

Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
Phone: 919-656-5322
<http://www.triangleaquatics.org/>

Meet: Long Course Junior Olympics

July 16 – 19, 2009

Total Est. Driving Time: 2 hours, 1 minute Total Est. Distance: 121.84 miles

J.F. Hurley YMCA 828 Jake Alexander Blvd W, Salisbury, NC 28147-1220		
1.	Start out going SOUTHEAST on JAKE ALEXANDER BLVD W / US-601 / US-70 toward MOORESVILLE RD / NC-150. Continue to follow JAKE ALEXANDER BLVD W / US-601.	2.1 miles
2.	Merge onto I-85 N via the ramp on the LEFT.	89.2 miles
3.	Take I-40 E toward RALEIGH.	33.1 miles
4.	Take EXIT 291 toward CARY.	0.3 miles
5.	Merge onto CARY TOWNE BLVD.	0.5 miles
6.	Turn LEFT onto CONVENTION DR.	0.2 miles
7.	End at 275 Convention Dr. Cary, NC 27511-4257, US	