

TRAVEL
DIRECTIONS

**WESTERN MAINE
CONFERENCE**

and

TRIPLE C CONFERENCE

ATHLETIC
FACILITIES

Revised - Dec. 2007

Western Maine Conference

A / B Division (most sports):

Cape Elizabeth High School	345 Ocean House Rd.	741-2635
Falmouth High School	74 Woodville Rd.	781-7429 x460
Freeport High School	30 Holbrook St.	865-4706
Fryeburg Academy	745 Main St.	935-2031
Gray NG High School	10 Libby Hill Rd., Gray	657-2842
Gorham High School	17 Adeline Dr.	839-5004
Greely High School	303 Main St., Cumberland	829-4809
Lake Region High School	1877 Roosevelt Trail, Naples	693-6221
Poland Regional High School	1457 Maine Street, Poland	998-5400
Wells High School	POB 579 Sanford Rd.	646-7011
Yarmouth High School	286 West Elm St.	846-2329
York High School	1 Robert Stevens Drive	363-3621

C / D Division (most sports):

North Yarmouth Academy	148 Main St. Yarmouth	846-9051
Old Orchard Beach High School	40 EE Cummings Blvd.	934-4461
Sacopee Valley High School	115 So. Hiram Rd, Hiram	625-8507
St. Dom's High School	121 Gracelawn Rd, Auburn	782-6911
Traip Academy	Williams Ave., Kittery	439-1121
Waynflete School	360 Spring St, Portland	774-5721

Triple "C" Conference

Division I:

Freeport Middle School	19 Kendall Lane	865-4772
Molloy Ockett Middle School	Rt. 302, Fryeburg	935-2401
North Yarmouth Academy MS	123 Main, Yarmouth	846-9051
Old Orchard Beach Jr. High	Jameson Hill Rd.	934-2711
Poland Middle School	Rte 26, Poland	998-5400

Sacopee Valley Middle School	115 S. Hiram Rd., Hiram	625-2450
Waynflete School	360 Spring St, Portland	774-7863

Division II

Cape Elizabeth Middle School	Scott Dyer Rd.	799-8176
Falmouth Middle School	52 Woodville Rd.	781-3740
Gray NG Middle School	30 Libby Hill Rd., Gray	657-3323
Gorham Middle School	41 Morrill Ave.	839-5004
Greely Middle School	Main St., Cumberland	829-4815
Lake Region Middle School	Kansas Rd., Naples	693-6221
Scarborough Middle School	44 Gorham Rd	730-5010
Yarmouth Middle School	West Elm St.	846-2329

CAPE ELIZABETH HIGH & MIDDLE SCHOOLS

FROM SCARBOROUGH AND RTE. 1 SOUTH:

At Rte 1 and Rte 114 intersection at Oak Hill. Proceed south east on Rte 207 (a continuation of 114 - a right turn off Rte 1 if coming from Saco) towards Prout's Neck. At the intersection of Rtes 77 and 207, turn left onto Rte 77. Stay on 77 approx. 8 miles, past Higgins Beach/Crescent Beach into the heart of Cape Elizabeth. When you can just see the Pond Cove Shopping Center ahead on your left, Cape Elizabeth High School will be immediately on your left. If you get to the shopping center, you've missed the school driveway by 100 feet.

FROM PORTLAND NORTH ON 295:

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

FROM EXIT 7 OFF THE MAINE TURNPIKE (from either direction):

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

ICE HOCKEY (located at Portland Ice Arena):

Traveling south on 295, take Exit 5 onto Congress St. (one way street). Get into the left lane and turn left at first traffic light (St. John St.). At next traffic light yield right and merge onto Park Ave. PIA on left, after Sea Dogs baseball stadium.

FALMOUTH HIGH & MIDDLE SCHOOLS

From Interstate 295 - North & South:

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

From Maine Turnpike 95 - North & South:

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

GOLF (located at The Woodlands):

From Interstate 295 (north or south):

Take Bucknam Road-Falmouth exit 10. Turn right off exit. Go 0.2 miles to light (variety store on right). Go left, and when the road splits, veer left. Take an immediate left at the blinking yellow light onto Woods Road. The course is located at 39 Woods Road, on the left.

From Maine Turnpike 95 (north or south):

Follow directions to the Falmouth High/Middle Schools, but instead of turning into the school, pass it. Continue traveling on Woodville Road, and turn right onto Woods Road. Golf course is located at 39 Woods Road on the right.

ICE HOCKEY (located at Falmouth Family Ice Center):

From Interstate 295 (north or south):

Take Bucknam Road – Falmouth exit 10. Turn left off of the exit. At stoplight turn right onto Route One. At the next stoplight (after shopping plaza) turn right. Take your first left. At stop sign turn right, and then take an immediate left. This is the parking lot for Falmouth Family Ice Center.

SWIMMING (located at Casco Bay Region YMCA, Freeport):

From Interstate 295 (north or south):

Take Desert Road, exit 20. Turn right off of the exit ramp, onto Route One, traveling south. Travel 0.99 miles and turn right onto Old South Freeport Road. YMCA is the first building on the right.

FREEPORT HIGH SCHOOL

From North:

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

From South:

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

BASEBALL:

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

CROSS COUNTRY (at Pineland Farm in New Gloucester):**From Maine Turnpike 95 (north or south):**

Take the Maine Turnpike to Exit 63 (formerly Exit 11) in Gray, Maine. Bear to the right after the toll booth, toward the center of Gray Village. Stay in the right lane. At the first intersection, go straight through the light onto Route 115. Continue on Route 115 (East) for 1.6 miles, then turn left onto Depot Road. Continue on Depot Road for 2.8 miles to a stop sign. Turn left onto Route 231/Intervale Road. The main Campus entrance will be on your left.

CROSS COUNTRY (at Wolf Neck State Park):

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

CROSS COUNTRY (at Pettingill Farm):

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

GOLF (located at Toddy Brook in North Yarmouth):**From the South:**

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

From the North:

In Gray, go south on Rt. 115 - take left onto Rt. 9 - follow Rt. 9 approx 1 mile - take right onto Sligo Road - course on immediate left

FREEPORT MIDDLE SCHOOL**All athletic facilities:**

Take Exit 22 off I - 95. From north, go right at end of exit ramp. From south go left at end of exit ramp. At McDonald's take left onto Rte. 1 north. Go 1/3 of mile. Take LEFT onto Kendall Lane. Middle School at end of street on left.

FRYEBURG - Molly Ocket Middle School:

From Portland: T

Take Route 25 to Gorham, and take a right onto 113 in Standish. In Fryeburg take a right on Main Street at the monument. In Fryeburg, go around bend. School is on left.

From the East:

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

FRYEBURG ACADEMY

From Portland:

Take Rte 25 to Gorham and take a right onto Rte 113 in Standish. In Fryeburg take right on Main St. at monument. Take a right on Bradley St. and the gym is the next to last structure on the left. Soccer, football, field hockey and baseball fields are behind the gym. Cross-country events also start behind the gym. The softball field is across the street from the gym.

From the East:

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

HAM ICE ARENA, Conway, NH - FROM ROUTE 16:

Follow Spaulding Turnpike

(Rte. 16) into Conway. Take right onto West Main St. (across the street from Kennett High School). Ham Ice Arena is on left 1/2 mile down West Main St.

HAM ARENA, Conway, NH - FROM FRYEBURG:

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

BRIDGTON ACADEMY ICE ARENA:

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

TENNIS COURTS:

FROM RTE. 302:

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

FROM RTE. 5/113:

Coming into Fryeburg, take right at the light. Go past Fryeburg Academy. Bear left onto Rte 5. Go approximately _ mile. Take left onto Swan's Falls Rd (if you get to Fairgrounds, you've gone to far).

On Swan's Falls Rd, go approx. 2/10 mile and you'll see Forest Acres. Tennis Courts located here at end of driveway. Buses must park on the road.

CROSS COUNTRY/NORDIC SKIING (located at Starks Hill):

FROM RTE. 302:

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

FROM RTE. 5/113:

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

GOLF (located at Lake Kezar Golf Course):

From Portland:

Take Route 302 West to Bridgton. Take Knights Hill Road (across from Shawnee Peak Ski Area). Follow signs 7 miles to LKCC.

GORHAM

High School:

From the Maine Turnpike (north or south):

Take exit 47 (the second Westbrook exit) and turn left onto Westbrook Arterial. Continue straight then take a left on Wayside Drive; this will take you around Westbrook via the bypass road and you remain on Route 25 into the town of Gorham. Look for a Hannafords on your left and at the next light with the Amato's, a.k.a intersection of Route 114 and Route 25, take a left onto Route 114 (South Street). Continue on South Street and you will enter Gorham village, you'll see street signs that say High School. Take a right onto Morrill Ave and the 2nd right into the High School campus. You'll see the High School on your left.

From Route 202:

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

Middle School:

From the Maine Turnpike 95 (north or south):

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

From Route 202:

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

Narragansett School:

From the Maine Turnpike 95 (north or south):

Take Rte. 114 to center of town. Turn right onto Route 25. School is approximately 1.0 mile on left.

From Route 202:

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

ICE HOCKEY (located at the University of Southern Maine):

From the Maine Turnpike 95 (north or south):

Take exit 47 (the second Westbrook exit) and turn left onto Westbrook Arterial. Continue straight then take a left on Wayside Drive; this will take you around Westbrook via the bypass road and you remain on Route 25 into the town of Gorham. Look for a Hannafords on your left and at the next light with the Amato's, a.k.a intersection of Route 114 and Route 25, take a right . Look for the University of Southern Maine entrance on your left and follow the signs for the Costello Sports Complex.

GRAY-NEW GLOUCESTER HIGH AND MIDDLE SCHOOLS

From Maine Turnpike 95 (north or south):

From the Maine Turnpike take Exit 63 (formerly Exit 11) and bear right onto Routes 202/100/115. Get into the far left lane and take a left onto Route 100 at the light, remaining in the left lane. At the next light, take a left onto Route 26 (Shaker Road) and travel about 1.5 miles. Watch for the fire station on your left. Libby Hill Road is the second left after the fire station. Travel a short distance down the road and you will see Gray-New Gloucester High School on your right. Take the first right into the school and follow the signs that direct you to the athletic fields.

- Middle school field hockey/soccer/baseball/softball games are played at the middle school.
- All high school fields are behind the high school.

GOLF (located at Spring Meadows Golf Club, Lewiston):

From Portland:

Take I-495 north to exit 11. Take a right. Follow Routes 4/100/202 north bound. Spring Meadows Golf and Country Club is 1.0 miles on your left.

ICE HOCKEY (located at Hebron Academy):

From Maine Turnpike 95 (north or south):

Travel north on 95 and take the US 202/ME-4/ME-100, exit 75 towards Auburn. Keep right at the fork, follow signs for N W Gloucester/Poland Spring and merge onto ME-100 S/ME-4 S/US-202 W/Washington S. Take a right at Kittyhawk Avenue, and another right at Hotel Road approximately 2.0 miles from Kittyhawk Avenue. Turn left at Merrow Road. Turn left at ME-11/ME-121/Minot Avenue. Take a slight right at Old Woodman Hill Road. Turn right at ME-119/Woodman Hill Road. Turn left to stay on ME-119/Woodman Hill Road. Continue to follow ME-119. The ice arena is located at 339 Paris Road.

GREELY HIGH & MIDDLE SCHOOLS

From Northern Maine:

Option #1:

Maine Turnpike (Interstate 95) south to Augusta. Continue on I-95 from Augusta to Gardiner. Exit at the Gardiner Exit and continue on 295 south to Exit 15, Yarmouth/Cumberland. Take a left onto Route 1, continue on this route for approximately 1.0 miles. Before the overpass, take a left at the Tuttle Road sign. Take a right at the top of the ramp onto Tuttle Road. Follow Tuttle for approximately 3.0 miles. Middle school is on the right. For high school, continue on Tuttle Road. Turn right onto Route 9 at the stoplight. Greely High is on the right approximately 100yds.

Option #2:

From Maine Turnpike 95:

Take exit 63, Gray N.G. Turn right after toll. At intersection with Route 100 (Main St. Gray), cross Route 100 to 115 East. Continue on 115 to stop sign at intersection with 231, turn right. Travel a few miles and then turn right onto Route 9. Follow Route 9 into Cumberland Center. The high school will be on the left. For Greely Middle School, go past the high school and turn left at the traffic light onto Tuttle Road.

After Wilson Elementary School, turn left into middle school driveway.

From Southern Maine:

Option #1:

Maine Turnpike (Interstate 95) to Portland North, exit 53. Left after toll, onto Route 100.

Approximately 1 mile, turn right at the traffic light onto Falmouth Rd. Falmouth Rd. will immediately

bear to the left and becomes Winn Rd. Remain on Winn until it intersects with Rt.#9 - Left onto 9.

Approximately 1 mile to Cumberland Ctr. For Greely Middle School: right at traffic light, left after Wilson Elementary School.

For Greely High School: straight thru traffic light, school is on the right

Option #2:

Maine Turnpike (Interstate 95) to Portland Exit #44, 295 North. Remain on 295 no. until exit 10,

Bucknam Rd. Exit. Take a right at the top of the ramp. Turn Right at the intersection with Route #9.

Follow Rt #9 to Cumberland Center. For Greely Middle School: right at traffic light, left after Wilson Elementary School.

For Greely High School: straight thru traffic light, school is on the right

GOLF (located at Val Halla):

Continue beyond high school, on Main Street approx. 3/4 mile, turn right onto Greely Rd, then take an immediate right onto Val Halla Road. The course is straight ahead, through the stop sign on the left.

BASEBALL/SOFTBALL/Sub-Varsity FOOTBALL (located at the Greely Road Fields):

Continue beyond schools on Main Street approx. 3/4 mile, and turn right onto Greely Road. On Greely Road, go 1.6 miles, and turn right into facilities.

CROSS COUNTRY/NORDIC SKIING/ Middle School SOCCER/LAX (located at Twin Brooks):

After turning right onto Tuttle Rd., travel approximately 1 1/2 miles to recreational facilities (on right).

North Yarmouth Memorial School (alternate site for softball/baseball):

From Greely HS:

Pass the high school, remain on Route 9. Turn left at intersection with Rt. 115 (also still on Rt 9).

About 100 yds, turn right between the stone pillars to remain on Rt9. The school is a quarter of a mile on left. Take a hard left just before school to drop the kids off at the field

From Gray:

Travel on Route 115 toward Cumberland. Take a hard left onto Route 9 (between the stone pillars.

The school is a quarter of a mile on left

KENNEBUNK HIGH SCHOOL

From the Maine Turnpike 95 (north or south):

Take the Kennebunk/Kennebunkport/Kennebunk Beach exit . Go through Toll Booth and at stop sign turn left. At the second stop sign, take another left (go toward Kennebunk). Go approximately 1.0 mile. Kennebunk High School will be on the left.

CROSS COUNTRY (located at the Gary Pike Cross Country Course):

From the Maine Turnpike 95 (north or south):

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

LAKE REGION HIGH & MIDDLE SCHOOL

High School

From the South:

Lake Region High School will be at the top of a hill on your right.

Middle School

From the South:

Travel north on Route 302, through Windham. Travel through Naples (the 'causeway) approximately 3-4 miles. Just before the High School, turn right onto Kansas Road and the Lake Region Middle School is on your left.

TENNIS (located at Camp Skylemar):

Start out going southwest on Woodville Road toward Green Gables Way. Turn right onto Falmouth Road. Turn left onto Leighton Road. Turn left onto Brook Road. Turn right onto Bridgton Road / US-302 / 10TH Mountain Division Highway. Continue to follow US-302 / 10TH Mountain Division Highway. At the next roundabout take second exit onto US-302 / 10TH MOUNTAIN DIVISION HWY / ROOSEVELT TRL. Turn left onto ME-114 / ME-11 / Sebago Road and end at Camp Skylemar.

GOLF (located at Bridgton Highlands Country Club):

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

ICE HOCKEY:

Please see directions under Fryeburg Academy.

MARSHWOOD HIGH SCHOOL

From the Maine Turnpike 95 (north or south):

Use the Wells exit and turn right onto Route 109. About a 1/2 mile, turn left onto Route. 9. Follow all the way to the end (light) in North Berwick. Turn left onto route 4. Follow into South Berwick. Turn left

onto Route 236. Go past Dunkin Donuts, about 1/2 turn left again following route 236. High school is about 3 miles down on the right.

CROSS COUNTRY (located at Vaughn Woods):

Follow the above directions from the north and take a right about a mile after turning onto Route 236. Follow signs to Vaughn Woods (about a mile off 236 on the right).

ICE HOCKEY (located at Dover Ice Arena):

Follow directions above, but instead of turning onto Route 236, continue onto Route 4 and the Dover Ice Arena will be on your right.

JV BASEBALL (located at Raitt's Field)

Follow directions to the school, and continue south on Route 236. After the Route 101 intersection, the field will be located on your right past the Muddy River Smokehouse.

JV SOFTBALL (located at the Marshwood Junior High School):

Follow directions to the school, and continue south on Route 236. The Junior High will be located on the left about 3.5 miles from the high school.

NORTH YARMOUTH ACADEMY

From the North or South:

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

BASEBALL (located at Rowe Elementary School):

Go past Travis Roy Arena and take exit for Route 115. At the stop sign take a right on Route 115. At the next stoplight take a right and then bear left to Rowe Elementary School.

BASKETBALL (located at the high school):

Go past Travis Roy Arena and take exit for Route 115. At stop sign go left onto Main Street/Route 115. NYA Gym is on right behind school. Park buses on Main Street.

GOLF (located at Freeport Country Club):

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

OLD ORCHARD BEACH HIGH & MIDDLE SCHOOL

From Maine Turnpike 95 (north or south):

Take exit 36 (Saco - OOB). After Toll Booth, go straight onto 195. After 2.0 miles the road will narrow. Stay straight until you come to a '7-11' store. Bear left at the '7-11' store. Stay on this main road for about 1.0 mile until you reach a traffic light. Take left at light onto E Cummings Blvd. High School is 1/2 mile on right. Middle School is also here.

GOLF (located at the Biddeford/Saco Country Club):

Take exit 36 (Saco - OOB). After Toll Booth, go straight onto 195. I-95 becomes ME-5 East/ Ocean Park Road. Turn right onto Old Orchard Road. Country Club is less than 1.0 mile down the road.

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

From Auburn:

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

From Yarmouth:

Take 115 into Gray Center. Go straight across to Rte. 26 North and travel 13+ miles. School is on the left.

From the South/Maine Turnpike 95:

Take exit 63 off Maine Turnpike. At end of exit take right to first light. At first light go left to second light and go left again onto Rte. 26 North and travel 13+ miles. School is on the left.

GOLF (located at Poland Spring Inn):

From Yarmouth:

Take 115 into Gray Center. Go straight across to Rte. 26 North and travel about 10 miles until you reach Poland Spring Inn on your right.

From the South/Maine Turnpike 95:

Take exit 63 off Maine Turnpike. At end of exit take right to first light. At first light go left to second light and go left again onto Rte. 26 North and travel about 10 miles until you reach Poland Spring Inn on your right.

CROSS COUNTRY (located at Range Pond):

From Yarmouth:

Take 115 into Gray Center. Go straight across to Rte. 26 North and travel about 9 miles. Turn right onto Rte. 122 and follow for about 1.5 miles. Turn left onto Empire Rd and go about .5 miles. Range Pond will be on your left.

From the South/Maine Turnpike 95:

Take exit 63 off Maine Turnpike. At end of exit take right to first light. At first light go left to second light and go left again onto Rte. 26 North and travel about 9 miles. Turn right onto Rte. 122 and follow for about 1.5 miles. Turn left onto Empire Rd and go about .5 miles. Range Pond will be on your left.

HOCKEY (located at Gundersol Ice Arena):

From the South/Maine Turnpike 95:

Take exit 75 (Auburn) off of 95. At the lights take a right onto Washington Ave. At the next set of lights take a left onto Kittyhawk Ave. Follow till you come to a stop sign and then take a right onto Hotel Rd. Go about 1.5 miles and take a left onto Merrow Rd. Follow till the end, and then take a left onto Rte. 11. Turn right onto Rte. 119 and follow for a little over 5 miles. Take a left onto Rte 124 (West Minot Rd). Turn left again onto Greenwood Mountain Rd and follow for about 2.5 miles.

SACOPEE VALLEY HIGH & MIDDLE SCHOOLS

From the Maine Turnpike 95 (north or south):

Take the Riverside exit 48 toward ME-25/Larabee Road/US-302. Turn slight right onto Larabee Road. Turn slight right onto Main Street/ME-25. Continue to follow ME-25 West. Turn slight left onto New Gorham Road (this becomes New Portland Road). Turn left onto Main Street/US-202/ME-25/ME-4. Continue to follow ME-25. Turn right onto South Hiram Road. The first school on left is the location of JH games. The second school on left is the location of HS games.

BASEBALL/FIELD HOCKEY (located at South Hiram Elementary School):

Follow the same directions as above, but pass the high and middle school until you reach the elementary school.

GOLF (located at the Province Lake Golf Course in Parsonsfield):

From the Maine Turnpike 95 (north or south):

Take the Riverside exit 48 toward ME-25/Larabee Road/US-302. Turn slight right onto Larabee Road. Turn slight right onto Main Street/ME-25. Follow Route 25 West toward New Hampshire and at the intersection of Routes 25 and 11, take a left onto Route 11. Follow Route 11 until the intersection of Route 11 and Route 110 West and continue on Route 110 West (do not continue on Route 11 South). At the intersection of Routes 110 and 153, take a right onto Route 153 North and follow Route 153 North approximately 4 miles to the course.

SCARBOROUGH HIGH & MIDDLE SCHOOLS

High School:

From I-295 (south):

Take exit 2, which feeds onto Route One. Bear right onto Route One and go to the fifth traffic light. Turn right and follow the signs into the High School. Lots are available at the rear and side of the school.

From the Maine Turnpike 95 (north or south):

Take exit 6 (Scarborough). Just after the tollbooth you will come to a traffic light. Go straight ahead until you reach Route One. Turn left on Route 1 north and go to the fifth traffic signal with the entrance to Scarborough Town Hall and the Town and Country Credit Union are on your left. Turn left into this entrance and follow the signs for Scarborough High School.

Middle School:

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

GOLF (located at Willowdale Golf Course):

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

Smiling Hill Farm:

Located on Route 22 in Westbrook.

Willey Field:

From the Maine Turnpike 95 (north or south):

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

ST. DOMS HIGH & MIDDLE SCHOOLS

High School:

From the Maine Turnpike 95 (north or south):

Take the Maine Turnpike (I-95/495) to exit 75. Turn left at the light onto Washington Street (Route 202). Stay straight on Washington Street for approximately 5 1/2 miles. Drive past Roy's All Steak Hamburgers, Mechanic Savings Bank, and Denny's Restaurant. Shortly you will reach a light and continue onto Center St. (Route 4). Stay straight on Center Street until you reach the overpass (approx. 2 miles). Turn left at the light immediately after the overpass onto Mount Auburn Ave. (Just before the Auburn Mall). Turn right at the next light onto Turner Street. Go a short distance past the Auburn Mall, which is located on your right. Gracelawn Road is located immediately after Gracelawn Memorial Park. Turn left onto Gracelawn Road. The school is located a short distance on the right. The playing fields are at the end of the road to the right after the main entrance.

HOCKEY (located at the Colisee):

From the Maine Turnpike 95 (south):

Take exit number 80 towards Lewiston and exit turnpike and turn left on Alfred A. Plourde Highway. Stay straight on overpass and keep to the left after overpass. Take a left onto Pleasant Street and proceed straight until it turns into Bartlett Street. Continue straight along Bartlett Street until you come to Birch Street. Take a right onto Birch Street and proceed straight. You will then see the Colisee on the left.

From the Maine Turnpike 95 (north):

Take exit number 80 towards Lewiston and exit turnpike and turn right on Alfred A. Plourde Highway. Stay straight on overpass and keep to the left after overpass. Take a left onto Pleasant Street and proceed straight until it turns into Bartlett Street. Continue straight along Bartlett Street until you come to Birch Street. Take a right onto Birch Street and proceed straight. You will then see the Colisee on the left.

GOLF (located at the Fox Ridge Golf Course in Auburn):

From the Maine Turnpike 95 (north or south):

Take exit 75. Turn left at lights onto Washington Street, than take the second right onto Danville Corner Road, passing the Sleepytime Motel and News Channel 8. Proceed 1.0 mile to intersection, and take a left onto Old Danville Road. Continue 1.0 mile and take first right onto Harmon's Corner Road. Fox Ridge Golf Course is 1.0 mile on the right.

TENNIS:

Please call St. Dom's athletics for site information at (207) 782-6911.

TRAIPI ACADEMY

From the Maine Turnpike 95 (north or south):

Take exit 2 (Kittery/South Berwick). This exit will take you to route 236, turn right and go over the Interstate heading to the Kittery Traffic Circle (0.3 miles). Go halfway around the circle turning right after the Dairy Queen. Travel 1.0 mile then turn right after Brooks Pharmacy. Take the third left (0.2 miles) onto Williams Avenue, the school will be on your right.

SOCCER/TRACK/JV SOFTBALL: (located at Shapleigh MS):

From the Maine Turnpike 95 (north or south):

Take exit 2 (Kittery/South Berwick) and travel left on 236 North (approximately 1.0 mile). Take a right at the light. The field is 0.8 of a mile on left.

FOOTBALL/FIELD HOCKEY/BASEBALL/SOFTBALL FIELDS (located at Memorial Field):

From the Maine Turnpike 95 (north or south):

Take exit 2 (Kittery/South Berwick). Go right off from exit onto 236 South to the traffic circle (approximately 0.3 miles). Once on the traffic circle take an immediate right off of the circle. The fields are located on the left about 1.0 mile from the traffic circle.

CROSS COUNTRY (located at Fort Foster):

From the Maine Turnpike 95 (north or south):

Take exit 2 (Kittery/South Berwick), and go to rotary. At rotary take Route 236 South, which becomes Rte 103. Follow for 3.4 miles. Take Right on Chauncey Creek Road. Follow 0.4 miles. Take a right onto Pocahontas Road. Just over the bridge take a right and follow signs to Fort Foster Gate House.

WAYNFLETE SCHOOL

SOCCER/LACROSSE/BASEBALL/SOFTBALL/TENNIS/FIELD HOCKEY (located at the Fore River Fields Athletic Complex):

From 295 (north or south):

Take the Congress Street West exit (Route 22) and head west away from town. Go approximately 1.8 miles and take the first left after the Rail Road crossing onto Hobart Street. At about 0.3 miles turn right onto Osgood Street and follow straight to athletic fields.

BASKETBALL (located at Waynflete High School):

From 295 (north or south):

Take exit 6A (Forest Ave. South) and follow signs for Route 77 South. Continue on Route 77 South (State Street) for 0.7 miles. Take a right onto Spring Street at Mercy Hospital. Proceed 0.4 miles (5 blocks) to Waynflete. The Waynflete Gym is located at 360 Spring Street behind Thomas House on the left.

GOLF (located at Nonesuch River in Scarborough):

From I-295 (north or south):

Take the Maine Mall Exit 1. Follow signs - bearing left to Airport. Take left onto Payne Road. At the sixth stoplight (Sam's Club on right) take a right onto Route 114. Proceed 1/2 mile and the golf course is on the left.

WELLS HIGH & MIDDLE SCHOOL

From the Maine Turnpike 95 (north or south):

Take exit 19. After the tollbooth turn left. About 1.5 miles on right is a sign for the school entrance.

Soccer/Track/Lacrosse (located at Fobes Field):

Follow the directions for Wells High School, but continue approximately 1.5 miles past the entrance and take a right on Route One South. Travel 0.5 mile south. Field entrance is on your right.

GOLF (located at Cape Neddick Country Club):

From the Maine Turnpike 95 (north or south):

Take exit 2, and travel east 1 mile to US Route One South on US Route One, approximately 5 miles to the center of Ogunquit, Angle left onto Shore Road (middle road of three). The Club is approximately 2.2 miles south on the right side of Shore Road. When you approach "Perkins Cove" there is a fork in the road; bear right.

TENNIS/CROSS COUNTRY (located at the Wells Recreation Department Fields):

From the Maine Turnpike 95 (north or south):

Take exit 19 and go Right on Route 109 to blinking light approximately 1.0 mile. Take a right on Route 9A. Fields are on the left about 1.0 mile.

YARMOUTH HIGH & MIDDLE SCHOOL

High School:

From the North:

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

From Interstate 295 (south):

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

From Interstate 295 (north):

Take Interstate 295 South and get off at Exit 17 (across from Casco Bay Ford), which will take you onto Route One. At the third set of traffic lights on Route One (Mobil gas station will be on your left), take a right onto Portland Street. Quality Containers of New England will be to your right. The entrance for all high school events is the road immediately after the Quality Containers of New England entrance.

Middle School (and Winslow Field Complex):

Follow the directions for the High School, but travel through the parking lot to the front entrance. Take a left out of school entrance, and then an immediate right. The athletic fields are down over the hill before you get to the middle school. To reach the gym, go straight through the stop sign; the school will be around the corner on your left.

SWIMMING (located at the Casco Bay YMCA in Freeport);

From Interstate 295 (north or south):

Take Desert Road, exit 20. Turn right off of the exit ramp, onto Route One, traveling south. Travel 0.99 miles and turn right onto Old South Freeport Road. YMCA is the first building on the right.

FOOTBALL (located at Winslow Field):

Please follow directions to Yarmouth Middle School above.

ICE HOCKEY (located at the Travis Roy Arena in Yarmouth):

From the South:

Take 295 and use Exit 15 (Yarmouth-Cumberland). Turn right onto Route 1. Go through first light to Travis Roy Arena, about 1/2 mile. Turn right into parking lot.

From the North:

Take 295 and use Exit 17 (Yarmouth). Take a left at the third stop light (across the street from RiteAid) into Travis Roy Ice Arena.

GOLF (located at Val Halla Golf Course in Cumberland):

Travel to the high school, but do not turn in to the athletic entrance. Turn right onto Greely Road. Pass the entrance to Twin Brooks fields and continue straight. The entrance to Val Halla will be on your left before you reach Main Street Cumberland.

CROSS COUNTRY (located at Pratt's Brook facility on North Road in Yarmouth)

M.S. SOFTBALL (located at Tobiason Field on North Road in Yarmouth)

M.S. Baseball (located at Bennett Field on School Street in Yarmouth)

YORK HIGH SCHOOL

From the Maine Turnpike 95 (north or south):

Take exit 7 and turn left onto Route One North. Turn right at lights onto Old Post Road. Approximately 1.0 mile turn left onto Ridge Road. Turn right (1st right) onto Webber Road. York High School and the Athletic Fields are on the right.

GOLF/TENNIS:

From the Maine Turnpike 95 (north or south):

Take exit 7 and turn right onto Route One South. Turn left at York Corner lights onto York Street. Turn right (2nd right) onto Organug Road. Travel past York Middle School, YG&T approx 1 mile.

BOG ROAD ATHLETIC FIELDS (used as needed):

From the Maine Turnpike 95 (north or south):

Take exit 7 and turn right onto Chases Pond Road (York County Court House on the right). Approximately 0.5 miles turn left onto Scituate Road. Approx 0.5 miles turn left onto Bog Road. Go straight on Bog Road (pavement ends. The Athletic Fields are 1.0 mile on the right.