

## Directions

### CARROLL WELLNESS CENTER – Tigersharks

#### **Directions from Interstate I-77**

Starting from I-77 (exit 14)

Go east on Carrollton Pike (highway 58) approximately 2 miles

Turn left on Floyd Pike (highway 221) approximately 0.1 miles

Turn left on E. Grayson approximately 0.1 miles

Turn right just past (Granite sign with Carter Pines-Carroll Wellness Center.)

Welcome to Carroll Wellness Center located at the end of the road.

#### **Directions from Highway 52 North**

At Red light located at intersection of Highway 52 and Main Street (Pizza Hut on Right)

Turn right on Highway 58 go approximately .2 miles

Turn Left on Floyd Pike (highway 221) approximately 0.1 miles

Turn left on E. Grayson approximately 0.1 miles

Turn right just past (Granite sign with Carter Pines-Carroll Wellness Center.)

Welcome to Carroll Wellness Center located at the end of the road.

### DOBSON DOLPHIN SWIM TEAM

#### **Directions from 601**

Take Dobson Exit, at top of exit turn right if coming from Mt. Airy and Left if coming from Yadkinville/Boonville.

Turn right at the traffic light beside Kerr Drug.

Turn left at next light.

Follow that road approximately ½ mile until you come to Gillespie Street. Take a right on the second hard surface road on past Elementary School.

Pool will be on your left.

#### **Directions from I-77**

Take exit 93 turn right toward Dobson go approximately 3 miles.

After you pass Central Middle School take the 2<sup>nd</sup> hard surface road to the left.

This will be Gillespie Street.

Pool will be on your left.

### ELKIN WET LIGHTNING SWIM TEAM

#### **From I-77, take exit 85 (Elkin/CC Camp Road).**

Turn right off the ramp onto Hwy 268 Bypass.

Turn left at second light (Lowe's Home Improvement).

Make first right onto Claremont Drive. Go through one stoplight (Claremont Drive turns into Oakland Drive here).

When you come to the end of Oakland Drive (stop sign), the recreation building is across the street.

Turn left at stop sign onto Hwy 268 and you will see the parking lot and pool on the right.

### GALAX MAROON TIDE SWIM TEAM

#### **From I-77 North Carolina**

Take the Highway 89 exit.

Continue on 89 West toward Galax.  
Go thru 1 stoplight.  
Pool will be on your right past Felts Park.  
If you pass Hardee's you have gone too far.

### **VA Teams – Traveling I-77**

Take exit 14  
Travel highway 58 west towards Galax (approximately 8 miles)  
You will go through 8 stoplights,  
Turn left on to Highway 89 at 9<sup>th</sup> stoplight.  
Continue on Highway 89 (Main Street)  
You will go through downtown Galax and travel through 5 stoplights  
Pool will be on your left after you have come through down and passed Hardees on your left.  
Park in Elementary school parking lot on right cross at stoplight to pool entrance.

### **WYTHEVILLE WAVES SWIM TEAM**

OUTDOOR POOL – McWane Pool

#### **From North Carolina**

Travel Interstate 77 North until you come to I-81, continue to the left which becomes I 81/ I 77 South  
Traveling Interstate 81 South  
Take Exit #73 (Wytheville Community College Exit) go straight down ramp this will put you on main street.  
Go through 3 stop lights.  
At the 4<sup>th</sup> light take a right onto 11<sup>th</sup> street. STAY IN THE LEFT LANE  
Take a left onto Monroe Street.  
Go through 2 lights  
McWane Pool will be on your right.  
You can park at McWane pool or at the municipal offices.

### **MOUNT AIRY REEVES RAPIDS**

#### **From VA**

Take 77 South from VA.  
Take exit 100. Go right which will be 89 East toward Mount Airy.  
At the 6<sup>th</sup> stoplight go straight  
Turn left into Parking Lot.  
Walk through Tunnel to pool.

#### **From Elkin, Dobson**

Take 77 North to Exit 100.  
Go Right which will be 89 East toward Mount Airy.  
At the 6<sup>th</sup> stoplight go straight.  
Turn left into parking lot.  
Walk through tunnel to pool.

### **STUART PATRICK PIRANHAS**

#### **From VA**

Starting in Hillsville

Take US 58 E for 33 miles

Take exit toward Johnson St./Wood Brothers Dr.

Take a right off the exit

Take the second left into DeHart Park. Pool is at the far side of the park.

From NC

Starting at Reeves

Take NC 103 E/E Pine Street for 22 miles (Turns into VA 103 N once you cross into VA)

At stop sign, take left onto VA 8 N for 4 miles to South Main Street.

Go straight through 2 stop lights to Wood Brothers Dr.

Take the first right into Dehart Park. Pool is at the far side of the park.

### **BLUEFIELD HIGHLANDS RAPIDS**

Follow I-77 N and take exit 1 from I-77 N

Continue onto US-52 N

Merge onto US-460 W/US-52 N

Continue to follow US-460 W

Turn right at red light onto Co Rte 21/1

Continue onto W Cumberland Dr.

Turn right onto Maryland Ave

Continue onto Couch St

Turn right onto Holbrook St (Bluefield State College)

Ned Shott Physical Education Building will be on the right