

**NASHOBA REGIONAL HIGH SCHOOL
ATHLETIC DEPARTMENT
DIRECTION BOOK**



**DIRECTIONS TO HIGH SCHOOL, COLLEGE AND MIAA TOURNAMENT
VENUES INCLUDING HOCKEY RINKS AND SKI AREAS**

ALL DIRECTIONS ARE GIVEN AS IF DEPARTING FROM NASHOBA

UPDATED JANUARY 2006

CREATED BY:

THE NASHOBA REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT

ACTON-BOXBOROUGH REGIONAL HIGH SCHOOL

96 Hayward Road *Acton MA 01720
(978) 264-4700 X-342

Route 117 East to Route 495 North, towards Lowell for 7.4 miles and merge onto MA-2 exit number 29A towards Boston.

After about 2 miles take the Central Street exit number 41 towards W. Acton/ Littleton. Take the ramp towards Acton. Turn slight right onto Central Street.

About 1.2 miles, take a left onto Elm Street. Turn left onto Arlington Street. Turn right onto Hayward Road.

ALGONQUIN REGIONAL HIGH SCHOOL

79 Bartlett Street * Northboro, MA 01532
(508) 351-7010

Route 117 East to Route 495 South, to Route 20 West. Travel approximately 3.5 miles. At traffic light turn left onto Bartlett Street. School is located approximately 3/4 mile down on the left.

From Route 290 East:

Exit at Church Street, Northboro. Follow Church Street to center of Northboro. Go left onto Route 20 (Main Street); proceed through center of town and Bartlett Street will be on your right at traffic light. School is located approximately 3/4 mile on the left.

Ice Hockey games are held at the North Star Youth Forum, Westboro. (See rinks section)

Golf is played at Juniper Hill in Northboro.

Swimming meets are at the Westboro Tennis/Swim Club. Next to NSYF, Westboro.

Skiing is held at Nashoba Valley. (See section _____)

ASHLAND HIGH SCHOOL

87 West Union Street * Ashland, MA 01721
(508) 881-0177

Route 117 East to Route 495 South, to Hopkinton exit; Hopkinton/Main Street. Travel east on Route 135 through Hopkinton. The High School is approximately 1.5 miles from the Ashland town line on the left, just past the Mobil Gas Station. The School is not visible from the street; proceed up the long driveway.

ASSABET VALLEY REGIONAL TECH. HIGH SCHOOL

215 Fitchburg Street *Marlborough, MA 01752
(508) 485-9430 X-421

Route 117 East to Route 495 South, to exit 25A roughly 5 miles. Go towards RT-85 Marlboro and merge onto I-290 East.

Take Hudson Street MA-85 Connector East towards RT-85. After roughly 1 mile bare right onto Fitchburg Street.

AUBURN HIGH SCHOOL

99 Auburn Street * Auburn, MA 01501
(508) 832-7717

Route 117 West to route I-90 South, to route 290 West, Take Exit 9 – pass through Auburn Street. Go left off ramp. Auburn High School is 1000 feet on the right.

To Auburn Middle School: *Boys Soccer*

Route 117 West to route I-90 South to route 290 West, Exit 9 – pass through Auburn Street. Go left off ramp. School is on the right.

Girls Soccer and *Ice Hockey* at the Auburn Recreation Complex on Oxford Street. Call for directions.

Cross Country and *Golf* on Pakachoag Hill. Call for directions.

AYER HIGH SCHOOL
141 Washington Street * Ayer, MA 01432
(978) 772-8616

Route 117 West to Route 110 North (right at Bolton Orchards). Turn left on Route 110 in Harvard center. At rotary in Ayer, follow 2A west, which becomes Main Street. Cross railroad tracks and in center of town turn right onto Washington Street; high school will be 3/4 miles from center.

Softball games are played at the Town Park on Route 2A.
Golf matches are played at _____.

BARTLETT HIGH SCHOOL
52 Lake Parkway * Webster, MA 01570
(508) 943-8552

Route 117 West to Route 190 South to Route 290 West or Route 117 East to Route 495 South to Route 290 West to Auburn. Continue onto Route 395 South to Exit 1 Webster *. Follow Exit 1 directly across onto Lake Parkway for .5 miles. Bartlett High School entrance is on the right.

Memorial Athletic Field: *Football*

Continue as above to *. Turn right at end of ramp (onto Thompson Road). Turn left at first set of lights (Lake Street). Look for small sign, Memorial Athletic Field. Entrance to the field is at end of Eddy Street.

BAY PATH VOCATIONAL HIGH SCHOOL
57 Old Mugget Hill Rd. * Charlton, MA 01507
(508) 248-5971

Route 117 West to Route 190 South OR Route 117 East to Route 495 South to Route 290 West. To the Route 20 Exit/Charlton. Follow Route 20 West through 2 traffic lights; stay in right hand lane to the intersection of Routes 12&20. Continue through lights on Route 20 West. Continue 4 -5 miles on Route 20 West to set of lights. At the sign for the Masonic Hall and Bay Path Vocational, turn left through center of Charlton. Turn left before the cemetery. School will be on the left.

BLACKSTONE-MILLVILLE REGIONAL HIGH SCHOOL
175 Lincoln Street * Blackstone, MA 01504
(508) 883-4400

Route 117 West to 190 South to 290 West on 117 East to 495 South to Route 290 West toward Worcester. Millbury/Brosnihan Square Exit onto Route 146 South. Stay on Route 146 South until you reach the Uxbridge/Chockalog Road Exit (Route 146A). Turn left at the end of the ramp towards Uxbridge. Turn left onto Route 146A North towards Uxbridge. Follow this until Route 122 South (near the Cock and Kettle Restaurant). Turn right towards Millville. Follow this road for 4 miles until a traffic light. Turn left onto Lincoln Street. School is 2.3 miles on this road on the right hand side.

**BLACKSTONE VALLEY REGIONAL VOCATIONAL
TECHNICAL HIGH SCHOOL**
65 Pleasant Street * Upton, Massachusetts 01568
(508) 529-7758

Route 117 East to Route 495 South to Route 290 West on 117 East to 495 South to 290 West. Route 140 South to Upton Center. At lights in Upton Center turn right onto Maple Avenue, Wood's Pharmacy is on the right. At the end of Maple Avenue take a left. The school is on the left (one mile from Woods Pharmacy).

THE BROMFIELD SCHOOL
14 Massachusetts Avenue * Harvard, MA 01451
H.S (978) 456-4152

Route 117 West to Route 110 North (turn right at Bolton Orchards) on 117 East to 495 South to 290 West. At Harvard Center (General Store is on the right) turn right onto Route 111 East. Bromfield School is about 100 yards on the right. *Softball*, *JV Soccer* plays at the Elementary School. *Cross Country* begins on the Town Common at the traffic light. *Field Hockey*, *Varsity Soccer*, *Baseball*, *Tennis* and *Basketball* are played at Bromfield.

BURNCOAT HIGH SCHOOL
179 Burncoat Street * Worcester, MA 01606

Route 117 East to Route 495 South to Route 290 West or Route 117 west to Route 190 South to Route 290 East. Exit-Burncoat Street/ Lincoln Street. Turn left at lights (now on Burncoat Street). Go through 2nd set of lights. The school is on the right. (Middle School first then the High School). Turn into parking lot, through gate and out back.

To Foley Stadium-Worcester - Football, soccer, baseball

Route 117 East to Route 495 South, to Route 290 West, to Route 190 South, exit Gold Star Blvd. to Route 12 Park Ave. Follow Route 12, continue past WPI on the left. Turn right at the intersection of Routes 12/122 Chandler St. Foley Stadium on the right.

CLINTON HIGH SCHOOL/M.S
200 West Boylston Street * Clinton, MA 01510
(978) 365-4205

117 West to Route 110 South, into Clinton on Lower Main street High School/Middle School are on the left past the center of town.

CONCORD-CARLISLE HIGH SCHOOL
500 Walden Street * Concord, MA 01742
(978) 371-4640

Route 117 East, to 495 North to Route 2 East. Follow Route 2 East approximately 8 miles to Route 126 (set of lights). Take a left at the lights. Concord-Carlisle High School is .3 mile down a small hill on the left.

DAVID PROUTY REGIONAL HIGH SCHOOL
302 Main Street * Spencer, MA 01562
(508) 885-0120, 885-8507

Route 117 East to Route 495 South to Route 290 West to Route 9 West (Lincoln Street exit) in Worcester. Take Lincoln Street to Route 9 West. Route 9 turns left just beyond WPI and joins Route 12, now Park Ave. Follow Route 9 beyond Chandler Street and Mill Street until it forks right and becomes Main Street (don't stay straight onto Stafford Street). Go through Leicester on Route 9 and into Spencer. The High School is on the left before the center of town and Route 31. The fields and track are up on the hill behind the school.

DOUGLAS MEMORIAL HIGH SCHOOL
33 Davis Street * Douglas, MA 01516
(508) 476-3332

Route 117 East to Route 495 South to Route 290 West on 117 West, 190 South, 290 West towards Worcester. Take the Millbury/Brosihan Square Exit off Route 290. You are now on Route 146. Stay on Route 146 South until you reach the Uxbridge/Douglas Exit (Route 16). Take Route 16 West towards East Douglas. The school is 2.8 miles along Route 16 on the left hand side. The school is on a hill and cannot be seen from the road.

FITCHBURG HIGH SCHOOL
140 ARN-HOW Farm Road * Fitchburg, MA 01420
(978) 345-3245

Route 117 West to Route 190 North to Route 2 West. Exit for route 13. Bear right off exit onto route 13 toward Whalom Park. Turn left onto route 2A (Wal-Mart will be on the hill directly across the street). Continue to traffic light on John Fitch Highway. Turn right; pass through two traffic lights, past Wallace CC on the right. Continue to the intersection of route 31 Ashby State Rd. Follow the signs to Richardson Rd., Fitchburg HS on the left.

Crocker Field- Football, Track

Location: Circle St. - River St.- Broad St., near the Upper Common, off Main Street-Fitchburg

Saima Park- Cross Country See above to Route 2 West to South St. Exit. Turn left toward Fitchburg. Turn left at lights onto Electric Ave. Park entrance on left by Knights of Columbus.

Oak Hill CC- Golf Take Route 2 West to Oak Hill Road Exit. The Country Club on left side of Oak Hill Road.
Wallace Civic Center – Ice Hockey (See last page of book – Ice Rinks)

FRAMINGHAM HIGH SCHOOL

115 A Street * Framingham, MA 01701
(508) 877-7500

117 East to Route 495 South to Route 9 East. Exit at Route 126 South toward Framingham / Saxonville. King Street will be on your left. "A" Street is a few hundred feet on your right. Take a sharp right on "A" Street. Framingham High will be on the left.

FRANKLIN HIGH SCHOOL
218 Oak Street * Franklin, MA 02038
(508) 528-5600

Route 117 East, Route 495 South to Exit 17 (Route 140). Turn left onto Route 140 South at the top of ramp. Travel .6 miles straight ahead. Immediately after CVS, turn left onto Panther Way. Past police station on the right. Ice hockey rink is on the left. (Access road to the high school building). Drive to the right of the building toward the front of the high school.

GARDNER HIGH SCHOOL
200 Catherine Street * Gardner, Massachusetts 01440
(978) 632-1600

Route 117 West, to Route 190 North, to Route 2 West. Take Route 140 North, to lights at intersection of Route 101. Go left onto Route 101. Continue $\frac{3}{4}$ mile on Route 101; look for Gardner High School sign on the left as you round the corner to the right. Turn right onto Catherine Street. The school is located at the end of the road.

Baseball games are held at Stone Field. Follow the directions above; continue past GHS to the rotary. Pass completely around the rotary to the last exit. Stone field ahead.

Ice Hockey games are played at Gardner Rink. (See last page of book for ice rinks)

GREATER LAWRENCE VOKE TECH
57 River Road * Andover, MA 01810
(978) 686-0194

Route 117 East, Route 495 North to Route 93 North. To Exit # 45 (River Rd.). At end of exit ramp turn left. Travel $\frac{3}{4}$ mile. The school is on the left.

All indoor sports, enter in the left side of the building. All outdoor fields are in the back.

GRAFTON HIGH SCHOOL
24 Providence Road * Grafton, MA 01519
(508) 839-5425

Route 117 East, to Route 495 South, to Route 290 West, to Route 140 South through Shrewsbury Center to Grafton. Route 140 will merge with Route 122. Follow Route 122 for 1.6 miles. The high school is the first driveway past Lake Ripple on the right.

All fields, track, tennis courts are located at the high school.
Ice hockey is played at Charles Buffone Skating Rink (Lake Ave., Worcester)

GROTON-DUNSTABLE REGIONAL HIGH SCHOOL
703 Chicopee Row P.O. Box 730 * Groton, MA 01450
(978) 448-6362 x2

Route 117 East, Route 495 North, to Route 119 West toward Groton. Continue on Route 119 into Groton Center, turn right onto Hollis St. (across from the Town Hall) Follow Hollis St. which then turns into Chicopee Row 3-4 miles from Route 119. HS is on the left.

All fields are located at the High School. *Tennis* played at Groton Country Club (off Route 119 east of Groton Center)
Golf is played at Groton Country Club (off Route 119 east of Groton Center)
Ice Hockey is played at the Groton School Rink.

HOLLISTON HIGH SCHOOL
370 Hollis Street * Holliston, MA 01746

(508) 429-0677

Route 117 East, Route 495 South to Route 9 East, to Route 126. Go through Framingham Center and Ashland to Holliston. At the intersection of Route 126 and Route 16, turn right. Follow Hollis Street 7/10th of a mile to Holliston High School on the left.

HOLY NAME CENTRAL CATHOLIC HIGH SCHOOL

144 Granite Street * Worcester, MA 01604

(508) 754-1353

High School: Varsity Soccer

Route 117 West to Route 190 South or Route 117 East to Route 495 South to Route 290 West. Exit at Kelly Square (Worcester). Turn left off the exit, up the hill. Pass through two sets of lights; turn right onto Granite Street. The school is approx. 1 mile on the right.

S.A.C. Park: JV Soccer

Route 117 East to Route 495 South to Route 290 West. Take Route 70 exit; turn right off the ramp, left at the traffic light onto N. Quinsigamond Avenue. Cross Route 9 (Burger King on right; White City Plaza also on right) and continue on S Quinsigamond Avenue. Turn left onto Oak Street. The park is on the left.

East Park (off Shrewsbury Street, Worcester): JV Baseball

Route 117 East to Route 495 South to Route 290 West. Take exit 16 (Central Street). Left off the exit to set of lights. Go straight through lights ¼ mile to 2nd set of lights. Turn left onto Shrewsbury Street. East Park is ¼ mile on the left.

HOPEDALE HIGH SCHOOL

25 Adin Street * Hopedale, MA 01747

(508) 478-5785

Route 117 East to Route 495 South to Route 290 West. Exit at Route 140 South. Follow into Upton Center. At lights in Upton Center (Wood's Pharmacy is on the right) continue on Route 140 for 4.5 miles. Turn right onto Dutcher Street. Stay on Dutcher Street until you reach a Stop sign. Turn right onto Northrop Street.

Soccer Field:

At the Stop sign on Northrop Street take a right onto Freedom Street. Go over the small bridge and take the right immediately after the railroad tracks. Follow this road to the soccer field.

To the High School (Gymnasium):

Continue on Northrop Street for 3/10 of a mile. Turn left onto Draper Street. At the end of Draper Street you will see the school/gymnasium in front of you.

HUDSON HIGH SCHOOL

69 Brigham Street * Hudson, MA 01749

(978) 567-6250

Route 117 East to Route 85 South toward Hudson. Enter Hudson Center; stay on Route 85 toward Marlboro (bare right at rotary). *Cross bridge (McDonald's on left), bear right onto Park Street at Armory. Park Street merges with Brigham Street. The High School is on the right. Riverside Park is right after the H.S. Softball at High School and Baseball at Riverside.

Ice Hockey is played at NESCS, Marlboro. (See end of book – Ice Rinks)

KEEFE TECHNICAL HIGH SCHOOL

750 Winter Street * Framingham, MA 01701

(508) 879-5400 x377

Route 117 East, Route 495 South, Route 9 East. Turn right onto Temple Street in Framingham. Follow Temple Street to Winter Street to Keefe Tech.

Ice Hockey is played at North Star Youth Forum, Westboro (See end of book – Ice Rinks)

LEOMINSTER HIGH SCHOOL

122 Granite Street * Leominster, MA 01453

(978) 534-7721

To Leominster High School:

Route 117 West past Route 190 to lights. Look for Shell Station on right after passing Knights of Columbus on right onto Litchfield Street. Go to first set of lights (stay in right lane) Continue through lights $\frac{3}{4}$ mile. The school is on the left.

To Doyle Field: Football, Baseball, Soccer, Tennis, Track, and Field Hockey

See above to Route 2 West. Exit Route 12 South. After the 3rd set of lights turn left onto Priest Street to the Doyle Field Complex.

Fournier Field - Softball

From NRHS, take Route 117 West to Route 190 North to Route 2 West. Take South Street Exit and take South Street toward Fitchburg Center. At end take a left onto Route 12. Take a left onto Beech Street to Litchfield Street. Fournier Field is on the left.

Lassie League Field- Softball

Located on route 12. Route 117 West past route 190 toward Leominster. Turn left on Litchfield St. (Shell station on right) Turn right at traffic light onto Rte. 12 N, Lassie League Field $\frac{1}{2}$ mile on left.

Ice Hockey is played at Wallace Civic Center, Fitchburg. (See end of book – Ice Rinks)

LINCOLN-SUDBURY HIGH SCHOOL
390 Lincoln Road * Sudbury, MA 01776
(978) 443-9961 x 247

Route 117 East, cross Route 27. Turn right on Pantry Road at the Sudbury Fire Station. Pantry Road joins Marlboro Road and then Concord Road. Take the next left onto Lincoln Road; the High School is on the right.

LITTLETON HIGH SCHOOL/M.S
56 King Street* Littleton, MA 01460
(978) 952-2749

Route 117 East, Route 495 North to Exit #30 for Route 2A/Route 110 toward Littleton / Ayer. Turn left onto #2A / King St. school on the right @ 56 King St.

LONGMEADOW HIGH SCHOOL
95 Grassy Gutter Road * Longmeadow, MA 01106
(413) 565-4242

Route 117 West, Route 190 South, Route 290 West, Mass. Pike West to Exit 6 (Bradley Field/Route 291). Continue to the first traffic light, turn left, and follow signs for I-91 South. Take Exit 1 (Longmeadow/Forest Park) to the fourth set of lights. Turn left onto Bliss Road. The High School is $\frac{1}{2}$ mile on the right.

LOWELL HIGH SCHOOL
50 Fr. Morrissette Blvd. * Lowell, MA 01852
(978) 937-8951

Route 117 East, to Route 495 North, to Lowell Connector to Thorndike Street Exit. Merge with traffic and stay in the right lane. Go under two overpasses and across railroad tracks. (The road changes names to Dutton Street, and later Arcand Drive, but you will remain going straight. Lowell City Hall will be on your left). Continue straight to the next light at the intersection of Father Morrissette Boulevard and Arcand Drive. The Post Office, with the arena behind it, will be in front of you. Continue straight through the intersection, with the Post Office on your left and the Ayotte Parking Garage on your right. Park at the Ayotte Garage or as directed by arena security.

LUNENBURG HIGH SCHOOL
1079 Mass. Ave. * Lunenburg, MA 01462
(978) 582-4120

High School: Football and soccer

Route 117 West to Route 70 (Lunenburg Road in Lancaster). Turn right. At end, turn left onto Leominster Rd. Take the first right onto Lancaster Ave. Follow to end at intersection of Route 2A*. Turn right on Route 2A (Mass. Ave.). The school is on the left.

Marshall Park (Chestnut Street): *Track, field hockey, baseball, softball*

Follow above to *. Turn left on Route 2A heading west toward Fitchburg about ¾ mile. Marshall Park in on right just before Conrad's restaurant.

Ice Hockey is played at Wallace Civic Center (Fitchburg)

MALDEN HIGH SCHOOL
77 Salem St. * Malden, MA 02148
(781) 397-7223

Route 117 East to Rte 495 North, Route 2 East (exit #29) toward Acton/Boston. Follow Rte 2 E (MASS AVE). Mass Ave turns into Union Turnpike. Enter next rotary and take 2nd exit onto Elm St./Concord Turnpike/Rte 2E.

MARLBORO HIGH SCHOOL
431 Bolton Street * Marlboro, MA 01752
(508) 460-3500 x 7410

Route 117 East, Route 495 South, to Route 290 East toward Hudson. At second traffic light turn right onto Route 85 South. School entrance is up the hill on the left after the 2nd set of lights, just past Navin ice hockey rink on left.

Kelleher Field (Jefferson Street): *Football, night soccer*

Travel past HS (above). Turn right at next set of lights onto Union Street. At fork, turn left. Kelleher is on the left.

Ice Hockey is played at Navin Rink, just before the H.S. Driveway is on the left.

MAYNARD HIGH SCHOOL
1 Tiger Way * Maynard, MA 01754
(978) 897-8891

Route 117 East through Stow into Maynard. School is approx. 8 miles from Route 495, just before the intersection of Route 27 and Route 117 on the right. The Football field is just beyond the H.S. and opposite the Boys and Girls Club at the intersection of Route's 117 and 27.

Baseball and Softball fields are behind High School.

Golf matches are held at the Maynard Country Club, Route 27 at the Maynard/Acton Line.

MILFORD HIGH SCHOOL
31 West Fountain Street * Milford, MA 01757
(508) 478-1144

Route 117 East, Route 495 South, to exit for Milford, Route 85 South*. Take 1st right onto Dilla Street to end. Go left onto Purchase Street, then an immediate right onto Fountain Street, which becomes West Fountain Street. The school is on the left.

High School: *Varsity Soccer, and JV Soccer*

Fino Field: *Varsity Baseball, Freshman Baseball*

Follow above to *. Turn right onto Dilla St. ¾ mile Turn left onto Summer to stop sign. Turn left onto Granite. Fino Field is on the right. Votolato Field- follow road to the left.

Town Park: *JV Baseball, Field Hockey, Freshman Softball*

Follow above to top of Fountain St. Turn left at lights onto Congress St. Follow 1 mile to Town Park on the left.

Ice Hockey is played at New England Sports Center (see ice hockey rinks at end of book).

MINUTEMAN REGIONAL HIGH SCHOOL
758 Marret Road * Lexington, MA 02173
(781) 861-6500

Route 117 East, Route 495 North, Route 2 East through Concord. At Crosby's Corner (Mobil Station on the left) where Route 2 bears sharply to the right, continue straight through the lights toward Route 2A. Bear to the right on Route 2A; continue several miles past Hanscom Field entrance. At next set of lights turn right into school.

MONTACHUSETT REGIONAL VOC. TECH
1050 Westminster Street * Fitchburg, MA 01420
(978) 345-9200 x660

Route 117 West, Route 190 North, to Route 2 West to the Route 31 exit. Turn right at the end of ramp. Proceed under the railroad underpass, past the Waste Water Treatment Plant to the stop sign at the junction of Route 2A. Turn left up the hill. Monty Tech is approx. ½ mile on the right.

MURDOCK MIDDLE/ HIGH SCHOOL
3 Memorial Drive * Winchendon, MA 01475
(978) 297-4391

Route 117 West, Route 190 North, to Route 2 West to the Route 140 North to Route 12 North. GO about 3 miles on Route 12 North to Central Street, Winchendon. On the left is a white Congregational Church, and on the right will be Q Fm Radio Station. Take a right onto Central Street. Stay on Center Street, 1.5 miles, the entrance to school is on the left.

Ice Hockey is played at Clark Memorial Rink, Winchendon.
Turn right at Central Street Clark Memorial will be on right.

NARRAGANSETT REGIONAL HIGH SCHOOL/M.S
464 Baldwinville Road * Baldwinville, MA 01436
(978) 939-5388

Route 117 West, Route 190 North, to Route 2 West to Exit 20 in Templeton (Baldwinville Road). Turn right off the exit onto Baldwinville Road. The school is 1.5 miles on the left.

Softball games are played at Gillman Walte Field (the Town Field): Pass the high school. Take Route 202 North to the center of town.

NASHOBA REGIONAL HIGH SCHOOL
12 Green Road (Route 117) * Bolton, MA 01740
(978) 779-2257 X-5

From 495: Take exit 27 to Route 117 West. Travel approximately 3 miles, school is on the right.

From Route 2 / Route 190: Exit onto Route 117 East. Cross through the intersection of Route 117 and Route 110 (Bolton Orchards will be on the right) Travel up the hill approximately ½ mile, the school is on the left.

All fields, *track* and *tennis* are located at the high school.
Golf is played at Twin Springs Golf Course, Wilder Road, Bolton.
Ice Hockey is played at North Star Youth Forum, Westboro.

NASHOBA VALLEY TECHNICAL HIGH SCHOOL
100 Littleton Road * Westford, MA 01886
(508) 692-4711

Route 117 East, Route 495 North to Exit 32 (Route 225/Boston Road). Follow signs to "Business District." Turn left at the lights. School will be between ¼ and ½ miles on the right.

NIPMUC REGIONAL HIGH SCHOOL
90 Pleasant Street * Upton, MA 01568
(508) 473-0994

Route 117 East, Route 495 South, to Route 290 West to Route 140 South into Upton. In center of Upton at traffic light

(Wood's Pharmacy on the right) continue straight for 3/10th of a mile. Take the first right (at small green sign that says "Mendon – 6 miles") onto Mendon Street. Stay on this road for 3.5 miles. The school is on the right hand side.

NORTH MIDDLESEX REGIONAL HIGH SCHOOL

19 Main Street * Townsend, MA 01469
(978) 597-8940

Route 117 East, Route 495 North to Exit 31 to, Route 119 West. Continue through Groton and Pepperell into Townsend. The high school is on the right just over the Townsend town line.

Ice Hockey is played at the Wallace Civic Center.

Boys / Girls Tennis played at the Varnum Brook MS

Route 117 East to Route 495 North to Exit 31 to Rte. 119 West. Continue into Pepperell; turn right onto Rte. 111 (across from Wilkins Farm Stand). Continue on Rte. 111 into rotary. Go straight across rotary, school is located on the left. Tennis courts are behind school.

NORTE DAME ACADEMY

425 Salisbury Street* Worcester MA 01609
(508) 757-6200

Route 117 West, to Route 190 North, to Exit 31, to Route 119 West. Continue into Pepperell; turn right onto Route 111 (across from Wilkins Farm Stand) Continue on Route 111 onto rotary. Go straight across rotary, school is located on the left. Tennis courts are behind the school.

OAKMONT REGIONAL JUNIOR-SENIOR HIGH SCHOOL

9 Oakmont Drive * Ashburnham, MA 01430
(978) 827-5907

-OVERLOOK M.S-

Route 117 West to Route 190 North to Route 2 West to Depot Road Exit in Westminster. Turn right off the ramp; continue to stop sign at Route 2A. Turn right onto 2A; take 1st left onto South Ashburnham Road. Follow this road approx. 4 miles; Oakmont will be on your left.

OXFORD HIGH SCHOOL

495 Main Street * Oxford, MA 01540
(508) 987-6081

Route 117 West to Route 190 South, (or Route 117 East to Route 495 South) to Route 290 West. This turns into Route 395 South; continue to Exit 5 (Depot Road). Bear right off exit to the first stop (1/4-1/2 mile). Turn left. Continue to first stop, turn left onto Route 12. The school is approx. 1/2 mile on the right.

QUABBIN REGIONAL MIDDLE- HIGH SCHOOL

P.O. Box 429 * Barre, MA 01005
(508) 355-4651

Route 117 West to Route 190 North to Route 2 West. Take the Hubbardston Exit to Route 68 South to Hubbardston Center. Go right just after the library and elementary school; Hubbardston Common will be on your left. Continue on Route 68 until it intersects with Route 62 west. Turn right on Route 62 (Hubbardston Road) and continue to Barre Center. Turn left onto South Street, the road to the right of Cumberland Farms. Follow it approx. 1-1/2 miles; the school will be on your right.

Golf is at Dunroman on Route 32 in Gilbertville. Past High School.

QUINCY HIGH SCHOOL

52 Coddington Street * Quincy, MA 02169

Route 117 East to Rte. 495 South. Take 495 South to I90 (Mass Pike) toward Boston/Albany NY. Keep right at the fork in the ramp. Follow Mass Pike to Rte I95/Rte 128 exit (#14). Stay right at the fork in ramp, merging onto I-95 South. Take I-93 North toward Braintree/Cape Cod. Merge onto I93 North/US-1North. Take the Rte 3 South exit (#7)

toward Cape Cod. Take the Washington St. exit (#18), toward T Station / Quincy Center. Keep left at fork. Merge onto Thomas S. Burgin Pkwy. Turn slight right onto Granite St. Granite St. become Hancock St. Hancock St. becomes Temple St. Temple St. becomes Coddington St. Turn left on Woodward Ave.

READING MEMORIAL HIGH SCHOOL
62 Oakland Road * Reading, MA 01867

Route 117 East to Rte 495 North. Follow Rte 495 North to the I93 South exit (#40A) toward Boston. Follow I93 to the Rte 129 exit. (#38) toward Reading/Wilmington. Keep right at the fork in the ramp. Merge onto Lowell St./MA – 129. Turn left onto Winthrop Ave. Turn right onto Weston Rd. Turn left onto Longfellow Rd., Turn right on Oakland Rd.

ST. JOHN'S HIGH SCHOOL
378 Main Street * Shrewsbury, MA 01545
(508) 842-8934

Route 117 West to Route 190 South to Route 290 East to Exit 22. Turn right at end of ramp. The school is 2 miles on the right (field is 1.5 miles on the left).

ST. PETER-MARIAN JR. / SR. HIGH SCHOOL
781 Grove Street * Worcester, MA 01506
(508) 852-5555

Route 117 East to Route 495 South, to Route 290 West, to exit to Route 190 North. Take Exit 1/Gold Star Blvd. (first exit after ramp – Greendale Mall on the right). Immediately bear left toward Route 190 on-ramp; bear right at fork in ramp to Norton Company and Shore Drive. Turn left at traffic light onto Shore Drive, passing Greendale YMCA. Go approx. ½ mile to stop sign, then turn left, then an immediate right heading up Drummond Ave. to stop sign. Right turn onto Grove Street (Route 122A); 2/10th mile to SPM school sign, turn left up driveway. Follow drive behind the school to parking lot.

Football / Soccer/Baseball games are played at the High School
Ice Hockey is played at the College of the Holy Cross.
Softball games are played at Kendrick Field.
Tennis matches are played at Lake Park.
Golf is played at Holden Hills Country Club, Holden.

SHEPHERD HILL REGIONAL HIGH SCHOOL
68 Dudley-Oxford Road * Dudley, MA 01571
(508) 943-6700

Route 117 East to Route 495 South to Route 290 West, through Worcester to Route 395 South. Take Exit 4B (Oxford Center), bear right off exit ramp, and go ½ mile into center to the traffic lights. Go through the lights and take the 6th left turn (7/10th mile) onto Dudley Road. Travel 3.6 miles; at fork bear right onto Dudley-Oxford Road. The school will be one mile on the left.

Nichols College – Tennis See above to Shepard Hill High School. Pass the high school to stop sign. Bear left to next stop sign at 4-way intersection. Pass through intersection, Nichols College/gym on left. Courts are @ gym.

SHREWSBURY HIGH SCHOOL
64 Holden Street * Shrewsbury, MA 01545
(508) 841-8840

Route 117 West to Route 190 South, to Route 290 East, to exit 22 Main St. Turn left, pass under 290 at 1st set of lights turn right onto Holden St. Follow up the hill to the High School. **OR** Route 495 South to Route 290 West to exit # 22 Main St. Turn right off ramp, take right at lights onto Holden St., up the hill to the High School.

All sports played at the HS on Holden St., except *Ice Hockey* which is played at North Star Forum, Westboro.

SOUTHBRIDGE HIGH SCHOOL
25 Cole Avenue * Southbridge, MA 01550
(508) 764-5456

Route 117 East to Route 495 South to Route 290 West through Worcester. In Auburn, take Mass. Pike West to the Sturbridge exit. Go to Route 131 toward Southbridge. As you enter Southbridge, pass through the set of lights. Turn right onto High Street (just after lights and a gas station). Go up the hill to the stop sign. Turn left onto South Street,

travel about .4 miles and turn right onto Sayles Street. Go about .2 miles and turn left onto Dresser Street. The school is on the right. Turn right onto Cole Ave. to the parking lot.

SUTTON HIGH SCHOOL
375 Boston Road * Sutton, MA 01527
(508) 865-9888

Route 117 East, to Route 495 South, to Route 290 West, to Worcester. Take the Brosnihan Square/Millbury Exit onto Route 146 South. Stay on Route 146 South until you reach Boston Road at the set of lights (Sutton Pizza is on the right). Take a right onto Boston Road and the school is 2.1 miles on the left.

TAHANTO REGIONAL HIGH SCHOOL / MS
1001 Main Street * Boylston, MA 01505
(508) 869-2333

Route 117 West to Route 110 South; left toward Clinton. Follow Route 110 through Clinton Center to Route 70 South. Continue on Route 70 to Boylston (by Wachusett Reservoir). The school is on the right just beyond Cross Street (on the left).

TANTASQUA REGIONAL HIGH SCHOOL
319 Brookfield Road * Sturbridge, MA 01566
(508) 347-9214

Route 117 East to Route 495 South, to Route 290 West, to Worcester. In Auburn, take the Mass. Pike West to Exit 9 (Sturbridge/I-84). Take the first exit off the Pike, Route 20 West. Stay on Route 20 west for 2.2 miles. Take a right onto Route 148 North and continue for 3.3 miles. The High School is on the left; Junior High is on the right.

All fields, track and tennis courts are located at the Junior and Senior High facilities.

Golf is played at Hemlock Ridge (follow directions above except take a left at the Route 20 & Route 148 intersection (Holland Road). The golf course is on the right.

WACHUSETT REGIONAL HIGH SCHOOL
1401 Main Street * Holden, MA
(508) 829-6771

Route 117 West to Route 190 South to Exit 3 West. Mountain Street. Bear right onto W. Mountain Street * and go to the end. Turn left onto Shrewsbury Street, turn right onto Route 122A, and go through Holden Center. The school is located ½ mile on the left after Route 31 intersection.

From Route 495 South-

To Route 290 West, to Route 190 North. Take the Holden Exit; continue to second light and turn left onto West Mountain Street. Continue from * above.

Ice hockey games are played at North Star Youth Forum, Westboro.

WAYLAND HIGH SCHOOL
264 Old Connecticut Path * Wayland, MA 01778
(508) 358-7488

Route 117 East, take a right onto Route 27 and follow through Sudbury. Route 27 will merge with Route 126 in Wayland. Cross Route 20 and continue for approx. one more mile to set of lights. Bear right on Route 126 (Old CT. Path). Wayland High School is ½ mile on the right.

WESTBORO HIGH SCHOOL/M.S
90 West Main Street * Westboro, MA 01581
(508) 836-7714

Route 117 East, Route 495 South, to Route 9 West. Take Route 135 East toward Westborough. Turn right onto Route 30 (Main Street). The high school is on the left.

Field Hockey at on Rogers Road. 495 South, to Route 9 West, to Route 30 West past Hastings Elementary School. Next left onto Rogers.

Middle School – Soccer/Baseball/Softball Track at Highschool

Route 117 East, to Route 495 South, to Route 9 West. After 2-3 miles, take Route 135 East toward Westborough. Go one mile over RR Bridge. At triangle, take sharp right onto Fisher Street. School is 1/2 mile on the left.

WEST BOYLSTON HIGH SCHOOL

125 Crescent Street * West Boylston, MA 01583
(508) 835-4475

Route 117 East, Route 495 South, Route 290 West to Route 140 North (W. Boylston Exit). At second light (intersection of Route 140/Route 12) go straight across for approx. three blocks. High School is on the left.

Or: Route 117 West, Route 110 South through Clinton and Sterling to W. Boylston. At intersection of Route 12 take a left; continue across bridge and RR tracks, to Central Street. Take a right (it becomes Crescent Street); in approx. three blocks the school is on the left.

WESTON HIGH SCHOOL

444 Wellesley Street * Weston, MA 02193
(781) 529-8035

Route 117 East, take a right onto Route 27 and follow through Sudbury. At the Route 27/Route 126/Route 20 in Wayland, take a left onto Route 20 and follow east. Take a right onto School Street, and after school buildings, bear right onto Wellesley Street. Cross Route 30. The first two driveways on the left are for Weston High School.

WESTFORD ACADEMY

30 Patten Road * Westford, MA 01886
(978) 692-5570 x3

Route 117 East, Route 495 North, Exit 32(Boston Road/Route 225). Turn left at end of ramp, heading West toward Westford. Continue on Boston Road to stop sign in center of Westford; Westford Common will be on your right. Go left onto Main Street; bear right on to Forge Village Road. Take the second left onto Patten Road; the school is on the left.

WORCESTER PUBIC SCHOOLS

Foley Stadium Field House
305 Chandler Street * Worcester, MA 01602
(508) 799-3081

Farber Field/Doherty High School: Boys Soccer

Route 117 East, Route 495 South, Route 290 West, to Route 9/Lincoln Street Exit. Bear right off ramp, follow Route 9 (right at 2nd set of lights), pass courthouse. Cross Park Ave (Elm Park in on the left) and continue on Highland St. past Doherty High School to a small rotary. Turn onto Pleasant Street and follow to a right turn onto Moreland Street. Continue on Moreland to the top of the hill. Farber Field is on the left on Camelot Drive.

Foley Stadium (305 Chardler Street Worcester. Ma 01602)

Route 117 West to Route 190 South, exit Route 12/GoldStar Blvd. Continue onto Route 12/Park Ave. past W.P.I. on the left. At intersection of Route 122/Park Ave., turn right onto Chandler Street. Foley Stadium is on the right.

WORCESTER PUBIC SCHOOLS (continued)

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WORCESTER PUBIC SCHOOLS (continued)

Worcester North High School

Route 117 East to Route 495 South to Route 290 West. Take Route 70 exit; turn right off the ramp, left onto Plantation Street. Continue past UMASS Medical to the set of lights at Shrewsbury/ Belmont Street. Straight through lights to next set of lights at the Fire Station. Turn left, then 1st right. North High School is 200 yards on the left. The field is behind the school.

ICE HOCKEY RINKS

Auburn Rink

Route 117 East to Route 495 South, to Route 290 West, through Worcester. In Auburn take Route 12 exit and turn right at the stop sign. The rink is one mile from this stop sign.

Charles J. Buffone Skating Rink (Lake Ave, Worcester)

Route 117 East to Route 495 South to Route 290 West. Take Route 70 exit; turn right off the ramp, left at the traffic light onto N. Quinsigamond Avenue. Follow to Route 9, take a right and cross the bridge. At the first light, take a right onto Lake Avenue north and take the immediate turn around to Lake Ave. South. Cross Route 9 and follow Lake Ave. .8 of miles. The rink is on your right.

Cushing Academy: Iorio Arena (Ashburnham 508-827-7800)

Route 117 West, Route 190 North, Route 2 West, to Exit 24, Route 140 North. Follow to second traffic light (Route 101 North), take a right and follow to Cushing Academy (up on a hill). Take a left onto School Street and follow to rink driveway on left. Rink is at the top of the hill.

Gardner Rink

Route 117 West, Route 190 North, Route 2 West, to Exit 24, Route 140 North. Follow to second traffic light. Turn left onto Route 101 and continue past the high school. Go around the rotary, staying on Route 101. At fork, bear right (Route 101 will bear left); entrance to the rink is the first right.

Navin Rink, Marlboro (508) 624-5580

Route 117 East, Route 495 South, to Route 290 East toward Hudson. Turn right onto Route 85 South. The rink is up the hill on the left at the 2nd set of lights (just before the Police Station and High School).

NESC

Route 117 East to 495 South. From Route 1 495, take Route 290 West. Get off Solomon Pond Mall (Exit 25) Take a right at the end of the ramp. At set of lights take right onto Donald Lynch Blvd. Follow past mall approximately 1/2 mile. Sports Center is on left.

North Star Forum, Westboro

Route 117 East, Route 495 South, to Route 9 West. Continue past the Route 30 intersection and through the Lyman Street traffic lights. Take the next right onto Woodman Avenue (a small road). At the stop sign, go left onto Bridle Lane and take an immediate right into the rink.

Wallace Civic Center, Fitchburg

Route 117 West, Route 190 North, Route 2 West, to Route 13. Turn right off exit onto Route 13 toward Whalom Park. Turn left onto Route 2A and continue to traffic light on John Fitch Highway. Turn right; pass through two traffic lights. The Civic Center is on the right just past Coolidge Park.

SKI AREAS

Berkshire East Ski Area, MA

Route 117 West to 190 South, 290 West to Mass Pike I-90 West, to I-91 North. Exit 26 and 60 West to Mohawk Trail (Route 2) The ski area is 16 miles West of Boston and 17 miles West of Greenfield.

Hickory Hill Ski Center, MA

Route 117 West to 190 South, 290 West to Mass Pike I-90. Mass Pike to Exit 3, Westfield. Right off ramp to center of Westfield, about 1½ miles. Take Route 20 West to Huntington, MA. Follow 112 North to the only stop light Worthington Center. Travel 1 mile to the ski center.

Nashoba Valley Ski Area

Route 117 East, Route 495 North to Route 119 East. Go a proximally one mile; take a left onto Power Road.

Weston Track (X- Country Skiing)

Route 117 East, take a right onto Route 27 and follow through Sudbury. At Route 20 in Wayland, take a left and follow east. Take a right onto School Street, and at school buildings a left onto Newton Street. At light take a left onto Route 30, 1st right on Park Road. Go past entrance to Mass. Pike, under RR Bridge and look for parking lot on left by Golf Building.

Colleges and MIAA Sites

AIC (American International College)

Route 117 West to 190 South to interstate Route 90 (Massachusetts Turnpike) to Exit 6 (Springfield). After the tollbooth, turn left onto route 291 West. Take the second exit, Exit 5 (Route 20-A West) bearing to the right on the ramp itself. At the end of the ramp, when merging onto the street, immediately get into the left-hand lane. At the first traffic light (St. Mary's Church on right, Fire Station on left), turn left onto Roosevelt Avenue. Proceed along Roosevelt Avenue for approximately two miles. The Butova Gymnasium will be on your right.

ASSUMPTION COLLEGE

Route 117 to 190 South, to Route 12 Exit (Greendale Mall). Continue on Park Ave to Light at Salsbury Street and then right at the Flag Street fork.

BABSON COLLEGE

Route 117 East to 495 South to the Mass Pike to I-95/Route 128 south. Follow the Route 16 West. Go 1-½ miles on Route 16 and take a left onto Abbot Road at BankBoston. Go 1 mile and take a left onto Forest Street. Babson Collage is on your right.

From Route 9: Follow Route 9 East to Route 16 West. Go ¼ mile and take a left onto Abbot Road at BankBoston. Go 1 mile and take a left onto Forest Street. Babson Collage is on your right.

BOSTON UNIVERSITY

Route 117 East to 495 North to Route 2 East, to Storrow Drive. Continue on Storrow Drive to the Kenmore exit. At the First set of traffic lights, turn right onto Beacon Street. At this point, the road forks; the right fork is Bay State Road. The left Fork will take you onto Kenmore Square; go into the Square, bear right onto Commonwealth Ave.

BRIDGEWATER STATE COLLEGE

Route 117 West to 190 South, to 290 West. Route 24 to exit 15. Take Route 104 East to the stop sign (approximately 3 miles). Turn Left. Proceed to the Town Square and bare left around the rotary. Go straight through the traffic light on Route 18 North. Turn right after the Burger King onto Spring Street. The entrance to the parking lot on right.

UMASS AMHERST CURRY HICKS CAGE

Route 117 West to 190 South, to 290 West, to Mass Pike West. Take Route 91 South to Exit 25- at the end of the ramp turn left and Follow the road to the intersection- turn right onto Routes 5& 10 South- go 1 mile, then left onto 116 South, then eight miles to UMass exit- Left at the end of ramp onto Massachusetts Avenue. Proceed through two sets of lights (one flashing) and take a left near the top of the hill (approx. ½ mile) into the parking lot. The Cage is just past the far end of the parking lot.

UMASS AMHERST WILLIAM D. MULLINS CENTER

Route 117 West to 190 South, to 290 South, to Mass Pike West. Take Route 91 South to Exit 25. At the end of the ramp turn left and follow the road to the intersection, turn right onto Routes 5&10 South, go 1 mile. Turn left onto 116 South, and then go eight miles to the UMass Exit. Take a left at the end of the ramp onto Massachusetts Avenue. Take left at second set of lights and directions for parking.

FLEET CENTER

117 East to Route 495 North to Route 2E to Sorrow Drive Cambridge. Follow the signs towards North Station. Turn right at the end of ramp. The Fleet Center will be located on your left.

HAMPSHIRE COLLEGE / AMHERST

Route 117 West to 190 South, to 290 West to Mass Pike to I-91. I-91 North to Exit 19. Bear right off exit onto Route 9. Take Route 9 East for 6 miles to intersection of 116 in Amherst Center. Turn right on 116 going south for roughly 2 ½ miles. Hampshire College is on your right.

HOLY CROSS / WORCESTER

Route 117 West to 190 South, to 290 West. (College Square/ Southbridge Street). Bear to the left at the Fork in the exit ramp, following the signs for College Square. Cross to the right lane and take the first right after a hotel (before traffic light) onto College Street. Go all the way to the top of the hill and enter at the last entrance gate on the left (Gate 7- US mailbox is located by the gate). Hogan Campus center is the second building on left.

LONGWOOD CRICKET CLUB / CHESTNUT HILL

Route 117 East to 495 South to Route 9 East to Chestnut Hill. From the West turn left onto Hammond Street, pass in front of the club and take first right, which is Middlesex Street. General Parking is available on the left at the Brimmer and Maye School lot or along Dunster Road, Which is the next right. The entrance gate is toward Route 9. Parking is also permitted on Hammond Street. Please note that parking in the lot inside the entrance gate to Longwood is reserved for members and MIAA staff only.

REGGIE LEWIS TRACK AND ATHLETIC CENTER

Route 117 East to 495 North, to Route 2E. Take Southeast Expressway to Mass. Ave./Roxbury Exit- straight off ramp-through lights (Mass. Ave.) on the Melnea Cass Boulevard- follow to end- go left onto Tremont Street- Reggie Lewis Track and Athletic Center ¼ mile on left.

North of Boston: Route 93 South/ Route 1 South to Southeast Expressway, FOLLOW DIRECTIONS ABOVE.

REGIS COLLEGE / WELLESLEY

Route 117 East to 495 South to the Mass Pike East to Route 95/128, take exit 24 to Route 30 west. Continue approximately two miles and make a right turn onto Wellesley Street; bear right at the fork in the road. Regis College is on right.

SPRINGFIELD COLLEGE

Route 117 West to 190 South to 290 West to Mass. Turnpike to Exit 6. Turn left to Route 291 West; proceed one mile to Exit 5 (East Springfield, Indian Orchard). Turn right at the end of the ramp onto Route 20A- get into left lane immediately. Turn left at traffic signal into Roosevelt Avenue. Proceed 3 miles to Alden Street, Turn right onto Alden Street and proceed ½ mile to campus.

TUFTS UNIVERSITY

Via Routes 2,3, 9, Interstate 95 or the Mass. Turnpike (Interstate 90), the easiest approach to the campus is to turn from any of these Routes onto the circumferential Route 128 (interstate 95) and Proceed to its intersection with Route 2 (exit 29A). Proceed East on Route 2 to the junction of Routes 2 and 16 and turn onto Route 16 East (Alewife Brook Parkway). Follow Route 16 through 2 full traffic lights. Take the next right, a sharp turn, onto Powder House Boulevard. Proceed to Powder House Rotary. Go around the Rotary and up College Avenue. A chain link fence surrounds the field area. Look for the opening to the parking lot/ fields, which will be on your left.

TUFTS VETERINARY "FARMCOURSE" / GRAFTON

For Cross Country State Meet

Route 117 East to Route 495 South to Exit 23, which is Route 9 west. Proceed west on Route 9 for approximately 1-½ miles to Route 30 west into Westborough Center. Go through Westborough Center and Continue on Route 30 for 4 miles.

WELLESLY COLLEGE

Route 117 to Route 495 South to the Mass. Turnpike to exit 14 (Weston). Go South on Interstate 95 (Route 128) for ½ mile to Route 16 West for almost 3 miles to a stoplight (5-way intersection) in the town of Wellesly; go straight on Route 135 West. At the third traffic light take a left into the main entrance of the College.

WORCESTER CENTRUM CENTER

Route 117 West to 190 South to I-290 west; off at Exit 18 turn right, follow signs to the Centrum Center.

WORCESTER POLYTECHNIC INSTITUTE

Route 117 West to 190 South to Exit at the Greendale Mall.

WORCESTER STATE COLLEGE

From route 495, take Exit 25 to Route 290 west take exit 18 (Route 9 west); turn right off exit ramp and stay in the center lane, turn right onto Route 9 west follow Route 9 into Worcester (also known as Highland Street). While on Highland Street, stay in the right hand lane. Stay on Highland Street for 1-½ miles. (You'll pass Elm Park and Doherty High School on the left). At the rotary, bear left onto June Street. (Flower shop on corner) At the second light, turn right onto May Street. The main entrance to the College will be three blocks up on your left.