUTH: From Winston-Salem (approx. 25 miles), follow US52 North to Elkin/Hwy268 exit (#134). At top of exit ramp, turn right, go to first stoplight (intersection of Hwy 268 and Main Street) and turn left. Turn right onto Friends Street (beside the Friends Church). After the third house on the left, turn right onto the drive in front of the school and follow down the hill to the gym entrance.

FROM NORTH: From Mt. Airy (approx. 10 miles), follow US52 North to Elkin/Hwy268 exit (#134). At top of exit ramp, turn left, go to first stoplight (intersection of Hwy 268 and Main Street) and turn left. Turn right onto Friends Street (beside the Friends Church). After the third house on the left, turn right onto the drive in front of the school and follow down the hill to the gym entrance.

HOTEL INFORMATION (Pilot Mountain): Quality Inn & Suites, 711 South Key Street, Pilot Mountain, NC.
(336) 368-2237

RALEIGH:

Athens Drive High School:

Take I-40 E & W to I-440 (I-40 and I-440 run together on the south side of Raleigh). Take Exit 295 (Gorman Street). Go North towards NC State. Take left at the first light (Avent Ferry). Take right on to Athens Drive. Take the third left onto Stadium Drive. The gym is entered from parking lot behind the school.

Cardinal Gibbons High School:

FROM THE WEST: Take I-40 East to Wade Ave. Veer left onto Wade Ave. Use the first exit (Edwards Mill Rd). At the bottom of the highway exit ramp, turn right onto Edwards Mill Rd. Cardinal Gibbons is the only structure on the right. It is right across the street from the RBC Center.

FROM THE EAST: Take I-40 West to Wade Ave. Exit onto Wade Avenue (only one direction possible). Exit Wade Avenue immediately at Edwards Mill Rd. At the bottom of the highway exit ramp, turn right onto Edwards Mill Rd. Cardinal Gibbons is the only structure on the right. It is right across the street from the RBC Center.

Daniels Middle School:

FROM I-40 EAST: Take exit #289 Wade Avenue. Go through 5 traffic lights. At top of hill past 5th light, take Oberlin Road exit. Turn left at top of exit. Go approximately 1 mile and Daniels will be on the right before the second traffic light. Gym at the rear of the campus.

FROM I-40 WEST: Take exit #301 (I-440 East). Follow I-440 to exit #11-A, Capital Blvd./Downtown. Take Capital to Wade Ave. exit (approximately 2.3 miles). Take Wade Ave. 1.3 miles to Oberlin Road North exit. Turn right. On Oberlin Road go approximately 1 mile. Daniels will be on the right before the second traffic light. Gym is at the rear of the campus.

Hale High School:

FROM I-40 EAST: Take Exit #289 Wade Avenue and travel 3.1 miles. Take 440 North (inner Beltline) to exit #8-B Six Forks Road and head North. Take a left at third stop light onto ** Lassiter Mill road. School is approximately 1.2 mile on the left. Turn into driveway by tennis courts. Gym is above tennis courts.

FROM I-40 WEST: Take exit #301-440E (outer beltline) to exit #8-B. Turn left at second light. Follow from ** above.

Halifax Park:

FROM I-40 EAST: Take exit #289 Wade Avenue. Take Wade Avenue through 7 traffic lights. After 7th light, stay in right lane and just as you go under the second bridge, bear right onto Capital Blvd. South. Take Capital Blvd. to Peace Street exit (approx. 4/10 mile). ** At bottom of exit turn left onto Peace Street and go to second stop light (Hardees on left). Turn left onto Halifax Street (Peace College is .1 mile on the right). Halifax Park is .3 mile on the left.

FROM I-40 WEST: Take exit #301 (I-440, 64 E, & 401 N). Take I-440 to exit #11-A (Capital Blvd. & Downtown). Take Capital Blvd. 2.8 miles to Peace Street exit. Follow from ** above.

Jaycee Park:

FROM I-40 EAST: Take exit #289 Wade Avenue. Go through 5 traffic lights. At top of hill past 5th light, the park is on your right.

FROM I-40 WEST: Take exit #301 (I-440 East). Follow I-440 to exit #11-A, Capital Blvd./Downtown. Take Capital to Wade Ave. exit (approx 2.3 miles). Take Wade Ave. 1.4 miles Jaycee Park is on the left.

Laurel Hills Recreation Center:

FROM I-40 EAST: Take Wade Ave. exit. Take Blue Ridge Road Exit (first one on Wade). Turn left at top of the ramp. Take a right at light on Edward Mill Road (Kaiser Permanente on the right corner). Continue about 0.6 miles and Laurel Hills will be on the right.

If traveling on the 440 Beltline, want to take Glenwood Ave. exit [US 70W] to Crabtree Mall. Turn left onto Creedmor Road at light at intersection of Creedmor and Glenwood. Travel about 1.6 miles. Laurel Hills Facility on left.

Lions Park:

FROM 40 EAST: Take Exit #289 Wade Avenue and travel 3.1 miles. Take 440 North (inner Beltline) to exit #11. Stay on right on exit ramp to Capital Blvd/Downtown.** Travel 1.1 miles and turn left at ABC store and Fenton Street. Go .4 mile and turn right on Watkins Street. Turn left at stop sign onto Dennis Street. Take first right into parking lot and gym is on the left.

FROM 40 WEST: Take exit #301-440 East (outer beltline) to exit #11-Captial Blvd. South/Downtown. Follow from ** above.

Meredith College - 3800 Hillsborough Street, Raleigh, NC 27607:

The directions below guide you to Exit 3, Hillsborough St./Meredith College, on I-440. Turn left off the exit onto Hillsborough Street. At the second traffic light on Hillsborough, turn left into the main entrance to campus. Johnson Hall is straight ahead; there you'll find signs and an information booth for help in locating other facilities.

FROM HIGHWAY 70 WEST -- Exit onto I-440 South (US 1 and 64 West); take I-440 to Exit #3.

FROM HIGHWAY 70 EAST AND I-40 EAST -- From 70 East, take I-40 West. Follow I-40/ 440 West to Exit 293. East travelers, take I-40/440 West as well. At Exit 293, take I-440 North to Exit #3.

FROM I-40 WEST -- West of Raleigh, follow the Wade Avenue Exit (#289). At the I-440 junction, take I-440 South; stay in right hand lane and take the next exit (#3).

FROM US 1 SOUTH AND 64 WEST -- 64 West travelers take US 1 North. US 1 will become I-440 North. Follow it to Exit #3.

FROM US 64 EAST -- At the I-440 junction, take I-440 North. Follow it around the western part of the city to Exit #3.

FROM US 1 NORTH AND 401 NORTH -- At the I-440 junction, take I-440 West to Exit #3.

FROM US 401 SOUTH -- Take I-440 South; follow I-440 to Exit 293, which becomes I-440 North. Take I-440 North to Exit #3.

Millbrook Exchange Park:

Take I-40 to Raleigh. Get off on 440 East (towards Wake Forest). Continue to Six Forks Road exit and head North. Proceed past Northcliff Road to Spring Forest Road (the next stop light). Turn right on Spring Forest Road. Go past Falls of the Neuse Road and the park is on the left just past the fire station. Millbrook Exchange Park is next to Millbrook High School.

North Carolina State University (Reynolds Coliseum):

FROM POINTS SOUTH AND EAST (on I-40 West, US 70 West, US 64/264 West): Take I-440 South/West (inner I-440 Beltline) to South Saunders Street. Traveling north on South Saunders Street, take a left on Western Boulevard. Follow Western Blvd past Pullen Park. Take a right onto Pullen Road. Take a left on Dunn Ave. Go one block, park in the parking deck or surface lot beside Reynolds Coliseum.

FROM POINTS NORTH AND WEST (on I-40 East, US 70 East, US 1 South): Take I-440 South/West (Outer I-440 Beltline) to Western Boulevard. Take Western Boulevard toward NC State. Follow Western Blvd to Pullen Road. Take a left onto Pullen Road. Take a left on Dunn Ave. Go one block, park in the parking deck or surface lot beside Reynolds Coliseum.

FROM POINTS SOUTH AND WEST (on US 1 North and US 64 East): Take I-440 North (inner I-440 Beltline) to Western Boulevard. Take Western Boulevard toward NC State. Follow Western Blvd to Pullen Road. Take a left onto Pullen Road. Take a left on Dunn Ave. Go one block, park in the parking deck or surface lot beside Reynolds Coliseum.

Optimist Park Community Center:

Take I-40 to Raleigh. Get off on 440 East (towards Wake Forest). Continue to Six Forks Road exit and head North. Turn left on Northcliff Drive (2 mile past Millbrooke Road). Park entrance is on left after approximately 1 mile.

Peace College:

FROM I-40 EAST: Take exit #289 Wade Avenue. Take Wade Avenue through 7 traffic lights. After 7th light, stay in right lane and just as you go under the second bridge, bear right onto Capital Blvd. South. Take Capital Blvd. to Peace Street exit (approx. 4/10 mile). ** At bottom of exit turn left onto Peace Street and go to second stop light (Hardees on left). Turn left onto Halifax Street (Peace College is .1 mile on the right). At end of the block turn right. Park in Faculty Lot on the right. Gym is on the other side of parking lot from Halifax Street.

FROM I-40 WEST: Take exit #301 (I-440, 64 E, & 401 N). Take I-440 to exit #11-A (Capital Blvd. & Downtown). Take Capital Blvd. 2.8 miles to Peace Street exit. Follow from ** above.

Raleigh YWCA:

FROM I-40 EAST: Take exit #289 Wade Avenue. Go through 5 traffic lights. At top of hill past 5th light, take Oberlin Road exit. Turn right at top of exit. Go 0.2 of mile and YWCA is on left.

FROM I-40 WEST: Take exit #301 (I-440 East). Follow I-440 to exit #11-A, Capital Blvd./Downtown. Take Capital to Wade Ave. exit (approx 2.3 miles). Take Wade Ave. 1.3 miles to Oberlin Road South exit. On Oberlin Road go approximately 0.3 of a mile. YMCA is on left.

Ravenscroft High School:

FROM I-40 EAST: Take exit #289 Wade Avenue. Travel 3.1 miles and take I-440 North (Inner Beltline). Go to exit #8-B (Six Forks Road North). **Travel 3.3 miles and turn right onto Newton Road (Miller's Ace Hardware on right). Go .9 of mile and turn left into Ravenscroft. Take first right into parking lot. A.E. Finley Center (Gym) is on right.

FROM I-40 WEST: Take exit #301 (I-440 East - outer beltline). Go to exit #8-B Six Forks Road North. Follow from ** above.

Robert's Park:

From I-40 East and West take exit #300 - Rock Quarry Road North. If traveling 40 East, you will turn left off the exit. If traveling 40 West, you will turn right off the exit. Go .6 miles and turn left at the stop light. Go to third stop light and turn right onto Martin Street. the gym is .2 mile on the right.

Southeast Raleigh HS - 2600 Rock Quarry Road:

FROM I-40 AND HWY 64 EAST: Take I-40 East or West based on your origination to Raleigh. Take exit for Rock Quarry Road. The exit number from I40 East is 300 and from I40 West is 300A. Take a right onto Rock Quarry Road (south, away from Raleigh). The school is just past Creech Rd on the right approximate 1 mile from I40.

FROM HWY 64 WEST: Take Hwy. 64 West to Raleigh. Take the I-440 SOUTH/INNER BELTLINE ramp towards Benson. Merge onto I-440 S (left lane turn.). Take the Rock Quarry Road South exit, exit number 300A. Take a right onto Rock Quarry Road (south, away from Raleigh). The school is just past Creech Rd on the right approximate 1 mile from I40.

REIDSVILLE:

Reidsville YMCA:

FROM I-40 WEST: Exit 29 North to Greensboro. Take first Reidsville exit which is Business 29. At fork, stay right onto Scales Street. Go 3-4 miles and take a left onto Harrison Street. At first stop light, take a right onto Main Street. YMCA is one block on left.

FROM I-40 EAST: Get off on Business I-40 in Winston-Salem. Go through downtown Winston-Salem. Take 158 to Business 29 exit. Turn left. Take right onto Harrison Street. Turn left onto Main Street. YMCA is one block up.

ROSMAN:

Brevard College:

I-40 West through Asheville to I-26 East (toward Hendersonville/Spartanburg). Take the airport exit. Turn right. Follow Hwy 280 18 miles to Brevard and continue into town. Brevard College will be on your left as you reach the light at the intersection of 280 and Caldwell Street. (There is a Blockbuster and Food Lion in the shopping center on the right at this intersection.) Turn left at the light. Follow drive to stop sign. You will see the gym and parking lot to your left. Turn left into parking lot.

Brevard High School:

I-40 West through Asheville to I-26 East (toward Hendersonville/Spartanburg). Take the airport exit. Turn right. Follow Hwy 280 18 miles to Brevard and continue straight through Brevard. At the intersection of Hwy 280 and Hwy 64 there is a light; Sunset Motel will be on the left. Continue straight through the light. Brevard High School will be on your left approximately 1 ½ miles farther. There is a drive in front of the school for parking and a lot just past the gym on the right. Additional parking is available across the street (to your right, past the gym)

Rosman Elementary School:

FROM CHARLOTTE: Take 85-South to I-26 West. Take exit 40 (Asheville airport exit). Turn left at top of off ramp (Hwy. 280 West) go approximately 18 miles to Hwy. 64 West. Continue through the city of Brevard. 64 West will fork to the right at the end of town (at the red light). Continue on 64 West for approximately 7 miles. Turn left at Conoco convenience store. Follow this for approximately 2 miles. At the red light, turn left. Go through next light and over the bridge. Turn right at the first street after the bridge. This is the drive to Rosman elementary.

FROM ASHEVILLE: Take I-40 east to I-26 East. Take exit 40 (Asheville airport exit). Turn right at top of off ramp (Hwy. 280 west). Go approximately 18 miles to Hwy 64 west. Continue through the city of Brevard. 64 West will fork to the right at the end of town (at the red light). Follow 64 for approximately 7 miles. Turn left at Conoco convenience store. Follow this around for approximately 2 miles. At the red light, turn left. Go through next light and over the bridge. Turn right at the first street after the bridge. This is the drive to Rosman Elementary.

Rosman High School:

FROM CHARLOTTE: Take 85-South to I-26 West. Take exit 40 (Asheville airport exit). Turn left at top of off ramp (Hwy. 280 West) Go approx. 18 miles to Hwy. 64 West. Continue through the city of Brevard. 64 West will fork to the right at the end of town (at the red light). Continue on 64 West for approx 7 miles. Turn left at Conoco convenience store. Follow this for approximately 2 miles. The football field will be on your left. At the entrance to the field, turn right (*before*) you pass Rosman High School on the right. This is the drive into the gym parking lot.

FROM ASHEVILLE: Take I-40 east to I-26 East. Take exit 40 (Asheville airport exit). Turn right at top of off ramp (Hwy. 280 West). Go approximately 18 miles to Hwy 64 West. Continue through the city of Brevard. 64 West will fork to the right at the end of town (at the red light). Follow 64 for approximately 7 miles. Turn left at Conoco convenience store. Follow this around for approximately 2 miles. School will be on the right across from the football field. At the entrance to the field, turn right (*before*) you pass Rosman High School on the right. This is the drive into the gym parking lot.

T.C. Henderson Elementary:

FROM CHARLOTTE: Take 85-South to I-26 West. Take exit 40 (Asheville airport exit). Turn left at top of off ramp (Hwy. 280 West). Go approximately 18 miles to Hwy. 64 West. Continue through the city of Brevard. 64 West will fork to the right at the end of town (at the red light). Continue on 64 West past the Rosman signs and up the mountain. After you pass the BP station on the right (and a storage unit complex), the entrance to TC Henderson will be on your left approximately 2 miles further. (there will be a green community center building *directly* across the street from the drive). The school is down the hill to the right after you make the turn.

FROM ASHEVILLE: Take I-40 East to I-26 East. Take exit 40 (Asheville airport exit). Turn right at top of off ramp (Hwy. 280 West). Go approximately 18 miles to Hwy 64 West. Continue through the city of Brevard. 64 West will fork to the right at the end of town (at the red light). Continue on 64 West past the Rosman signs and up the mountain. After you pass the BP station on the right (and a storage unit complex), the entrance to TC Henderson will be on your left approximately 2 miles further. (there will be a green community center building *directly* across the street from the drive). The school is down the hill to the right after you make the turn.

ROXBORO (north of Durham):

Person High School - 1010 Ridge Rd. Roxboro, NC 27573:

From I-85 in Durham, take the DUKE ST/US-501-BYP exit- EXIT 176. Travel North using US-501 for approx 28 miles. Proceed through Roxboro and after you pass the McDonald's & Wendy's on the left, turn left at the next signal light onto Carver Drive. Go up the hill and turn right at the first light onto Ridge Rd. Person High School will be on your right. Pass the front entrance of the school, and the gym will be on your right.

RUTHERFORDTON:

Isothermal Community College (704) 286-3636:

FROM I-85-SOUTH-take exit # 10 (74 By Pass to Kings Mtn). Stay on 74 through Shelby, towards Rutherfordton. Take exit #181 (74 Alt/64) to Forest City and Spindale. Go to the 7th traffic light and take a left onto the Isothermal Community College campus (directly across from Big K-Mart and Hardees). See information below for directions once on the campus.

FROM I-40-take exit #85-(US 221) and head South to Marion/Rutherfordton. Travel through the business district of Rutherfordton and take a left onto Business 74 east/221A South (Dominoe's will be on your right and First Charter will be on your left). Go to the 3rd traffic light and take a right onto 74-A east towards Forest City (Hardees will be on your right). Go to the 2nd traffic light and take a right onto the Isothermal Community College campus. (directly across from K-Mart and Hardees). See information below for directions once on the campus.

DIRECTIONS ONCE ON CAMPUS: Turn into college and go to stop sign (ICC Loop). Turn right at the stop sign and follow the road as it curves around to your left. Turn left into student lot #3 beside tennis courts. The gym is beside lot.

RS Central High School:

FROM I-85-SOUTH exit at 74 By Pass (Kings Mtn). Continue through and past Shelby. Take exit 181 - 74 Business to Spindale. Go to the 8th stop light (6th stop light has a K-Mart on right and 8th stop light is also a large intersection - Hardees, KFC). Turn left at 8th stop light. Go to 3rd stop light and turn right onto 221 North (Dominos). Continue through the town of Rutherfordton and the school will be on the left.

FROM I-40 - take exit 85-US 221 South to Marion/Rutherfordton. School will be on the right just before the town of Rutherfordton.

R.S. Middle School:

From 85-South exit at 74 By Pass (Kings Mtn). Continue through and past Shelby. Take exit 181 - 74 Business to Spindale. Go to the 8th stop light (6th stoplight has a K-Mart on right. 8th stop light is a large intersection also. Turn left at 8th stop light. Take the next right and the school is on the hill.

HOTEL INFORMATION (Forest City): Jameson Inn-(828) 287-8788-Three lights from Isothermal Community College.

SALISBURY:

Carson High School – 290 Kress Venture Dr, Salisbury 28023:

FROM GREENSBORO: Go I-85 S, take exit 68 (China Grove Hwy 152 exit). Immediately after the exit is an exit for Hwy 152 E. At the stop sign take a left (crossing back over interstate). About 1/2 mile to a mile down the road is a green sign and a right turn lane for Jesse Carson High School.

FROM CHARLOTTE: I-85 N to exit 68 (China Grove Hwy 152 exit), take a right at the stop sign. About a 1/2 mile, down the road is a green sign and a right turn lane for Jesse Carson High School.

FROM WINSTON-SALEM: Take 52 S to I-85 S and follow Greensboro directions above.

Catawba College:

FROM I-85 (GREENSBORO AND CHARLOTTE): Get off at Exit 75 (Jake Alexander Blvd.). From Greensboro, turn right at the light; from Charlotte, turn left. Go approx. 2.5 miles to Brenner Ave. (new YMCA on right). Turn right at the light and go to second stop light (Statesville Ave.) Turn left at the light, then right at the second street (Yost St.) Go a few blocks to the stop sign. The gym is on the right and parking on the left.

FROM WINSTON-SALEM, take I-40 to 601 south at Mocksville. When you reach Salisbury and 601 turns to the right, stay straight (Innes Street), pass through the campus, and turn right onto Summit Avenue just beyond the brick walls.

FROM STATESVILLE AND POINTS WEST: Take I-40 E to Exit 152 (I-77) south to Charlotte. Take Exit 49A (US70) to Salisbury. Go approx. 20 miles. When entering Salisbury with the Salisbury Mall and McDonald's on the right, continue through the intersection (the road is now called Statesville Blvd.) a few miles to the second stop light (Innes St.). Turn left and use the above directions via Summit St. to the gym. Alternately, if you see Yost St. on the left just before the first stop light, turn left and follow the Yost St. directions above.

J.F. Hurley YMCA – 828 Jake Alexander Blvd W, Salisbury 28147:

FROM I-77: Take exit 49B (to Salisbury I-70E). Go 23 miles to US 601. Turn right on Jake Alexander Blvd. Go 2.2 miles and the YMCA is on the left just past Brenner Avenue.

FROM I-85 NORTH OR SOUTH: Take exit 75 and turn West. Go 2.2 miles and look for the YMCA on right after the Burger King.

Knox Middle School:

The school is just around the corner from Catawba College. Follow the directions to Catawba above, with these changes: From I-85 on Innes St. you will reach the Mahaley Ave. intersection just before the campus. (A Blockbuster Video will be on the left). Turn right. If coming on US 601 from the north, continue through the Catawba campus on Innes St. until the next light, which is Mahaley. Turn left. From Statesville Blvd, continue through the Innes St. intersection. The road becomes Mahaley. A half mile down on Mahaley, there will be two stop lights within 50 feet of each other. Turn left at the second light onto Park Rd, then make a U-turn at the next stop sign. The gym is the dome-shaped building.

Salisbury High School:

FROM THE SOUTH OR EAST: Take I-85 to Exit 75 (Salisbury/Jake Alexander Blvd). From Greensboro turn right at stop light. From Charlotte, turn left at light. Go 2 miles and turn right at Lincolnton Rd (Eckerd's & Burger King). Go 1 mile and turn left directly after the high school (S. Caldwell). Go 2 blocks and park in the parking lot. Gym is at the end of the parking lot.

FROM WEST: Take I-40 E to Exit 152 (I-77) south to Charlotte. Take Exit 49A (US70) to Salisbury. Go approx. 20 miles. In Salisbury, turn right on Jake Alexander Blvd (McDonald's on right). Go 2 miles and turn left at Lincolnton Rd (Eckerd's & Burger King). Follow directions above from Alexander/Lincolnton intersection.

FROM NORTH: Take I-40 W to Mocksville/US601 exit. Take US601 south almost to Salisbury to the US601 Bypass intersection. Turn right at the blinking light and continue to the second light. That is the intersection of Jake Alexander Blvd and Statesville Blvd (McDonald's across intersection on right). Continue through intersection, go 2 miles and turn left at Lincolnton Rd (Eckerd's & Burger King). Follow directions above from Alexander/Lincolnton intersection.

South Rowan High School - 1655 Patterson Street, China Grove, NC 28023:

FROM I-85 SOUTH - Take exit 68. At stop light take a right. Cross railroad tracks and at the next light take a left. Follow it to the road beside Captain's Galley restaurant. Take that right. Follow that road and school will be on the left.

FROM I-85 NORTH - Take exit 68. At top of ramp, take a left. At the light, take a left toward downtown China Grove. Follow it through the small town and follow it to the road beside Captain's Galley restaurant. Take that right. Follow that road and school will be on the left.

South Rowan YMCA - 950 Kimball Road, China Grove, NC 28023:

HEADING SOUTH ON I-85 - Take exit 68 follow to light and take a right (Hardees on corner). At next light turn left through downtown China Grove. Stay on N MAIN ST/US-29A for a little under 2 miles. Turn RIGHT onto KIMBALL RD. In 0.8 mile, the YMCA is on the right.

HEADING NORTH ON I-85 - Take exit 68 and turn left at the top of the exit. Turn LEFT at light onto N MAIN ST/US-29A/NC-152. Continue to follow N MAIN ST/US-29A for 2.2 miles. Turn RIGHT onto KIMBALL RD. In 0.8 mile, the YMCA will be on the right.

Southeast Middle School:

From I-85 South: Exit on Peeler Rd. and turn left. Southeast Middle School is approximately 1/2 mile on left. Park in the back of the school.

From I-85 North: Exit at Peeler Rd. and turn right. Southeast Middle School is approximately 1/2 mi. on left. Park in the back of the school.

SANFORD:

Central Carolina Community College - 1105 Kelly Drive:

FROM THE NORTH (Greensboro): on 87/421 turn left onto Bragg Street (the street changes names in the middle of the street so look to the left overhead sign). Follow from * below.

FROM THE SOUTH (Fayetteville): on 87/421 turn right onto Bragg Street (the street changes names in the middle of the street so look to the right overhead sign). Follow from * below.

* Turn right onto Nash Street. Turn left onto Kelly Drive. The school is on the left after about ¼ mile. Take the first entrance and follow the road around to the back of the gym (building that is on your right).

Southern Lee High School - 2301 Tramway Rd, Sanford, NC 27332:

FROM WINSTON SALEM, NC - Merge onto I-40 E, Take exit 126A-126B for US-421 S toward Sanford, Merge onto JM Hunt Jr Expy/US-421. Continue to follow US-421, Turn right to merge onto US-1 S/US-15 S/US-501 S, Turn left at NC-78/Tramway Rd (Hardees on the Left just before turn) Destination will be on the right.

FROM RALEIGH - Take exit 293 for US-64 W/I-440/US-1 toward Sanford/Raleigh/Wake Forest, Keep left at the fork to continue toward US-1 S/US-64 W, Take exit 293A for US-64 W/US-1 S toward Asheboro/Sanford, Keep left at the fork to continue toward US-1 S/US-64 W, Keep left at the fork to continue toward US-1 S/US-64 W, Keep left at the fork to continue toward US-1 S/US-64 W, Keep left at the fork, follow signs for Asheboro/Sanford/Apex/US-64 W/US-1 S and merge onto US-1 S/US-64 W, Continue to follow US-1 S, Turn left at NC-78/Tramway Rd (Hardees on the Left just before turn). Destination will be on the right.

FROM GREENVILLE - Continue on US-264 W, Take the US-64 W/I-440 E exit toward Benson/Durham/I-40, Merge onto I-440 S/US-64 W, Take exit 293 for US-64 W/I-440/US-1 toward Sanford/Raleigh/Wake Forest, Keep left at the fork to continue toward US-1 S/US-64 W, Take exit 293A for US-64 W/US-1 S toward Asheboro/Sanford, Keep left at the fork to continue toward US-1 S/US-64 W, Keep left at the fork to continue toward US-1 S/US-64 W, Keep left at the fork, follow signs for Asheboro/Sanford/Apex/US-64 W/US-1 S and merge onto US-1 S/US-64 W. Continue to follow US-1 S, Turn left at NC-78/Tramway Rd (Hardees on the left just before turn). Destination will be on the right.

FROM ROCKINGHAM - Head east on Fayetteville Rd/US-1 toward N Ledbetter St, Continue to follow US-1, Continue straight to stay on US-1(41.2 mi) , Turn right at NC-78/Tramway Rd(Hardees on the left as you turn right). Destination will be on the right.

FROM WILMINGTON - Continue on I-40 W, Take exit 328A to merge onto I-95 S toward Benson/Fayetteville, Take exit 73 for US-421/NC-55 toward Clinton/Dunn, Continue straight, Slight right at E Cumberland St/NC-55/US-421, Continue to follow US-421, Turn left at N Main St/NC-210/US-421, Turn right at W Front St/US-421, Continue to follow US-421, Turn left at E Main St/NC-78 Continue to follow NC-78. Destination will be on the left.

SHELBY:

Dover YMCA - 411 CHERRYVILLE RD, SHELBY NC 28150 (704) 484-9622:

FROM I-85 South: Take exit 74 By-pass (Kings Mtn.) Continue to Shelby. Turn Right on Marion Street just before Cleveland Mall. Turn Right on 150 at Light with "Sisters Café". YMCA will be on the left.

FROM I-40 (traveling West from Winston-Salem/Greensboro): In Hickory take the US-321 South exit. Go to the HWY-127 Exit. Turn right at the top of the ramp. Stay on Hwy 127 until you reach HWY 10. Turn right onto Hwy 10. Stay on Hwy 10 until it merges with HWY 18 (fork left). After it merges stay on HWY 18. You will go through a blinking yellow light at Red Bone Willies. Then its about 8 miles to Fallston. Stay straight on Hwy 18 through Fallston (there is one stop light in Fallston). After you go through that stoplight, drive about 6 to 8 miles into Shelby and you will go through 2 red lights (one at HWY 180 & one directly past Ingles Grocery Store). At the 3rd red light, turn left onto WYKE ROAD. Travel to the end of WYKE ROAD and the YMCA will be on the left.

FROM I-40 (traveling East from Asheville): Take exit 85 - US 221 S to Marion/Rutherfordton. Turn Left at stoplight with Dominos Pizza. Turn Right on 74 Bypass-to Shelby. Turn Left on Decalb Street (150 - light with McDonalds, Burger King, Shelby High). Turn right on E. Marion Street. Turn Left on 150 at "Sisters Café". YMCA will be on the left.

SPARTA:

Alleghany High School - 404 Trojan Ave. Sparta, NC:

FROM RALEIGH/DURHAM/GREENSBORO/WINSTON-SALEM AND ALL POINTS EAST: Take I-40 West to Winston-Salem. In Winston-Salem exit off of I-40 onto Hwy 421 N. Follow 421 N to I-77 N. Follow I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Once you reach the Sparta City Limits, take a right at the third light onto Trojan Avenue. Trojan Avenue will end at Alleghany High School. *Allow 3-3.5 hours from Raleigh/Durham, 1.5-2 hours from Greensboro, and 1 hour from Winston-Salem.

FROM STATESVILLE/CHARLOTTE AND ALL POINTS SOUTH: Take I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Once you reach the Sparta City Limits, take a right at the third light onto Trojan Avenue. Trojan Avenue will end at Alleghany High School. *Allow 2 hours from Charlotte

FROM HICKORY AND ALL POINTS WEST: Take I-40 E to Statesville. Exit onto I-77 N. Follow I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Once you reach the Sparta City Limits, take a right at the third light onto Trojan Avenue. Trojan Avenue will end at Alleghany High School. *Allow 2 hours from Hickory

Sparta Elementary School – 405 N. Main Street Sparta, NC:

FROM RALEIGH/DURHAM/GREENSBORO/WINSTON-SALEM AND ALL POINTS EAST: Take I-40 West to Winston-Salem. In Winston-Salem exit off of I-40 onto Hwy 421 N. Follow 421 N to I-77 N. Follow I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Once you reach the Sparta City Limits, go through the third light and take the 2nd right onto Charles Street. The gym is on the right. *Allow 3-3.5 hours from Raleigh/Durham, 1.5-2 hours from Greensboro, and 1 hour from Winston-Salem.

FROM STATESVILLE/CHARLOTTE AND ALL POINTS SOUTH: Take I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Once you reach the Sparta City Limits, go through the third light and take the 2nd right onto Charles Street. The gym is on the right. *Allow 2 hours from Charlotte

FROM HICKORY AND ALL POINTS WEST: Take I-40 E to Statesville. Exit onto I-77 N. Follow I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Once you reach the Sparta City Limits, go through the third light and take the 2nd right onto Charles Street. The gym is on the right. *Allow 2 hours from Hickory

Sparta School – 450 N. Main Street, Sparta, NC:

FROM RALEIGH/DURHAM/GREENSBORO/WINSTON-SALEM AND ALL POINTS EAST: Take I-40 West to Winston-Salem. In Winston-Salem exit off of I-40 onto Hwy 421 N. Follow 421 N to I-77 N. Follow I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Go straight through the Sparta city limits. Sparta School is on Main St. Take a right on the 2nd street after passing school. Gym is on right. *Allow 3-3.5 hours from Raleigh/Durham, 1.5-2 hours from Greensboro, and 1 hour from Winston-Salem.

FROM STATESVILLE/CHARLOTTE AND ALL POINTS SOUTH: Take I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Go straight through the Sparta city limits. Sparta School is on Main St. Take a right on the 2nd street after passing school. Gym is on right. *Allow 2 hours from Charlotte

FROM HICKORY AND ALL POINTS WEST: Take I-40 E to Statesville. Exit onto I-77 N. Follow I-77 N to Elkin. Take Exit 83 off of I-77 onto Hwy 21 (this is a left exit off of I-77). Follow Hwy 21 N to Sparta (approximately 27 miles). Go straight through the Sparta city limits. Sparta School is on Main St. Take a right on the 2nd street after passing school. Gym is on right. *Allow 2 hours from Hickory

STATESVILLE:

Barium Springs YMCA – 704.883.0780 - 122 Grannis Road, Statesville, NC 28677:

FROM I-40 EAST/WEST and I-77 NORTH/SOUTH: From I-40 take I-77 South towards Charlotte. Take Exit #42 - Troutman Hwy 21/115. Traveling both North and South on I-77, turn left at the end of the ramp towards Barium Springs/Troutman. Travel 4 miles. Go through 2 stop lights (past the KFC). Turn Right onto Grannis Road. YMCA will be on the right.

Boys and Girls Club of the Piedmont - 1001 Cochran St, Statesville NC 28677:

(Do not use Mapquest-will end up in Hickory)

FROM I77 NORTH AND SOUTH: Exit 4# 9A Garner Bagnal Blvd. Turn left (traveling from both North and South). Go through four lights (you will pass Shelton Ave at the 3rd light). Cross over a small bridge and take the next left on to Cockran Street.

FROM I40 EAST AND WEST: Exit #148 Highway 64/90. Turn left (from the East), or right (from the West) onto Hwy 64/90. Stay in the right-hand lane. Go through four stop lights and turn right onto Cockran St. Note: Third light is Oakland Ave, bus garage on left, Post Office on right. Fourth light is Buffalo Shoals.

BGC is on your immediate left from all directions above.

NOTES: Entrance to BGC is through the lower lots at the back of the club. Do not enter through the front. Parking at entrance is limited and should be used for drop off and pick up. There is additional parking in main lot. Parking on left-hand side of Cockran is permitted. All cars parked in the grass or on the right-hand side will be towed by city at owner's expense. This is a tobacco free facility (smoke and smokeless tobacco products). No food allowed in facility. Water only in gym. DO NOT call the facility about tournaments – contact the TD about ALL issues.

East Iredell Middle School:

TRAVELING I-77 NORTH: Exit #50, East Broad Street/Downtown (JR's tobacco exit). Turn right onto East Broad St. Go to end of road. Turn right onto Mocksville Highway. Turn left and the first light onto River Hill Road. School is about 2 miles on the left.

TRAVELING I-77 SOUTH AND I-40 EAST: Exit I40 East towards Winston Salem. Exit #153, Mocksville Highway. At the 4th light, turn left onto River Hill Road. School about 2 miles on the left.

TRAVELING I-40 WEST: Exit # 154. Turn left. Turn left at the light onto Mocksville Rd. Turn left at the 3rd light onto River Hill Road. School about 2 miles on left.

Harmony Elementary - 139 Harmony School Road, Harmony, NC 28634 - 704-546-2643:

FROM the intersection of I-77 and I-40, travel north on I-77. Get off on Hwy. 21 exit. Follow Hwy. 21 through Harmony. Turn left on Little Wilkesboro Road. Immediately, turn left again onto Harmony School Road. School is at end of road.

North Iredell High School – 704.876.4191 - 156 Raider Road Statesville, NC 28625:

FROM I-77 & I-40: Travel I-77 North towards Virginia. Exit # 59, Tomlin Mill Road. Turn Left onto Tomlin Mill Road. Turn Right at the stop sign onto Jennings Road. Go across the bridge and turn left onto Raider Road. School is on the right, gym in the back. LIMITED parking beyond the gate at the football field.

North Iredell Middle School – 704.876.4802 - 2467 Jennings Road, Olin, NC:

FROM I-77 & I-40: Travel I-77 North towards Virginia. Exit # 59, Tomlin Mill Road. Turn Left onto Tomlin Mill Road. Turn Right at the stop sign onto Jennings Road. Continue on Jennings Road. School is approximately 4 miles on the left. Turn into school past the school. Gym is on the back.

South Iredell High School:

FROM I-40 EAST/WEST and I-77 NORTH/SOUTH: Take Exit I-77 S. Take the Barium Springs exit (Exit 45). Turn Right onto Amity Hill Rd. Go approx 100 yards, take the first left onto Murdock Rd. Go straight through stop light. School is 1/4 mile on left.

Statesville Christian School – 704.873.9511 - 1206-A Museum Road, Statesville, NC 28625:

FROM I-40 EAST/WEST and I-77 NORTH/SOUTH: Take I-40 to Statesville. Take Exit # 151 - Sullivan/Turnersburg Road. Traveling from the West, turn left. Turn left at the first light (headed back towards I-40 West). Traveling from the East, go straight across at the stop light (left hand lane). Go 100 feet and turn right. Turn left onto Gaither Road. Pass Bell and Howard Chevrolet. Go through the stop sign. Road becomes Museum Rd. School is on the right past Western Avenue Church and before you get to the baseball fields at I40 park.

Statesville High School – 704.873.3491 - 474 North Center Street Statesville, NC 28677:

FROM I-77 and I-40: Travel into Statesville - From the intersection of I-77 and I-40 Travel west on I-40. Get off I-40 on exit #150. Turn left at bottom of ramp (turn right if traveling from the west [Hickory/Asheville]). Go towards downtown. Turn left into the school off Center Street. The gym will be on your right as you turn in. For clinics in the cafeteria, turn in at the gym as noted above. Drive towards the roundabout and keep right towards the baseball field. You will see three garage doors. The cafeteria is on your right. We will have signs posted.

TAYLORSVILLE:

Alexander Central High School -223 School Drive, Taylorsville NC 28681:

FROM HICKORY AND WEST: Take I-40 East to Exit 132 (Hwy 16 North). Travel approximately 20 miles. Just before entering Taylorsville, take 64 West to first light (Liledoun Road). Turn right and go to first light. Turn left and the school is on the left.

FROM STATESVILLE AND EAST: Take I-40 West to Exit 148. At end of ramp, turn right on Hwy 64. Go approximately 20 miles to Liledoun Road. Turn right. Go to first light and turn left. School is on the left.

FROM SOUTH: Take I-77 North to I-40 West. Take exit 148. At end of ramp, turn right on Hwy 64. Go approximately 20 miles to Liledoun Road. Turn right. Go to first light and turn left. School is on the left.

FROM NORTH: Take I-77 South to I-40 West. Take exit 148. At end of ramp, turn right on Hwy 64. Go approximately 20 miles to Liledoun Road. Turn right. Go to first light and turn left. School is on the left.

VANCEBORO:

Farm Life Elementary School - 2000 Farm Life Avenue, Vanceboro, NC 28586 – 252.244.3215:

FROM RALEIGH:	264 East to 43 South
FROM ROCKY MOUNT:	64 East to 43 South
FROM WILMINGTON/NEW BERN/HAVELOCK:	17 North to 43 North
FROM KINSTON/MT. OLIVE:	11 North to 118 West to 43 South

If traveling North on 43: There is only one stop light in Vanceboro. Turn right at light (Farm Life Street). Gym is about a mile down the street on the left.

If traveling South on 43. Turn left at the only stop light in Vanceboro. Turn left at light. Gym is about a mile down the street on the left.

WAKE FOREST:

MVP Sports Factory, 1839 S. Main St, Wake Forest, NC 27587 (919-453-1503):

FROM THE WEST: Take I-40 East towards Raleigh. Take I-540 East towards Wake Forest. Take US 1 North/Capital Blvd. Turn Right onto Main St./US 1A. We are located 1/2 mile up on the right. We are inside a large building called the Factory.

FROM DOWNTOWN RALEIGH/SOUTH RALEIGH - Take US 1 North to Wake Forest. Turn Right onto Main St./US 1A. We are located 1/2 mile up on the right. We are inside a large building called the Factory.

WENTWORTH:

Rockingham Community College:

FROM GREENSBORO: Take 29 North to Reidsville. Take Exit 149 onto 87 North and follow signs to Rockingham Community College/Wentworth. The college is about 5 miles north of Reidsville on the left.

FROM RALEIGH/DURHAM: Take I-40/I-85 to Greensboro. Follow directions above from Greensboro.

FROM CHARLOTTE: Take I-85 North to Greensboro. Follow directions above from Greensboro.

FROM WINSTON-SALEM: Take 158 East to 220 North. Take 220 North to 704 East. Follow 704 East approximately 12 miles. RCC is on the right.

Rockingham County High School:

FROM GREENSBORO: Take 29 North to Reidsville. Take Exit 149 on to 87 North / Rockingham Community College (sign). Turn left top of ramp. Follow 87 North 8.7 miles. When you go through stoplight with Calvary Baptist Church on your left, RCHS is 0.8 mile on your right.

FROM RALEIGH/DURHAM: Take I-40/I-85 to Greensboro. Follow directions above from Greensboro.

FROM CHARLOTTE: Take I-85 North to Greensboro. Follow directions above from Greensboro.

FROM WINSTON-SALEM: Take 158 East to 220 North. Take 220 North to 704 East. Follow 704 East approximately 12 miles. 704 runs into NC 65. Go to second stoplight. Go through light. Approximately ¼ mile on your left is the RCHS entrance.

Rockingham County Middle School:

RCMS is located right behind RCHS. Go through RCHS parking lot (keep high school on your right) to get to RCMS.

WILLIAMSTON:

Williamston High School - 1260 Godwin Dr, Williamston, NC 27892:

FROM RALEIGH - 64 East to 17 North (Main Street) in Williamston. Left on West Main Street. Left on Victoria Street. Right on Ridgewood Drive. School is on the left.

FROM NEW BERN/GREENVILLE - 17 North to Williamston. Cross West Blvd and turn left on Carolina. Right on Park Drive. Left on Oakwood. Right on West Main Street. Left on Edgelea Ave. Left on Ridgewood. School is on right.

WILMINGTON:

Ashley High School - 555 Halyburton Memorial Parkway, Wilmington, NC 28412:

FROM HWY. 74-76, 421 - Cross Cape Fear River, Enter Wilmington by way of Dawson St (Memorial Bridge). Following Hwy 421, turn right at the 3rd St. light. Continue on Hwy 421, as it turns to Carolina Beach Road at Greenfield Lake. Follow Carolina Beach Rd. (you will cross Shipyard Blvd). At Monkey Junction (intersection of Hwy 421 and College Rd.) turn right, continue on Hwy 421. Turn right on Halyburton Memorial Parkway. Murray Middle and Ashley High Schools will be on your right.

FROM I-40 - I-40 turns into College Rd (Hwy. 132). Follow Hwy 132 through Wilmington heading south toward Carolina Beach. Hwy 132 ends at Monkey Junction. Continue on Hwy 421. Turn right on Halyburton Memorial Parkway. Murray Middle and Ashley High Schools will be on your right.

Athletic Zone - (910) 452-50204405 Northchase Pkwy NE:

Take I-40 East to Wilmington. Take exit 420 (North College Road). Go North on North College Road. You will pass Laney HS and Trask MS on the right. You will see an industrial park on the right. Take the second entrance on right into the industrial park (Northchase NE). Take the first left and the Athletic Zone is in front of you.

HOTEL INFORMATION: Comfort Inn (910/791-4841), Days Inn (910/799-6300), Fairfield Inn (910/392-6767), Hampton Inn (910/395-5045), Holiday Inn (910/799-1440), Super 8 Motel (910/343-9778), or Ramada Inn (910/799-1730).

John T. Hoggard High School:

FROM I-40 EAST: I-40 turns into NC 132 S (S. College Road). Stay on it past Oleander Drive (74, 76). Turn right onto Shipyard Boulevard. School will be on immediate right. Turn right at 2nd light (not bus parking lot).

FROM CHARLOTTE: Take US 17 - 74/76 to Wilmington. You will cross the Cape Fear River onto 74/76 (Dawson Street). Dawson will become Oleander if you stay in the right two lanes. Stay on Oleander past Mall on the right. Turn right onto S. College Road (Toys R US). Turn right onto Shipyard Boulevard. School will be on immediate right. Turn right at 2nd light (not bus parking lot).

Topsail High School - 245 North St. Johns Church Road, Hampstead, North Carolina, 28443:

DIRECTIONS FROM RALEIGH AND GREENSBORO – Take I-40 East to exit 408 (NC-210). Turn left onto 210.

Drive until you reach a stop sign (approximately 10 miles) and turn left (still on 210). The road takes you to Hampstead; intersection with Highway 17. Turn left on Highway 17 North. At the second stop light turn left at Jenkins Rd; there will be a double turn lane. (There will be a Scotchman gas station on your right and a small strip mall on the left). The road dead ends; turn right onto St Johns Church Road. The school is on the left at 245 N St. Johns Church Rd. The gym is on the right side of the school.

DIRECTIONS FROM CHARLOTTE – Take 74 East to Wilmington. Merge onto US-17 N/US-421 N toward I-140/JACKSONVILLE/WRIGHTSVILLE BEACH/CLINTON. Merge onto US-17 N via EXIT 7 toward I-40/TOPSAIL ISLAND/JACKSONVILLE/NEW BERN. After entering Hampstead, you will pass a Food Lion Grocery store at an intersection and stop light. From this intersection count two more stop lights from the Food Lion intersection and turn left at Jenkins Rd; there will be a double turn lane. (There will be a Scotchman gas station on your right and a small strip mall on the left). The road dead ends; turn right onto St Johns Church Road. The school is on the left at 245 N St. Johns Church Rd. The gym is on the right side of the school.

UNC-Wilmington:

FROM I-40: Stay on I-40 as it ends and turns into NC 132 South, also known as South College Rd. Approximately 2 miles from the end of I-40, and after passing over an overpass, you will see signs for UNCW on the left. Go past the first stop light for UNCW, Randall Drive (Hardee's), as well as the 2nd and 3rd. Turn left at the 4th stoplight (has Taco Bell on the right). ** Follow the road till it dead-ends into a track facility. Turn left and go past the 1st building (Hanover Hall) and turn left into its parking lot. Gym is to your left.

FROM US 74/76: Follow 74/76 across the bridge and stay on 74/76. Stay in the right two lanes. Follow 74/76 as it forks to the right and eventually passes a large mall on the right and strip shopping center on the left. Continue. When you come to NC 132 (also known as College Rd), turn left. This is a large intersection (7 lanes wide) with Toys-R-Us on the right. Follow NC 132 north for about a mile and take the 1st UNCW stop light. It is opposite a Taco Bell and Bank on the right. Follow above directions ** to get to the gym.

FROM US 17: Follow US 17 to where it turns into Market St. At the overpass where it crosses under NC132, get in the left turning lane and get onto NC 132/College Rd. Follow directions from I-40 from here.

WILSON:

Barton College – www.barton.edu:

FROM INTERSTATE 95: Take exit 121 onto U.S. 264 East and continue straight 5.4 miles to Atlantic Christian College Drive, turn left and continue 0.3 mile to Nash Street, turn right and continue 0.1 mile to Rountree Street, turn left and continue 0.1 mile to the Barton College main entrance. Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

FROM U.S. 264 EAST: Visitors traveling through or from the Raleigh area will head East on U.S. 64. Exit onto U.S. 264 East just beyond Zebulon and take the first Wilson exit (36-B). Follow Wilson signs and after crossing I-95 continue straight 5.4 miles to Atlantic Christian College Drive, turn left and continue 0.3 mile to Nash Street, turn right and continue 0.1 mile to Rountree Street, turn left and continue 0.1 mile to the Barton College main entrance. Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

FROM RALEIGH-DURHAM INT'L AIRPORT: Visitors traveling from the airport will head east on I-40 to I-440 E. Then exit on U.S. 64 East and follow directions from U.S. 264 East (above). Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

FROM U.S. 264 WEST/N.C. 58 NORTH: Visitors traveling through or from Eastern N.C. will head West on U.S. 264 at the U.S. 264/ N.C. 58 merge (Exit 49) and continue to U.S. 301. Turn right at the intersection of U.S. 264 and U.S. 301 and go 0.5 mile to Lipscomb Road, turn left and continue 1.2 miles to Raleigh Road, bear left and continue 1 mile to Nash Street, turn left and continue 0.2 mile to Rountree Street, turn left and continue 0.1 mile to the Barton College main entrance. Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

FROM U.S. 117 NORTH: Visitors traveling through or from the Goldsboro area will head North on U.S. 117. At the U.S. 117/U.S. 301 merge, continue 4.9 miles to the intersection of U.S. 264 and U.S. 301. Proceed through light and go 0.5 mile to Lipscomb Road, turn left and continue 1.2 miles to Raleigh Road, bear left and continue 1 mile to Nash Street, turn left and continue 0.2 mile to Rountree Street, turn left and continue 0.1 mile to the Barton College main entrance. Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

FROM U.S. 301 SOUTH/N.C. 42 WEST: Visitors traveling through or from Rocky Mount, Northeastern N.C. and Southeastern Virginia will head West on N.C. 42 at the N.C. 42/U.S. 301 intersection and continue 1.3 miles to Ward Boulevard. Turn right at the light and continue 0.5 mile to Raleigh Road, bear left and continue 1 mile to Nash Street, turn left and continue 0.2 mile to Rountree Street, turn left and continue 0.1 mile to the Barton College main entrance. Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

FROM N.C. 58 SOUTH: Visitors traveling N.C. 58 South from the Nashville area will be on Nash Street upon reaching Wilson. Continue straight at the intersection of Nash Street and Ward Boulevard and go 1.6 miles to Rountree Street, turn left and continue 0.1 mile to the Barton College main entrance. Stay on Rountree through campus. Wilson Gymnasium is on left at corner of Woodard and Rountree.

WINGATE:

Wingate University:

FROM I-77 (North or South), take I-485 East (Exit 2) toward Matthews. At Matthews, take U.S. 74 East to Wingate (approximately 25 miles). The University entrance will be on the left after the second stoplight. Play will be at Cuddy Arena in Cannon Complex (follow signs on campus).

FROM I-85 (North or South) in Charlotte, take the Brookshire Freeway (exit 36) to U.S. 74 East (Independence Boulevard). Take U.S. 74 East to Wingate (approximately 30 miles). The University entrance is on the left after the second stoplight. Play will be at Cuddy Arena in Cannon Complex (follow signs on campus).

FROM I-85 North in Concord, turn on U.S. 601 South (exit 58) to Monroe. Turn on to U.S. 74 East to Wingate (approximately 6 miles). The University entrance is on the left after the second stoplight. Play will be at Cuddy Arena in Cannon Complex (follow signs on campus).

FROM I-40 (East or West), turn onto I-77 South at Statesville. Take I-77 South to I-485 East (Exit 2) to Matthews. In Matthews, turn onto US 74 East to Wingate (approximately 25 miles). The University entrance is on the left after the second stoplight. Play will be at Cuddy Arena in Cannon Complex (follow signs on campus).

FROM I-95 (North or South), turn on to U.S. 74 West in Lumberton, N.C. Take U.S. 74 West to Wingate (approximately 75 miles). The Univ entrance is on the right. Play will be at Cuddy Arena in Cannon Complex (follow signs on campus).

FROM Charlotte Douglas International Airport, take the Billy Graham Parkway to I-77 South. Take I-77 South to I-485 East (approximately 3 miles). Turn on to I-485 to Matthews (Exit 2). In Matthews, turn on to U.S. 74 East to Wingate (approximately 25 miles). The University entrance is on the left after the second stoplight. Play will be at Cuddy Arena in Cannon Complex (follow signs on campus).

WINSTON-SALEM:

Forsyth Country Day School:

FROM EAST: Take I-40 West to Winston-Salem. Just West of Winston-Salem, take 421 North (towards Yadkinville/Wilkesboro). Take exit #242 (Lewisville/Clemmons). Turn right off exit. *Go 1.3 miles until road ends at stop light. Turn left onto Country Club Road. Go 1 mile and the school is on the right (brick entrance way). Follow road left as it splits in front of school and go around to the back of the school. Gym is all the way around school.

FROM CHARLOTTE: Take I-77 North to I-40 East. Take exit#184 (Clemmons). Turn left off exit. Go several miles (past West Forsyth HS) until you come to the 421 highway. Cross over 421 and follow from * above.

Fulton Family YMCA:

FROM ALL POINTS: Take I-40 to Winston-Salem. Take 52 North. Continue to the Hanes Mill Road Exit. Take a right on Hanes Mill Road. YMCA is 1/8 of a mile on the right.

Salem College:

FROM ALL AREAS EAST OF WINSTON-SALEM - Take I-40 West toward Winston-Salem. Take Hwy 52 N toward Mount Airy. Take the Stadium Drive Exit (also Old Salem exit), turn Right off of exit (pass back over Hwy 52) go to the stop light and turn Left. Go down the hill and see the entrance to the Right. All parking is available.

FROM ALL AREAS WEST OF WINSTON-SALEM - Take I-40 East toward Winston-Salem. Take Hwy 52 N toward Mount Airy. Take the Stadium Drive Exit (also Old Salem exit), turn Right off of exit (pass back over Hwy 52) go to the stop light and turn Left. Go down the hill and see the entrance to the Right. All parking is available.

FROM AREAS SOUTH OF WINSTON-SALEM - Take Hwy 52 N toward Mount Airy. Take the Stadium Drive Exit (also Old Salem exit), turn Right off of exit (pass back over Hwy 52) go to the stop light and turn Left. Go down the hill and see the entrance to the Right. All parking is available.

FROM AREAS NORTH OF WINSTON-SALEM - Take Hwy 52 South into Winston-Salem. Take the Stadium Drive Exit. Turn Right off of the exit and go to the stop light and turn Left. Go down the hill and see the entrance to the Right. All parking is available.

Wake Forest University:

Take I-40 East and West to Winston-Salem. Get on I-40 Business towards downtown. Take Silas Creek Parkway North exit towards Wake Forest University (signs – exit 2B if traveling Business 40 East). Continue on Silas Creek Parkway North approx. 3.1 miles. Exit for Wake Forest will split to the right (to Reynolda Road). At stop light, go straight onto campus of Wake Forest. At bottom of hill will curve to the right. Go to stop sign at top of hill, turn left. Follow road as it curves left and then right. At stop light, go straight. Gym is on left beside tennis stadium. Parking is on right. There is also a large parking lot available by turning left at the light.

YADKINVILLE:

Courtney Elementary School:

FROM W-S/GREENSBORO/RALEIGH: Take 40 W to W-S. Just west of W-S, take 421 North to Speer Bridge Road/Forbush HS exit. Turn left and go approximately 2-3 miles to end of road. Turn right on Huntsville-Courtney Road. Go 4-5 miles and school will be on right.

FROM CHARLOTTE: Take 77 North to 40 East (W-S). Take 601 North towards Yadkinville (14 miles) to flashing light. Turn right at light onto Huntsville-Courtney Road. Go 4 miles and school will be on left.

Forbush Elementary School:

FROM GREENSBORO/RALEIGH: Take 40 West to Winston-Salem. Just west of W-S, take 421 North to Speer Bridge Road/Forbush HS exit (12-15 miles). Turn right off exit. **Go to end of road (1/4 mile). Turn right onto Yadkinville Road (old 421). Go approximately 4 miles and Elementary School will be on the left. Gym is behind the school (take the last drive).

FROM CHARLOTTE: Take 77 N to 421 South (Yadkinville/W-S). Go to Speer Bridge Road/Forbush HS exit. Turn left off exit. Follow directions from ** above.

Forbush High School:

FROM GREENSBORO/RALEIGH: Take 40 West to Winston-Salem. Just west of W-S, take 421 North to Speer Bridge Road/Forbush HS exit (12-15 miles). Turn right off exit. ** Go to end of road (1/4 mile). Turn left onto Yadkinville Road (old 421). Go approximately 1 mile, and turn right on Falcon Road. School is on left (2 miles).

FROM CHARLOTTE: Take 77 N to 421 South (Yadkinville/W-S). Go to Speer Bridge Road/Forbush HS exit. Turn left off exit. Follow directions from ** above.

Yadkin YMCA:

FROM GREENSBORO/RALEIGH: Take 40 West to Winston-Salem. Just west of W-S, take 421 North towards Yadkinville/Wilkesboro. Take the Unifi Industrial Road Exit. Turn LEFT onto Unifi Industrial Road. Go to end of Road. (Stop sign). Turn LEFT onto Service Road. Yadkin Family YMCA will be on RIGHT.

FROM CHARLOTTE: Take I-77 North to 421 South. Take the Unifi Industrial Road Exit. Turn RIGHT onto Unifi Industrial Road. Go to end of Road. (Stop sign). Turn LEFT onto Service Road. Yadkin Family YMCA will be on RIGHT.