

Directions to FLASH Meets

Brookfield High School:

I 84 to exit 9 - Going westbound on 84, take a right at end of ramp of exit 9. Going eastbound on 84 take a left at the end of the ramp. Continue on Route 25 north for approximately 3.5 miles to the intersection with Route 133. Go straight through the intersection staying on Route 25 for about 0.25 miles and the road will fork. Stay to the right of the fork. This will be Longmeadow Hill Road. Go 0.6 miles up Longmeadow Hill Road and the high school will be on your right.

Directions to Masuk High School

Take I-84 East
Exit 11 toward CT-34/DERBY/NEW HAVEN
Turn RIGHT onto MILE HILL RD
Turn RIGHT onto CT-34/BERKSHIRE RD. Continue to follow CT-34.
Turn RIGHT onto MONROE TURNPIKE/CT-111
End at 1014 Monroe Tpke-Masuk High School

Great Oaks Middle School - 50 Great Oak Road, Oxford, CT 06478

Start out going SOUTHEAST on CT-37
Merge onto I-84 E toward WATERBURY/ NEW MILFORD.
Take the US-6/ CT-67 exit, EXIT 15, toward SOUTHBURY/ SEYMOUR.

Keep LEFT at the fork in the ramp.
Turn RIGHT onto MAIN ST N/ CT-67. Continue to follow CT-67
Turn RIGHT onto QUAKER FARMS RD/ CT-188.
Turn LEFT onto HOGS BACK RD.
Turn RIGHT onto GREAT OAK RD.
End at 50 Great Oak Rd Oxford, CT 06478-1390

Fairfield Warde High School - 755 Melville Ave, Fairfield, CT

Take I-84 East
Take exit 9
Turn Left on Route 6
Continue on CT-25
Take Exit 8/Merritt Pkwy onto CT15 South toward Norwalk
Take exit 46/Fairfield (CT59)/Easton
Turn Right on Congress St
Turn Right on Easton TPKE (CT-59)
Bear Right to follow CT-59
Turn Right on Fairfield Woods Rd
Turn Left on Melville Ave
Arrive at Fairfield Warde HS 755 Melville Ave, Fairfield

Reed Intermediate School-Newtown, CT

The race is actually run on the grounds of the old Fairfield Hills mental institution.

Take 84E to exit 11

Turn left at end of ramp.

Go up hill to the light and Turn right at the light.

Pass school on left to end of road. Turn left.

The fields are after the back of the school on the right. We start and end there.

Fairfield Woods Middle School-Fairfield, CT

Take 84W to Route 7 South

Continue to Route 33/Westport Rd

Turn left at Sunny Lane (follow signs for the Merritt Pkwy/CT-15)

Turn left to merge onto Merritt Pkwy North

Take Merritt to exit 44

Turn left at Congress St

Take first right onto Black Rock Turnpike/CT-58

Turn left at Fairfield Woods Rd

The Middle School is on the right (1115 Fairfield Woods Rd)

Schaghticoke Middle School-New Milford, CT

Take I-84 East to exit 7 and go North on "Super 7" to the end.

Make a right on Rte. 7 North and drive through Brookfield and into New Milford.

Make a right over the bridge into New Milford, following routes 202 & 67.

Go about 1/3 of a mile to where Rte. 202 angles North, and make a left onto 202.

Go several miles on 202 to Hipp Road.

Make a right, and Schaghticoke Middle School will be a short way up on the left.

Trumbull High School-Trumbull, CT

Merge onto **I-84 E** via the ramp on the **LEFT** toward **WATERBURY/NEW MILFORD**

Take **EXIT 11** toward **CT-34/DERBY/NEW HAVEN**

Turn **RIGHT** onto **MILE HILL RD**

Turn **RIGHT** onto **CT-34/BERKSHIRE RD**

Turn **SLIGHT RIGHT** onto **TODDY HILL RD**

TODDY HILL RD becomes **BOTSFORD HILL RD**

Turn **LEFT** onto **S MAIN ST/CT-25**. Continue to follow **CT-25 S**

Take the **CT-739** exit

Turn **LEFT** onto **PARK ST/CT-739**

Turn **LEFT** onto **DANIELS FARM RD/CT-734**. Continue to follow **DANIELS FARM RD**

Turn **RIGHT** onto **STROBEL RD**

72 STROBEL RD is on the **RIGHT**.

Allen's Meadow-Wilton, CT

Take Route 84 west to exit 3 and follow Route 7 south to Allen's Meadow Complex (about 10 Miles), it is on the right just before Wilton High School. Turn right into the complex.

Brewster High School-Brewster, NY

Milltown Rd to Rte. 22, turn right and then the first real left onto Rte. 312.

Go about 1.7 miles to the light at Farm to Market Road (Wells Middle School is on the right) and turn right.

The high school is about 1/2 mile up on the right and parking is near the starting area.

Rochambeau Middle School-Southbury, CT

I-84 east to exit 14,

Take a left at end of exit ramp.

Take right at first traffic light onto Main Street.

Go through a few traffic lights and take a right onto Peter road.

Rochambeau MS is on the right. We will be behind the school.

Bethel Middle School-Bethel, CT

Take I-84 East

Take EXIT 8, toward BETHEL, Turning SLIGHT LEFT onto US-6 E

Turn RIGHT onto PAYNE RD

PAYNE RD becomes SHELTER ROCK RD and SHELTER ROCK RD becomes WALNUT HILL RD

Turn RIGHT onto PLUMTREES RD

Turn LEFT onto WHITTLESLEY DR (600 Whittlesey Dr)

Go past Rockwell and Johnson Elementary Schools

BETHEL MIDDLE SCHOOL is the last school on the right

Wickham Park-Manchester, CT:

Take I-84 E

Take EXIT 60 (US-44/MIDDLE TPKE WEST) toward MANCHESTER

Turn LEFT onto US-44/US-6/MIDDLE TURNPIKE W.

Park is on the right

Jockey Hollow-Wolfe Park, Monroe:

From Westbound Interstate 84 & Rt. 34 (Sandy Hook)
Take Exit 11 for Rt. 34 South towards Monroe & Derby.
Continue South until the intersection of RT. 111 and make a right.
Continue approx. 6 miles through blinking yellow caution light and several traffic lights until Purdy Hill Road.
The US Post Office will be on your left.
Make a right turn and continue 1.5 miles to Doc Silverstone Rd. on your right, this is the entrance to Great Hollow Pond.

Port Chester Middle School, Port Chester, NY:

Take I-684 South toward White Plains.
Merge onto **I-287 E/CROSS WESTCHESTER EXPY** via the exit on the **LEFT** toward **RYE**.
Go about 2 ½ miles and take the **RT-120** exit, **EXIT 10**, toward **PURCHASE/RT-120A/PORT CHESTER**.
Stay **STRAIGHT** to go onto **WESTCHESTER AVE/NY-120/CR-62 E/PURCHASE ST**.
Continue to follow **NY-120/PURCHASE ST**.
Less than ½ mile up, turn **LEFT** onto **POLLY PARK RD/CR-104**.
POLLY PARK RD. becomes **BOWMAN AVE**.
PORT CHESTER MIDDLE SCHOOL is at 113 Bowman Ave. on the left.
Parking is limited, so you may need to park at the plaza across the street.

White Memorial Foundation (WMF), Litchfield, CT

Take Rte. 39 or 37 North into New Milford.
Cross the bridge toward the village green.
Get on Route 202 north thru New Milford and Bantam.
“WMF” entrance on right, 1 mile from Bantam Center.

Manchester High School, 134 Middle Turnpike East, Manchester, CT

Merge onto I-84 E via the ramp on the **LEFT** toward **WATERBURY**
Merge onto I-691 E via **EXIT 27** toward **MERIDEN**
Merge onto I-91 N via **EXIT 11** on the **LEFT** toward **HARTFORD / SPRINGFIELD**.
Merge back onto I-82 E
Take the **US-6 / US-44 / MIDDLE TPKE. WEST** exit, **EXIT 60**, toward **MANCHESTER**.
Turn **RIGHT** onto **US-44 E / US-6 E / MIDDLE TURNPIKE W**. Continue to follow **US-44 E / US-6 E**.
Turn **SLIGHT LEFT** onto **MIDDLE TURNPIKE W**
End at **134 MIDDLE TPKE E**.