

**Directions to Cumberland University  
From Nashville**

Take I-40 East to Knoxville.  
Exit #236, head back over the interstate.  
Take a right onto Leville Pike.  
Go through stop sign.  
Turn left onto South Tarver Road.  
Go through Stop Sign and turn right onto McClain Avenue.  
Gym will be second building on left.

**Directions to Cumberland University  
From Murfreesboro**

Take I-840 east to Knoxville.  
Exit onto I-40 East to Knoxville.  
Exit #236, head back over the interstate.  
Take a right onto Leville Pike.  
Go through stop sign.  
Turn left onto South Tarver Road.  
Go through Stop Sign and turn right onto McClain Avenue.  
Gym will be second building on left.

**Directions to Cumberland University  
From Knoxville**

Take I-40 West to Nashville.  
Exit #238 Lebanon.  
Turn right onto Hwy. 231 North.  
Take a left onto Leville Pike.  
Take a right at stop sign onto South Greenwood Street  
Take a left onto McClain Ave.  
Gym will be third building on right.

**Directions to Castle Heights from  
Nashville**

Take I-40 East to Exit #238 Lebanon.  
Take a left onto Hwy. 231 North.  
Go Through Lebanon and take a left onto Castle Heights Ave. North.  
School will be on right.

**Directions to Castle Heights from  
Knoxville**

Take I-40 West to Nashville.  
Exit #238 Lebanon.  
Take a right onto Hwy. 231 North.  
Go Through Lebanon and take a left onto Castle Heights Ave. North.  
School will be on right.

**Directions to Castle Heights from  
Murfreesboro**

Take I-840 East to Lebanon.  
Take I-40 East to Exit #238 Lebanon.  
Take a left onto Hwy. 231 North.  
Go Through Lebanon and take a left onto Castle Heights Ave. North.  
School will be on right.

**Directions to Walter J. Baird from  
Nashville**

Take I-40 East to Exit #236 South Hartmann Drive.  
Take a left onto South Hartmann Drive.  
Take a right onto Leville Pike.  
Take a left onto Castle Heights Ave. North at first stop sign.  
Stay on Castle Heights Avenue approx. 4 miles (Go past Wilson Bank and Trust and Coles Ferry Elementary)  
Take a right onto WJB Pride Lane.  
Gym will be around the back of the school on left.

**Directions to Walter J. Baird from  
Knoxville**

Take I-40 West to Exit #236 South Hartmann Drive.  
Take a right onto South Hartmann Drive.  
Take a right onto Leville Pike.  
Take a left onto Castle Heights Ave. North at first stop sign.  
Stay on Castle Heights Avenue approx. 4 miles (Go past Wilson Bank and Trust and Coles Ferry Elementary)  
Take a right onto WJB Pride Lane.  
Gym will be around the back of the school on left.

**Directions to Castle Heights from  
Knoxville**

Take I-40 West to Nashville.  
Exit #238 Lebanon.  
Take a right onto Hwy. 231 North.  
Go Through Lebanon and take a left onto Castle Heights Ave. North.  
Take a left onto WJB Pride Lane.  
Gym will be around the back of the school on left.

**Directions to Riverdale High School  
form Nashville**

Take I-24 east to Chattanooga,  
Take Exit 81A to Shelbyville.  
Exit onto Hwy 231 South to Shelbyville.  
Take a right onto Warrior Drive at 1<sup>st</sup> light.  
School will be on the right.  
Gym at last entrance in back of building

**Directions to Riverdale High School  
form Knoxville**

Take I-40 west to Nashville,  
Take I-840 East to Murfreesboro.  
Take I-24 East to Chattanooga.  
Take Exit 81A to Shelbyville.  
Exit onto Hwy 231 South to Shelbyville.  
Take a right onto Warrior Drive at 1<sup>st</sup> light.  
School will be on the right.  
Gym at last entrance in back of building

**Directions to Siegal High School form  
Nashville**

Take I-24 east to Chattanooga,  
Take Exit 78B (Hwy 96) go east over the  
interstate.  
Take a left at first light onto Thompson Lane  
(White Castles on left)  
Stay on Thompson Lane about 6 miles.  
School on right.

**Directions to Siegal High School form  
Knoxville**

Take I-40 west to Nashville,  
Take I-840 East to Murfreesboro.  
Take I-24 East to Chattanooga.  
Take Exit 78B (Hwy 96) go east over the  
interstate.  
Take a left at first light onto Thompson Lane  
(White Castles on left)  
Stay on Thompson Lane about 6 miles.  
School on right.

**Directions to Southside Elementary  
From Knoxville**

Take I-40 West to Nashville.  
Exit #238 Lebanon.  
Turn left onto Hwy. 231 South.  
School will be on right approx. 2 miles.  
Gym located at back of building.

**Directions to Southside Elementary  
From Nashville**

Take I-40 East to Knoxville.  
Exit #238 Lebanon.  
Turn right onto Hwy. 231 South.  
School will be on right approx. 2 miles.  
Gym located at back of building.

**Directions to Watertown High School  
from Nashville**

Take I-40 east to Lebanon,  
Take Watertown exit #239 A  
Take Hwy 70 for approx. 11 miles  
Take left onto Main Street (1<sup>st</sup> street past Cherry  
Valley Grocery Market)  
2<sup>nd</sup> School on left 1.5 miles.

**Directions to Watertown High School  
from Knoxville**

Take I-40 west to Lebanon,  
Take Watertown exit #239  
Take Hwy 70 for approx. 11 miles  
Take left onto Main Street (1<sup>st</sup> street past Cherry  
Valley Grocery Market)  
2<sup>nd</sup> School on left 1.5 miles.

**Directions to Central Middle School  
from Nashville**

Take I-24 east to Chattanooga,  
Take Exit 81B to Murfreesboro.  
Exit onto Hwy 231 North to Murfreesboro.  
Stay on Hwy 231 to the Town Square.  
Take a right onto East Main Street (Bank of  
America on right)  
Stay on East Main Street approx. 1.5 miles  
School on left  
Gym Entrance around back by football field

**Directions to Central Middle School  
from Knoxville**

Take I-40 west to Nashville,  
Take I-840 East to Murfreesboro.  
Take I-24 East to Chattanooga.  
Take Exit 81B to Murfreesboro.  
Exit onto Hwy 231 North to Murfreesboro.  
Stay on Hwy 231 to the Town Square.  
Take a right onto East Main Street (Bank of  
America on right)  
Stay on East Main Street approx. 1.5 miles  
School on left  
Gym Entrance around back by football field

**Directions to Central Middle School  
from Huntsville, AL**

Take I-65 north to Nashville.  
Take I-840 East to Knoxville.  
Take I-24 East to Chattanooga  
Take Exit 81B to Murfreesboro.  
Exit onto Hwy 231 North to Murfreesboro.  
Stay on Hwy 231 to the Town Square.  
Take a right onto East Main Street (Bank of America on right)  
Stay on East Main Street approx. 1.5 miles  
School on left  
Gym Entrance around back by football field

**To Oakland High School from Nashville.**

I-24 East, Exit 78-B  
Go 5.4 miles to DeJarnette Lane (Sports Com on right)  
Oakland High School on Right.

**To Oakland High School from Huntsville, AL.**

Take I-65 north to Nashville.  
Take I-840 East to Knoxville.  
Take I-24 East to Chattanooga  
I-24 East, Exit 78-B  
Go 5.4 miles to DeJarnette Lane (Sports Com on right)  
Oakland High School on Right.

**Directions to Friendship Christian  
from Nashville**

Take I-40 East to Exit #236 South Hartmann Drive.  
Take a left onto South Hartmann Drive.  
Take a right onto Leville Pike.  
Take a left onto Castle Heights Ave. North at first stop sign.  
Stay on Castle Heights Avenue approx. 4 miles (Go past Wilson Bank and Trust)  
Take a left onto Cole Ferry Pike.  
School will be on left approx. 3 miles

**Directions to Friendship Christian  
from Murfreesboro**

Take I-840 East to Knoxville  
Take I-40 East to Exit #236 South Hartmann Drive.  
Take a left onto South Hartmann Drive.  
Take a right onto Leville Pike.  
Take a left onto Castle Heights Ave. North at first stop sign.  
Stay on Castle Heights Avenue approx. 4 miles (Go past Wilson Bank and Trust)

Take a left onto Cole Ferry Pike.  
School will be on left approx. 3 miles

**Directions to Mt. Juliet Middle  
From Nashville**

Take I-40 East to Knoxville.  
Exit #226 (2<sup>nd</sup> Exit), head back over the interstate.  
Go north on Mt. Juliet Road  
Take a right onto Woodridge Place.  
School right before Mt. Juliet High School.

**Directions to Mt. Juliet Middle  
From Murfreesboro**

Take I-840 East to Knoxville  
Take I-40 West to Nashville.  
Exit #226 take a right and go north on Mt. Juliet Road  
Take a right onto Woodridge Place.  
School right before Mt. Juliet High School.

**Directions to Lebanon High  
From Knoxville**

Take I-40 West to Nashville.  
Exit #238 Lebanon.  
Turn right onto Hwy. 231 South.  
Take a right onto Leville pike (Whitt's barbecue on right).  
Go over railroad tracks.  
Take a left onto Harding  
School will be on right.  
Gym right beside football field.

**Directions to Lebanon High  
From Nashville**

Take I-40 East to Knoxville.  
Exit #238 Lebanon.  
Take a left onto Leville pike (Whitt's barbecue on right).  
Go over railroad tracks.  
Take a left onto Harding  
School will be on right.  
Gym right beside football field.