



## Cross Country

### Directions to Highland Road Park:

**Coming from East on Interstate 10:** Take I-10 to the Highland Road (La. 42) exit (Exit 166). Turn left onto Highland Road and continue 3.3 miles to Amiss Road. Turn right onto Amiss Road and park in lot at the top of the hill.

**Coming from West on Interstate 10:** Take I-10 to Siegen Lane exit (Exit 163). Turn right onto Siegen Lane and continue 2.5 miles until reaching Highland Road. Turn left onto Highland Road (La. 42) and continue 0.4 miles until reaching Amiss Road. Turn left onto Amiss Road and park in lot at the top of the hill.



## Track & Field (Indoor/Outdoor)

### Directions to the Carl Maddox Field House or Bernie Moore Track Stadium on Cypress Drive/Nicholson Drive:

#### Indoor Meets at the Carl Maddox Field House:

##### Coming from East or West on Interstate 10:

Take I-10 to Dalrymple Drive exit (Exit 156C). Take a right onto Dalrymple Drive and proceed 0.9 miles past the gates of campus until reaching Highland Road. Continue on Dalrymple Drive until reaching Cypress Drive. Veer right onto Cypress Drive and proceed down the hill. Carl Maddox Field House will be located directly in front of you at the bottom of the hill. Park at either the Carl Maddox Fieldhouse, W.T. Dub Robinson Tennis Stadium or Graham Hall lots.

#### Outdoor Meets at Bernie Moore Track Stadium:

##### Coming from West on Interstate 10:

Take I-10 to the Nicholson Drive/Highland Road exit (Exit 155A). Keep right and turn right onto Terrace Street. Turn left onto Nicholson Drive and proceed 1.8 miles until reaching Skip Bertman Drive. Turn left and park next to Tiger Stadium. Alex Box Stadium is located just to the west and across Nicholson Drive from Tiger Stadium.

##### Coming from East on Interstate 10:

1) Take I-10 to Highland Road (La. 42, exit 166). Turn left onto Highland Road and proceed 10.5 miles until reaching Nicholson Drive Extension. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles until reaching North Stadium Drive. Just past North Stadium Drive (and Tiger Stadium), you will see Bernie Moore Track Stadium. Turn right and park in front of Bernie Moore Stadium, or if necessary, return to Tiger Stadium for parking.

or

2) Take I-10 to Acadian Thruway (La. 427, exit 157B). Turn left onto Acadian Thwy. and proceed 2.0 miles until reaching Highland Rd. (note that Acadian becomes Stanford Ave. and then LSU Ave.). Turn right onto Highland Road and proceed 0.4 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles until reaching North Stadium Drive. Just past North Stadium Drive (and Tiger Stadium), you will see Bernie Moore Track Stadium. Turn right and park in front of Bernie Moore Stadium, or if necessary, return to Tiger Stadium for parking.