

# **DIRECTIONS TO SWIM MEETS –**

## **Approximate time**

**\*All pools are 25 yards, unless other wise stated\***

**Attleboro Bluefish Swim Club (ABF)**  
**Attleboro High School, 100 Rathbun Willard Drive Attleboro, MA**

Take I-95 to the Attleboro Exit #3A, Route 123 towards Attleboro Center. Immediately after exiting off I-95, take a left at the Shell gas station onto Lathrop Drive. Follow approximately one mile and take a right onto Rome Blvd. Rome Blvd will curve to the right and then back to the left before becoming Rathbun Willard Drive. Attleboro High School will be on your right. Enter the first large parking lot next to the School. On this route, look for signs indicating the way to the high school.

**Bedford Swim Team Barracudas (BST)**  
**20 County Rd - Bedford, NH 03110 (25 minutes)**

- Right on South St (Rte. 13)
- Take Ramp to Rte. 101 (12.6)
- Right on Nashua Rd (blinking light) (0.4)
- Turn left onto County Rd. (0.2)
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**Bentley College (60 minutes)**

### **All points North:**

- Take Route 95/128 South to Trapelo Road, exit 28.
- Turn left at top of exit ramp.
- Follow Trapelo Road 2.6 miles toward Belmont.
- Turn right onto Forest Street.
- Continue on Forest Street to the end

**Boston University**  
**Fitness and Recreation Center, Boston University,**  
**Boston, MA (75 minutes)**

### **From the North**

1. Take I-93 or Route 1 South to Boston. Exit onto Storrow Drive.
2. Continue on Storrow Drive to the Kenmore Square Exit.
3. At the first set of lights, turn right onto Beacon Street.
4. Bear right at the far end of Kenmore Square onto Commonwealth Avenue.

5. Continue on Commonwealth Avenue to the Fitness & Recreation Center (approximately 1 mile).

**From the West**

1. Take the Massachusetts Turnpike (I-90) East. Take Exit 18 on the left (Brighton/Cambridge).
2. Follow signs to Cambridge. At the second set of lights, turn right.
3. Continue on Storrow Drive to the Kenmore Square Exit.
4. At the first set of lights, turn right onto Beacon Street.
5. Bear right at the far end of Kenmore Square onto Commonwealth Avenue.
6. Continue on Commonwealth Avenue to the Fitness & Recreation Center (approximately 1 mile).

**\*This pool can be 25 short course meters or  
25 yard short course pool depending on set-up\***

**Boys & Girls Club of Nashua (BGCN)  
47 Grand Ave. Nashua, NH (30 minutes)**

- Follow Rte. 101A
- Take ramp onto US 3S toward Boston
- Take exit 5/Nashua (Rte. 111A)/ Pepperell MA toward 5W
- Turn left on 111
- Take ramp onto Ledge St. toward Merrimack/US3/ Manchester/ #5A/ Simon St.
- Turn left on N 7<sup>th</sup> St.
- Turn left on Grand Ave.

**Colby-Sawyer College- Hogan Sports Center  
(90 minutes) Main St, New London, NH 03257.**

From the southeast, go north on I-89 N from Concord, NH. Take Exit 11 and follow signs to New London, which is approximately 3 miles from the exit. The driveway entrance to the Hogan Athletic Center will be on the right just after the Colby Homestead and as you first approach the College buildings on the right.

From the north and west, take I-89 south. Take Exit 12 and follow signs to New London. The driveway entrance to the Hogan Athletic Center and parking will be on the left after passing many college buildings.

**Exeter Swim Team  
Philips Exeter Academy  
Phillips Exeter Roger A. Nekton  
Championship Pool (75 minutes)**

From North or South:

Route I-95 to Exit 2. At tolls take Route 101 West to Portsmouth/Stratham exit 11 (Route 108). Take left at end of ramp, following Route 108 South to T intersection, turn right. At the bandstand in downtown Exeter, turn left (still 108). Take a left at the top of the hill onto Court St. (Route 108). Turn left just after the tennis courts on the left. Parking is on the right.

From East or West: Route 101 to the Portsmouth/Stratham exit 11 (Route 108). Follow directions from Route 108 South above.

**Harvard University  
Blodgett Pool  
North Harvard St. - Cambridge, MA (75 minutes)**

**From the North**

Take I-93 south to Storrow Drive exit. Take Storrow Drive west for approximately five miles. Exit at Harvard Square/North Harvard Street. At top of exit, turn left onto North Harvard Street. Approximately 1/4 mile on your right will be the entrance for Harvard & Blodgett Pool.

**Greater Manchester Family YMCA Tigersharks (MYT)  
116 Goffstown Back Road - Goffstown, NH 03045 (35 minutes)**

- Right on South St (Rte. 13)
- Take Ramp to Rte. 101 (14.1)
- Left on Rte. 114 (3.6)
- Left on Mast Rd (Rte. 114) (0.8)
- Right on Henry Bridge Rd (1.0)
- Bear Right on Center St. (0.2)
- Bear Right onto Goffstown Back Road

**Greater Nashua YMCA STORM (STRM)  
6 Henry Clay Drive – Merrimack, NH 03054 (20 minutes)**

- Take 101A toward Nashua (4.5 miles)
- Left on to Continental Blvd. (2.4)
- Right on Industrial Dr. (1.3)
- Right On US-3 South (1.1)
- Right on Henry Clay Drive (0.2)

**Manchester Swim Team Rapids (MST)  
Southern New Hampshire University**

## **2498 North River Rd - Manchester, NH 03106 (60 minutes)**

- Take Ramp to Rte. 101 (14.1)
- Bear Right on **RT-101 E** toward MANCHESTER (US-3)/AIRPORT (I-293)/EVERETT TURNPIKE (1.6)
- Continue on **I-293 S** (3.1)
- Take the CONCORD/PORTSMOUTH Left exit onto **I-93 N** (4.8)
- Take exit #9N/HOOKSETT onto **US-3** (2.1)
- Turn Left on **MARTINS FERRY RD** (0.7)
- Turn Left on **N RIVER RD** (0.5)
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## **Raco Theodore Pool (45 minutes) Head St. Manchester, NH**

- Take Ramp to Rte. 101 (14.1)
- Turn Left onto Rte. 114 (0.7)
- Turn Right onto Donald St.
- Bear left on Rochelle Ave (0.2)
- Bear Right on Varney St
- Turn right on Varney St. (114A) (0.1)
- Turn Left on Head St.
- Pool will be on your left

## **Massachusetts Institute of Technology (MIT) Zesiger Sports and Fitness Center 120 Vassar Street Cambridge, MA (75 minutes)**

### **From the North (I-95 or I-93)**

If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

### **From Route I-93**

From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT .

Once on MIT's campus, take a left onto Vassar Street and The Zesiger Sports and Fitness Center is located at 120 Vassar Street, on the left.

## **St. Michael's College**

### **Ross Sports Center at One Winooski , Colchester VT 05439**

**(3 hours 15 minutes)**

From the north, take 89 South to exit 16. Take a right off the exit onto Route 2/7 South. Follow into downtown Winooski. At the traffic light downtown, take a left onto Route 15 East. Follow Route 15 to the fourth traffic light (Purple Knights Pizza will be on your right). Take a left at the light into the Saint Michael's College main entrance. The Ross Sports Center is located at the far left end of the parking lot. Ample parking is available. Enter the Ross Sports Center through the main doors. The pool office and spectator seating entrance is located at the end of the first right hallway. The locker rooms are located off the pool deck.

From the south, take 89 North to exit 15. Take a right off the exit onto Route 15 East. Take Route 15 East to the first traffic light (Purple Knights Pizza will be on your right). Take a left at the light into the Saint Michael's College main entrance. The Ross Sports Center is located at the far left end of the parking lot. Ample parking is available. Enter the Ross Sports Center through the main doors. The pool office and spectator seating entrance is located at the end of the first right hallway. The locker rooms are located off the pool deck. From the south, take 89 North to exit 15. Take a right off the exit onto Route 15 East.

## **Milford Keyes Park**

**Elm St. Milford, NH 03055 (10 minutes)**

- Head towards Nashua St./ 101A toward Keene
- Enter down town rotatry & proceed  $\frac{3}{4}$  of the way around and follow to Elm St (Foodees Pizza is on right)
- Follow Elm St and take right into park (just past the Mobil station on left)

## **Oyster River Swim Team (ORO)**

**University of New Hampshire (Swansey Pool) (75 minutes)**

- Take Route 101 east to Exit 7 (Epping/Route 125).
- Continue north on Route 125 to the Lee Traffic Circle.
- Drive east on Route 4 to the Route 155A exit.
- Turn right towards Durham. Follow 155A. (towards UNH campus)

**Portsmouth Swim Team (Wavemakers – PST)**  
**50 Andrew Jarvis Drive- Portsmouth, NH (75 Minutes)**

- Take Route 101 (15.8)
- Rt 101 becomes 293 South (3.1)
- Take I-93 North (left) towards Portsmouth/Concord (2.2)
- Right onto 101-East toward Seacoast/Portsmouth (31.2)
- Take 1-95 exit toward Portsmouth (7.7)
- Take exit 3/RT-33 toward Portsmouth/Greenland (0.7)
- Right onto Greenland RD [RT-33] (1.7)
- Right onto Lafayette Rd [US-1] (0.3)
- Left onto Andrew Jarvis Drive... Pool is on the right (High school in Front)

**\*This pool is 25 Meters\***

**Greenwood Memorial Swim Team (GMSC)**  
**Mount Wachusett Community College (45 minutes)**  
**444 Green Street - Gardner, MA**

**From the North and South:** Follow Route 128 or 495 to Route 2 West. Take the first Gardner exit (#23). The end of the ramp feeds into a rotary and take the first right passing underneath a railroad bridge, following the sign to Rte 140. At the first traffic light, turn right onto Elm Street and follow until you come to another rotary. Enter the rotary and take the second exit (at 12 o'clock) with signs towards Rte 140, Winchendon, and MWCC. This is Green Street and MWCC is approximately one mile on your right. Take the second entrance and the first building on your left is the Fitness and Wellness Center. After the Center, take the second left into the visitor parking area or a right into the student parking area if the visitor parking area is full.

**From the East:** Take Route 2 West and follow the above instructions.

**From the West:** Take Route 2 East; get off at the second Gardner exit (#23), and follow the directions from North and South.

**Greenwood Memorial Pool (45 minutes)**

**69 Park Street- Gardner, MA**

**From the North and South:** Follow Route 128 or 495 to Route 2 West. Take the first Gardner exit (#23). At the end of the ramp, which feeds into a rotary, take the first right underneath a railroad bridge. At the first traffic light, turn right onto Elm Street. Follow until you come to another rotary. Enter the rotary and exit it at 9 o'clock -- this is Central Street, which you follow until it forks. You bear right at the fork, which is Park Street. The pool is on the right, after approx. 0.2 miles.

**From the East:** Take Route 2 West and follow the above instructions.

**From the West:** Take Route 2 East; to second Gardner exit (#23), and follow the above instructions.

## **North Shore Swim Club (NSSC)**

### **Salem State College (60 Minutes)**

**(winter/summer season)**

**FROM THE NORTH** From Maine, New Hampshire, and other points North, take I-93 South or I-95 South to Route 128 North. Proceed on Route 128 North to Exit 25A Salem/Marblehead exit). Exiting off 25A puts you on Route 114 East. Proceed on Route 114 East for 3.9 miles to the College. Note: When you exit off Route 128, take a left at 3rd traffic light and continue on Route 114 East to the college.

## **Hanscom Air Force Base**

**(winter/ summer season)**

**DIRECTIONS:** Directions to the Visitor's Center (only entrance available): Take Exit 30B off I-95/Rte 128, Hanscom Field Exit, go 1.5 mi to the blinking light, take a right, go 1/4 mile straight, bear right to Hanscom AFB, Vandenberg Gate, and check in at the Visitor's Center.

**Directions to the Pool from the Visitor's Center:** Exit right out of visitor center parking lot. Stop at gate for ID check. Once through gate go straight and go right at end of road onto Marrett St. Follow Marrett past 3 ball fields on your left. The Hanscom Pool is immediately following the ball fields on your left

## **Seacoast Swimming Association (SSA)**

**(Winter season)**

## **University of New Hampshire (Swansey Pool) (75 minutes)**

- See Oyster River Otters for information

**(Summer season)**

## **Jenny Thompson Competition Pool (75 minutes) –**

**150 Portland Ave. – Dover, NH 03820**

- Right on South St (Rte. 13)
- Take Ramp to Rte. 101 (14.1)
- Bear Right on **RT-101 E** toward MANCHESTER (US-3)/AIRPORT (I-293)/EVERETT TURNPIKE (1.6)
- Continue on **I-293 S** (3.1)
- Take the CONCORD/PORTSMOUTH Left exit onto **I-93 N** (2.2)
- Take Right fork onto **RT-101 E** toward **PORTSMOUTH/SEACOAST** (19.0)
- Turn Left on **RT-125** toward **EPPING** (9.7)
- Bear Right on CONCORD TPKE(US-4 E) (1.4)
- Take ramp toward **DOVER/DURHAM** (0.2)
- Turn Left on **RT-155** (5.2)
- Continue on W KNOX MARSH RD(RT-9) (0.3)
- Continue to follow **RT-9** (0.9)
- Bear Left on CENTRAL AVE(RT-108) (0.3)
- Turn Right to follow **RT-108** - go **0.2** mi
- Turn Right on PORTLAND AVE(RT-4) - go **0.7** mi
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**\*This pool can be 50 long course meters or 25 yard short course pool depending on set-up\***

### **Shawmut Aquatic Club Joseph P. Keefe Technical School, Framingham MA (90 minutes)**

From Rt. 128 take Rt. 9 west toward Framingham passing the Natick Mall. Take Rt. 126 into downtown Framingham, turn right onto Rt. 135. Go past La Cantina Restaurant and take next right (Winter Street). Go over bridge thru lights. Keefe Tech is on the right.

From the West, using either the Mass Pike or Rt. 9. Upon exiting the Mass Pike at exit 12, Framingham, follow signs to Rt. 9 East, Framingham. At the end of the ramp, merge onto Rt. 9 east and proceed approximately 1.3 miles to the second light. Take the right onto Temple Street and proceed past the Super Stop and Shop to the end of the street. At the end, take a left onto Salem End Road. Proceed on Salem End Road ¼ mile to the first light. Take a right onto Winter Street. The entrance to Keefe Tech will be located 1 ½ miles on the left.

### **Solo Swim Team (SOLO) Haverhill High School - Haverhill, MA (60 Minutes)**

From the south take 495 to exit 50 (Rt. 97). At end of ramp go directly across through lights, on to Monument St., proceed to stop sign. Go straight through intersection. High school is on right. Pool is large building on right.

From the north take 495 to exit 50 (Rt. 97). Turn left at end of ramp. Cross over 495, take first left at lights, on Monument St (see above). From exit 50, pool is less than 1/2 mile away

## **Smith College - Dalton Pool, Northampton, MA (2 hours 30 minutes)**

North and Southbound on I-91 take exit 18. Take left (north) on Rt. 5/10. Go straight to the center of Northampton. Turn left on Main St. (Rt.9) bear right up hill past Smith College. Turn left onto College Lane going down hill past pond. Bear right at the fork in the road. The pool is on the left at the bottom of the hill.

## **Springfield College Art Linkletter Natorium, Springfield, MA**

263 Alden Street, Springfield MA 01109 (2.hours 30 minutes)

**From points east and west:** Take Massachusetts Turnpike to Exit 6. Turn left to Rte. 291 West. Proceed one mile to **Exit 5** (East Springfield – Indian Orchard). After you turn right at the end of the exit ramp onto Rte. 20A, get into the left lane on Rte. 20A. Take immediate left at traffic signal onto Roosevelt Avenue. Proceed three miles to Alden Street. Turn right onto Alden Street and proceed one-half mile to campus. The pool is on the right.

**From points north:** Take Rte. 91 South. Exit onto Rte. 291; take Rte. 291 to Exit 5B. Then follow the above directions from Exit 5.

**From points south:** Take Rte. 91 North. Exit onto Rte. 291; take Rte. 291 to Exit 5B. Then follow the above directions from Exit 5.

**\*This pool can be 50 long course meters or  
25 yard short course pool depending on set-up\***

## **YMCA Of the North Shore (YNS) Sterling YMCA, Beverly, MA Essex Street, Beverly, MA 01915.**

From the north, take 128 South to exit 18. Take a right off the exit and proceed 1 mile.

From the south, take 128 North to exit 18. Take a right at the end of the exit and proceed 1 mile. The Sterling YMCA is on the right.

**\*This pool can be 50 long course meters or  
25 yard short course pool depending on set-up\***

**Upper Valley Aquatic Center (2 hour 15 minutes)**  
**100 Arboretum Lane in White River Junction, Vermont**  
**05001**

- At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
- Turn left off the exit (before the stop light) on to Route 5 South.
- Follow Route 5 immediately under the interstate
- Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
- UVAC is the only building on Arboretum Lane.