

DIRECTIONS

DELAWARE SWIM TEAM 2150 New Castle Ave. 302-655-5501

Follow Route 202 South to 95 South in Wilmington. Take 95 South to 295 South (signs say to Delaware Memorial Bridge). Take the last exit before the bridge, which is New Castle Ave. Turn right at the first light, the pool is next to the Howard Johnson's.

EMMAUS HIGH SCHOOL

Take the PA turnpike to the Northeast Extension and follow it north to exit 33 (Lehigh Valley). Take Route 22 East to the first exit, which is Route 309 south (Quakertown). Note that Route 309 converges with Interstate 78. Exit at Cedarcrest Blvd. Turn right onto Cedarcrest and proceed approximately 2 miles (past Lehigh Valley Hospital and Lehigh Community College) to the Emmaus High School stadium on the left. Take the next left turn onto North St. Take a left into the parking lot.

EPHRATA

Take PA turnpike west to exit 21 (Lancaster/Reading). Proceed straight from tollbooth to stop sign. Turn left on to Route 272 South and continue until you come to 322 East. Take Route 322 East through the next traffic light and go over the bridge. After the bridge make a sharp right and proceed to the stop sign. The pool is straight ahead.

FRANKLIN & MARSHALL COLLEGE

Take route 30 west past route 501. Route 30 will veer to the right (sign says York, PA). Follow Route 30 to just past the Park City mall (right) and exit for Old Harrisburg Pike. As you approach the end of the off ramp, get in the left hand lane. Turn left at the end of the ramp and proceed to F&M College-- approximately 1.5 miles on the left.

OR

Take the PA Turnpike to Exit 286 (Lancaster/Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.

GERMANTOWN ACADEMY

Take the PA Turnpike to the Fort Washington exit. Remain on exit ramp past the Route 309 exits, the Sheraton and the Holiday Inn. At the very end of the ramp, turn left onto Bethlehem Pike. Take the first right and cross Morris Road. The first driveway on the right is the academy.

GLOUCESTER COUNTY (GCIT)

Take Route 202 South to Route 322 East and continue over the Commodore Barry Bridge until it dead ends into Route 45 (Harrison House Diner on left). Take a left on Route 45, proceed for one mile and take a right on Break Neck Road (Heritage Dairy Store). Proceed for a few miles to the light at Glassboro Road (Getty Station and WaWa). Go through the light and take the next left turn (Tanyard Road). Pass Gloucester College and proceed to the entrance of the Gloucester Institute of Technology on your right. At the bottom of the hill turn right into the parking area.

OR

Take I-76 East to Philadelphia. Follow the signs and go over the Walt Whitman Bridge. I-76 becomes 42S in NJ. Follow 42S to the second exit--Route 55S. Follow Route 55S to the second exit, Exit 56B (47 North.) Bear Right onto Delsea Drive. At the first light, take a left onto Bankbridge Road. At the first light, turn left onto Tanyard Road. Continue 1/4 mile to the bottom of the hill, and GCIT will be on the left.

**LANCASTER AQUATIC CLUB
Golden Meadows Swim Club**

Take Route 30 West past 501. Route 30 will veer to the right (sign says York, PA); follow Route 30 to just past the Park City Mall (right) and exit for Old Harrisburg Pike. As you approach the end of the off ramp, get in the second lane from the right (right lane is Park City Mall entrance). Turn right at the end of the ramp and proceed 1.5 miles to Route 741. Cross over 741 and continue on Old Harrisburg Pike for .3 miles. Golden Meadows is on the right.

**LITITZ COMMUNITY CENTER
Five Star Swim Club**

PA Turnpike West to Lancaster Exit 286 (Lancaster-Reading.) Take 222 South to the Rothsville/Brownstown Exit. Follow Route 772 West. Left on 501 South. At the first traffic light (Rt. 772 W) make a right onto Orange Street. Make a right on Second Avenue (1st right past the High School). Follow around High School, the Community Center is on your left, Campus Drive.

NORTH BALTIMORE AQUATIC CLUB (Outdoor Pool)

Follow Route 202 South to Route 95 South to the Baltimore Beltway (695). Proceed West towards Towson. Exit onto Route 83 South (Jones Falls Expressway) and proceed 3.5 miles to the Northern Parkway Exit. Turn left onto Northern Parkway and proceed 2 blocks to Falls Road (traffic light). Turn left and proceed for 0.5 miles on Falls Road. Proceed through the light at the Smith Ave. Bridge to Smith Ave. (no bridge) and turn left. Proceed for 200 feet and turn left on Cottonworth Ave. The pool is on the left under the Smith Ave. Bridge.

NRG - NESHAMINY MIDDLE SCHOOL

Take the PA Turnpike East to US-1, Exit 351 towards Philadelphia/Trenton. Follow Rte.1 North to the Bellevue Ave. exit toward PA-413. Turn right onto S. Bellevue Ave. Turn Left onto S. Pine St./PA-413. S. Pine St./PA-413 becomes Langhorne-Newtown Rd. The school will be on your left, across from St. Mary's Hospital. Park in the lot behind the school. Enter through the doors marked pool.

PARKLAND HIGH SCHOOL AQUATIC CENTER

Take the PA Turnpike to Exit 33. Take Route 22 East, then exit onto Cedar Crest Blvd North (take a right at the end of the ramp.) Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left-hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions. Follow the signs inside the school.

PENN STATE UNIVERSITY--McCOY NATATORIUM

Take the PA Turnpike West. Take Exit 247-- Harrisburg East (I-283). Continue on 283 North. After about 3 miles, take 83 North. After about 3 miles, take 81 South. Take exit 67B (322 West.) Follow 322 West to State College. At Boalsburg, stay on 322 West (Mt. Nittany Expressway) to Penn State exit. Go left onto Park Ave. Follow to the second light past stadium. Turn left onto campus. Pool is past the first stop sign, on the left.

SUBURBAN SWIM CLUB POOL

Take Rte. 252 South. Approximately 1 mile after crossing over Route 3, take a left at the light onto Gradyville Rd. The Swim Club is ahead on your left.

UNIVERSITY OF DELAWARE Carpenter Sports Building Newark, Delaware

Follow Route 202 South to 95 South at Wilmington. Proceed on 95 South to Newark, Delaware. Get off at the exit for 896 West, which becomes South College. Follow South College for approximately 3 miles past E. Main Street. At this point the road changes to North College. The pool is on the right. Pass the pool and cross the railroad tracks. Park in the Hollingshead lot on the left.

WEST CHESTER UNIVERSITY

Take Route 202 South to Route 926. Turn right onto Route 926 and proceed to New Street. Turn right on New Street and proceed approximately 2 miles. You will see the stadium on the right. The pool is in the field house just past the stadium.