

### **Acton Elementary School**

Take Rte. 109 traveling into Sanford, stay on Rte. 109 for approximately 10 miles, until reaching the Acton Fairgrounds. Take left onto Milton Mills Road across from the fairgrounds. The school is approximately 2 miles down on the right.

### **Arundel-Mildred Day School**

Heading North on Rte. 1 take a left turn at traffic light (at Arundel Market) onto Limerick Rd. Travel approx. 3 miles. Go over ME Turnpike bridge. School is on the right.

Heading South on Rte. 1: Take a right turn at traffic lights onto Campground Rd. Travel approx. 1 mile to stop sign ~ take a right turn onto Limerick Rd. Go approx. 1 mile school on right.

### **Biddeford Middle School Athletic Events:**

*Football*—Waterhouse Field- Maine Turnpike—Exit 32 Biddeford. At the light, take a left onto Rt. 111. Go Approximately 1 1/2 miles past the shopping mall to 5-points intersection. At the light, take a right between Burger King and the cemetery—West St. Waterhouse field is approx. 1/4 mile on the left.

*Field Hockey: Doran Field*—Biddeford exit 32, left onto Route 111, after shopping center, left onto May St. At end of May St., left onto South St. approx. 1/2 mile, right onto Mt. Pleasant St., At end of Mt. Pleasant, left onto Main St., Doran Field is approx. 1/2 mile on left.

*Track* ~ **Hebert Field**—Biddeford exit 32, left onto Route 111, after shopping center, left onto May St. At end of May St., left onto South St. right onto Maplewood Ave. Track is across the street from **Biddeford High School**.

*Cross Country, Soccer, Baseball, Basketball & Softball:* Biddeford exit 32, straight across route 111 to route 1. Straight across route 1 onto Precourt St. At end of Precourt St., left onto Landry St., left onto Hill St. Biddeford Middle School is on the right, behind Biddeford Intermediate School.

*Wrestling:* Biddeford Intermediate School— follow above directions.

### **Bonny Eagle Middle School**

Take Route 112 through Bar Mills and West Buxton to Route 22—at the stop sign take a left onto Route 22 for about 1-1/2 miles—the next intersection is Route 35 ~ Bonny Eagle JHS is on the opposite corner.

### **Kennebunk Middle School**

Take Maine Turnpike to Exit 25, then turn right after the toll gate . Stay to the left after the exit onto Alfred Rd. Follow this road past Cummings Market you will come to a 4-way intersection. Take a right onto Thompson Rd. The school is within a 1/4 mile on the right.

From Rt1~ Route 1 north—take a left, Route 1 south-take a right onto Fletcher St. (route 35) at the Kennebunk Free Library. Follow Rt. 35 past the high school and turnpike exits. Stay to the left after the exits onto Alfred Rd. Continue on past Cummings Market then you will come to a 4-way intersection. Take a right onto Thompson Rd. School will be on your right.

Track meets at the High School.

### **King Middle School~Portland**

For *football*, take I-95 North to Exit 6A (I-295) ,take to Exit 5 (Congress St.) get in left lane off ramp and take left onto Lowell St. At stop sign, take left onto Congress St. get in right lane, take right after Deering building onto St. James St. Dougherty Field will be on your left. If you miss St. James, go beyond I-295 ramps and take a right onto Douglass St.—Field on your right.

### **Lincoln Middle School~Portland**

Take I95 to Exit 44 (I-295)

Take I 295 to Exit 6B (Forest Ave. N/ RTE302)

Go about 1.5 miles (stay on 302 through WoodFord's Corner) to intersection of Route 9 & 302. Turn left onto Walton Street. Go to end. Turn left at traffic light onto Stevens Ave. Go 1/2 mile school on the right. Gym is in back of school.

Soccer/Field hockey/football Gulliver's Field UNE Westbrook College Campus Follow steps 1-4 above. Turn right at traffic light onto Stevens Ave. Go 3/4 mile to campus and turn left onto College St. Go to stop sign at end, turn right and then a quick left to field in back of campus.

Softball & Baseball Field follow King Middle School directions to Dougherty Field

### **Mahoney Middle School~South Portland**

Take the Casco Bay Bridge to South Portland. Turn left onto Broadway. Get into the right hand lane. The school is at the first traffic light, on the corner of Broadway and Rt. 77..

### **Marshwood Jr. High**

North Route 95 ~ Exit 1 (South Berwick) Route 236. Take right at end of exit, Jr. High will be on the right on route 236.

South Route 95 ~ Exit 2 after York toll booth, travel Route 236, Junior High will be on the right.

### **Massabesic Middle School**

York & Kittery ~ Take Route 236 to Route 4 to Route 202 to Waterboro-go through Waterboro. When you get to blinking light take a left onto Old Alfred Road. School is approx. 1.4 miles. Wells ~ Take Route 109 to Route 4 to 202 to Waterboro- go through Waterboro. When you get to blinking light take a left onto Old Alfred Rd. School is approximately 1.4 miles on right hand side. Biddeford/Saco ~ Take the Maine Turnpike south to exit 32, at the end of the exit ramp turn onto Rt. 111 follow Rt. 111 approximately 10 miles to Alfred. Turn right at the traffic light onto Rt. 202. Follow Rt. 202 approximately 3 miles to a flashing light turn right onto Old Alfred Road school is approx. 1.4 miles. From Portland/Westbrook take Maine Turnpike to exit 36(Saco). Turn left at the light onto Industrial Park Rd. Turn right at light onto Rt.114. Follow 114 into Buxton and turn left onto Rt. 202. Follow Rt. 202 into East Waterboro. Go straight through the light at the Hannaford continuing on Rt. 5 follow for approx. 1 mile. School entrance is on your left.

### **Memorial Middle School~South Portland**

Take I-95 North to Exit 45. Follow to end. Turn left on Main St. At the next set of lights, turn left onto Westbrook St. Turn right on Wescott Rd. It is the second school on the right.

### **Noble Middle School**

Take I-95 South to Exit 19. Take a right onto Route 109 for about 2.2 miles. Take a left onto Rte. 9 follow into North Berwick-6.8 miles. Take a left at the lights and proceed to the next light .5 miles. Take a right and go 4.5 miles and turn right onto Cranberry Meadow Rd. proceed .4 miles and look for Noble Middle School on the right. Fields outback.

**Saco Middle School** (*Site for field Hockey, Soccer, Basketball & Softball*)

Exit 36 off Maine Turnpike. Take Exit 1 off toll plaza. Go left at first light and right at second light. This will put you on Rt. 112 heading west. Go 1 1/2 miles and school is on left. **Field hockey** is played on front field and **soccer** is played at the rear of the school.

**Baseball** ~ C.K. Burns School Field

Exit 5 to 395. Exit 2A onto Rt. 1 South. Go 11/4 miles and take a left onto Beach St. Take a quick left onto Middle St. School is on the right ....field is behind school.

**Sanford Jr. High** ~ From South /Wells: (*Soccer ~Softball, Baseball & Football* Blouin Field/Cobb Stadium)

Maine Turnpike Exit 19. take right onto Rte. 109 follow 109 to Sanford (Main St.) continue on 109 through town of Sanford past Hannaford and tennis courts, Sanford JHS is on your right. Blouin Field/Stadium is behind school. **From the North:** Take Maine Turnpike Exit 32. Take a right onto Rt. 111 toward Alfred. Continue on this to Rt. 202. Follow to intersection of Rt. 202 & 109. Take a right onto Rt. 109 north. Continue past Hannaford and the tennis courts Jr. High is the next building. Parking for Blouin Field can be found by turning right onto Gowen Park Drive from Rt. 109 and then taking the first left. *Field Hockey* ~ Follow directions to Sanford Jr. High, go past school on 109 to Heald's Funeral Home. Take the next right (Witham Street). Field Hockey fields on the left.

**Scarborough Middle School Fields**— From the South, follow Rt. 1 North(from the North follow Rt. 1 South) Turn at the Oak Hill intersection(Exxon, Mobil, Burger King)from Rt. 1 onto Gorham Rd.(Rt. 114. Turn left at Scarborough Public Library from Gorham Rd(Rt. 114)onto Quentin Dr.(runs between library on your right and outdoor basketball courts on your left). Continue on Quentin Dr., passing back of Wentworth Intermediate School on left, reaching Middle School. The field is behind school to the left, will be the site for *Soccer, Softball, Lacrosse*. The field behind the school, to the right, will be site for *Field Hockey, baseball*. The **gym** is located to the right of the main entrance. *X-Country* meets will be held at Smiling Hill Farm, 178 County Road(Rt. 22) in Westbrook. From Interstate 295, Exit 5B also known as Congress St. West/Rt. 22 Exit. Travel 5 miles on Rt.22. Smiling Hill Farm will be on the right side. From Rt. 1, left on Rt. 114 at the Oak Hill Intersection. Travel 6 miles to the intersection of Rt. 22. Turn right on Rt. 22 East & travel 1 mile.

**Shapleigh** (Kittery Schools)

Take I-95 to Kittery exit. Turn left off exit ramp putting you on 236 North ~ travel approximately 1 mile, turning right at light onto Stevenson Rd. Travel approximately 3/4 of a mile to Shapleigh School on the left. *Field hockey* at Memorial Field- Proceed to traffic circle and take the right directly before the 7 Eleven. Field is down on the left side.

**St. James (Biddeford)**

*Soccer*— Take Maine Turnpike to exit 32. Take left onto Rt. 111. Follow rte. 11 to 5 points intersections. At this intersection there will be a Burger King directly in front of you. Take West Street, on the right of Burger King,-go approx. 1 mile to a light at intersection of West Street and Hill Street. Take left onto Hill Street— soccer field is on your left approx. 500 yards. *Basketball* -Same as above, but at 5 points intersection take left onto Elm Street for approx. 1-2 miles to first light. At the intersection take right onto South Street.

**St. James cont.**

Follow South Street until you reach a monument of “the cannon”, on your right. Parish Hall is directly across from the cannon. *Softball/Baseball*—Same as above and at 5 points intersection go straight onto Alfred Street. Follow Alfred Street for approx. 1 mile to first light. At light take a right onto Pool Street. Follow Pool Street for 1 1/2 miles until you pass Curo's Nursery, approx. 300 yards on your left is Decary Field. If you pass Westbrook Skating Rink, you have traveled too far. *Softball*—Mayfield-take Maine Turnpike to Bidd. Exit. At lights turn left onto Rt. 111. Follow Rt. 111 past 5 points Plaza then turn left immediately after onto May St. Field will be on the left.

**Thorton Academy** (*Site for Cross Country and Football*)

Exit 36 off Maine Turnpike. Take exit 2A which will put you on Route 1 South. Go less than a mile and school is on the right. (Park bus near football complex for both Cross Country and football) *Baseball* ~ C.K. Burns School Field Exit 5 to 395. Exit 2A onto Rt. 1 South. Go 1 1/4 miles and take left onto Beach St. Take a quick left onto Middle St. School is on right...field is behind school.

**Windham H.S. / Middle School**

From North take Turnpike to exit 53 (Gray). Turn left onto Route 202/115 south. In a few miles Rte.115 will split to the right, continue straight on Rte. 202. A few miles will take you to Foster's Corner Rotary. Continue straight on Rte. 202 west for one mile. Windham H. S./Middle School will be on the right. From South:travel north on turnpike to exit 8~ turn right onto Riverside St. Travel 2 miles then turn left onto Rte. 302 west. Travel 8 miles to Foster's Corner Rotary. Get on Rte. 202 west for one mile. Windham school will be on the right. From West: travel east on rte. 202. After crossing the Windham town line, continue for 4 miles. School will be on the left.

**York Middle School**

From the South: Take Rte. 95 to York exit 7. Go right at lights to next set of lights. Turn left onto Rte. 1A, drive about 1/4 mile (big white church on right), turn right onto Organug Rd. School is 1/2 mile down road on the left.

From the North: Take Rte. 95 to Exit 7. Take right before toll. Go to lights and turn right. Go to next set of lights and take a left. After white church bear right onto Organug Rd. School is 1/2 mile down on the left.

*Soccer, baseball & softball*—Village Elementary : continue down 1A about 1 mile. School will be on the left on top of hill. The fields are up behind the school.

*Track events at York High School*—Take interstate to York exit. Follow Short Spur Rd. east to traffic light and rte. 1. Turn left onto Rte. 1 going north. Follow north for approx. 1 mile to next set of lights. Turn right onto Old Post Rd. Turn right onto Webber Rd. School & fields on your right.

**Fort Foster** ~ *Cross Country*

Bear right off exit ramp approximately 500 yards to Kittery traffic circle. Once you are in the traffic circle take your 3rd right off (just past Dairy Queen) and travel approximately 1 mile. You will see an Osco Drug on right, Ace Hardware on left. Stay on this road for approximately 5--6 miles (very long winding).

After you pass a small gas station on your right (Sunoco) bear right, travel approximately 1/2 mile where you will bear right again. Do not go up large hill. Travel along the water take next right over small stone bridge ~ go right after bridge and travel approximately 1/2 mile to sentry post. Cross Country site is 1/4 mile past sentry post.