



# 2019 Track & Field Directions

## **Bangor Memorial Park (ACSI Meet)**

**(90 Eisenhart Boulevard, Bangor, PA 18013) (1 hour 40 minutes) (610-588-2279)**

Take I-80 E toward Bloomsburg and take exit 307 for PA-611/Park Ave toward PA-191. Turn right onto PA-611 S/Park Ave (signs for Analomink/Bangor/PA-191). Then turn right onto PA-191 S/Bangor Mountain Rd and continue for 0.9 miles. Then take a slight right onto PA-191 S for 0.2 miles and then take a slight left to stay on PA-191 S. Continue for another 5.5 miles and turn right onto W Bangor Rd. Continue for 1.1 miles and then continue straight onto Bangor Junction Rd for another 1.2 miles. Then turn left onto PA-512 N and continue for 0.8 miles. Then turn right onto Eisenhart Blvd.

Bangor Memorial Stadium is on the right and the multi-purpose field is 2 blocks down on the right. Please park in the lot and not on the street.

**(Total = 104 miles)**

## **Bloomsburg University (ACAA Meet)**

**(400 E 2nd St, Bloomsburg, PA 17815) (30 minutes) (570-389-4000)**

Take I-80 E toward Bloomsburg and take exit 236 for PA-487 toward Lightstreet/Bloomsburg. Then turn left onto PA-487 S/Lightstreet Rd (signs for Bloomsburg) and continue for 1.4 miles. Then turn left onto Swisher Dr and continue for 0.3 miles. Then turn left onto Chestnut St and then turn right at the 1<sup>st</sup> cross street onto E 2<sup>nd</sup> St. Bloomsburg University is on your right.

**(Total = 24.9 miles)**

## **Canton Area School**

**(509 E. Main St. Canton, PA 17724) (1 hour 10 minutes) (570-673-5134)**

Take 147 N for 1.7 miles and merge onto I-80 W towards Bellefonte. Continue on I-80 W for 1.7 miles and take exit 210 B for US-15 N toward Williamsport. Stay on US-15 N for 16.8 miles and then turn left onto the US-220 S/I-180 W ramp. Merge onto I-180 W for 1.7 miles and then keep right at the fork to continue on US-15 N for 12.6 miles. Then, take exit onto PA-14 N toward Trout Run/Canton. Merge onto PA-14 N for 25.2 miles and then turn right onto W Main St.

**(Total = 61.8 miles)**

## **Montgomery Area School**

**(537 Old Road Montgomery PA 17752) (20 Minutes) (570-547-1608)**

Take 147 N for 1.7 miles and merge onto I-80 W towards Bellefonte. Continue on I-80 W for 1.7 miles and take exit 210 B for US-15 N toward Williamsport. Stay on US-15 N for 8.2 miles and then turn right onto Pinchtown Road. Continue for 2 miles and then turn left onto Old Road.

**(Total = 15.3 miles)**

## **Messiah College (MACSA Meets)**

**(1 College Ave, Mechanicsburg, PA 17055) (1 hour 35 minutes) (717-766-2511)**

Take PA-147 S toward Sunbury for 10.8 miles. Turn right onto US-11 S/Water St and continue to follow US-11 S for 2.4 miles. Use the left two lanes to turn left onto US-11 S/US-15 S/N Susquehanna Trail (signs for Selinsgrove) and continue for 3.4 miles. Use the right lane to take the US-11 /US-15 S ramp to Harrisburg and continue on US-11 S/US-15 S for 32.7 miles. Then take exit onto US-22 E/US-322 E toward Harrisburg and continue for 13.1 miles. Use the right lane to take the I-81 S/I-81 N/US-322 E exit toward Carlisle/I-83/Hershey/Hazleton). Keep right at the fork, follow signs for Interstate 81 South/Carlisle and merge onto I-81 S. Continue for 7.3 miles and keep left at the fork to continue on PA-581 E (follow signs for US-11/Camp Hill) for 3.8 miles. Continue on PA-581 E/US-11N for another 1.8 miles and take exit 5B toward Gettysburg. Continue for 0.5 miles and merge onto US-15 S. Continue on US-15 S for 5.8 miles and take the Lisburn Rd Exit. Turn left onto W Lisburn Rd and continue straight to stay on W Lisburn Rd for 0.6 miles. Then turn right into Grantham Rd and then turn right onto College Ave. You will pass a new Brethren in Christ church on left to the first stop sign. Make a RIGHT at stop sign and follow this road (Sollenberger gym will be on left) for about 0.5 miles to the point where the Yellow Breeches Creek will be in front of you. At this stop sign make a LEFT. Go about 200 yards follow signs for Starry Athletic fields (make a RIGHT onto covered bridge and park in the lot.) The soccer stadium and track will be on the left.

**(Total = 83.9 miles)**

## **Sayre Area High School**

**(331 West Lockhart St, Sayre, PA 18840 (1 hour 50 minutes) (570-888-6622)**

Take PA-147 N for 1.7 miles and continue onto I-180 W for 12.4 miles. Take exit 13 for PA-405 toward Muncy/Hughesville and continue for 0.3 miles. Then turn right onto PA-405 N for 0.6 miles and use the left 2 lanes to turn left to stay on PA-405 N. Continue on PA-405 N for 3.2 miles and then continue onto US Hwy 220 N for 46.3 miles. Then turn right onto Hwy 220 N/James Monroe Ave and continue to follow US Hwy 220 N for 19.7 miles. Then take exit 30 toward 30 for 0.2 miles and then turn right onto W Pine St. Continue for 0.6 miles and turn left onto N Main St. Continue for 0.4 miles and continue again onto S Keystone Ave for 0.7 miles. Then turn right onto W Lockhart St.

**(Total = 87.2 miles)**

## **Shamokin**

**(Schoolhouse St., Coal Township, PA 17866) (45 minutes) (570-648-5731)**

Turn left onto PA-254 E and heads towards I-80. Turn right onto the Interstate 80 E ramp to Bloomsburg and merge onto I-80 E. Continue for 8.3 miles and take exit 224 to merge onto PA-54 E. Continue for 3.6 miles and turn left onto PA-54 E/Elysburg Rd. Continue for 8.2 miles and turn right onto PA-487 S/W Valley Ave. Continue to follow PA-487 S for 2.3 miles and turn left onto PA-61 S. Go 4.6 miles and turn right onto PA-225 S. Turn left onto N 2<sup>nd</sup> St for 0.2 miles and then turn left onto W Walnut St for 0.7 miles. Turn left onto Woodlawn Ave for 0.1 miles and then turn right onto W Lynn St for 0.1 miles. Continue onto Park Ave and make a slight left onto School House Ln. Then immediately merge onto Schoolhouse St and turn left to stay on Schoolhouse St.

**(Total = 30.3 miles)**

## **Wyalusing Valley Area School**

**(11364 Wyalusing-New Albany Rd. Wyalusing, PA 18853) (1 hour 20 minutes) (570-746-1600)**

Take PA 147 N for 1.7 miles and continue on I-180 W for another 12.4 miles. Take exit 13 for PA 405 toward Muncy/Hughesville. Turn right onto PA 405 N for 0.6 miles and then use the left 2 lanes to turn left to stay on PA 405 N for 3.2 miles. Continue onto US Hwy 220 N for 31.2 miles and then turn right

onto E Main St. Then turn left onto Railroad St and continue for 0.6 miles. Then take a slight left onto Marsh Rd/T500 and continue to follow Marsh Rd for 2.3 miles. Then take another slight left to stay on Marsh Rd and continue 0.6 miles. Then turn right to stay on Marsh Rd for another 6.7 miles. Then turn left onto Wyalusing New Albany Rd for 0.8 miles and the destination will be on your left.  
**(Total = 61.2 miles)**