

Central Iowa Metropolitan League School Locations – Updated 9/21/6

Ames High School -- 1921 Ames High Drive, Ames

Exit off of I-35 at the 13th Street Exit and proceed west to Grand Avenue. At Grand, turn right and proceed to the 20th Street stop lights. At 20th and Grand, turn left and proceed west to the high school. Basketball, volleyball, swimming, track, wrestling, football, softball and soccer facilities are located at the high school. **Baseball --** is located at Brookside Park. At 13th and Grand, turn left and proceed south to 6th Street, where you turn right and proceed west. After you cross the river, turn right into Brookside. **Tennis --** is commonly held at Ames High and if necessary Innis Grove or Brookside Park (go to 24th and Grand and turn right and proceed east to the courts). **Golf --** is normally held at Ames Golf & Country Club -- from 24th and Grand turn left and proceed west. Follow 24th (it becomes R-50) west and north to the Country Club which is approximately three miles north. **Soccer --** played at AHS football stadium.

Ankeny High School -- 1302 NW Ankeny Blvd., Ankeny

Off I-35, take Exit 92 into Ankeny. You will be on 1st Street. Proceed west on 1st Street, to Ankeny Blvd. (Hwy 69). Turn north (right) on Ankeny Blvd. and proceed approximately 1/4 mile. The high school is on west side of highway. **All athletic facilities except golf, cross country and tennis are located at or near the high school.** **Golf** and **cross country** usually compete at Otter Creek Golf & Recreational Area, approximately two miles north of the school on Highway 69, then a mile east. **Northview Middle School (9th Football, Varsity Tennis and all 8th grade activities)** is located at 1010 Prairie Ridge, coming in on I-35, take exit 92 proceed west on 1st St. to NW Ash St.(look for Ankeny water tower landmark). Turn right (north) onto NW Ash St. and proceed to the the stop sign (NW 9th (Prairie Ridge) & Ash). Proceed north through this intersection and turn into the school driveway entrance (2nd left).

Dowling Catholic High School -- 1400 Buffalo Road, West Des Moines

I-235 to 8th Street exit, West Des Moines exit and turn north. Take exit to 8th street and turn north (left) Cross railroad track and turn left at next stoplight. Proceed up a small hill to the school on your left. **All home athletic events** with 2 exceptions will take place on campus. **Varsity football games & Golf** events will take place at various sites in the area.

East High School -- 815 E. 13th St., Des Moines

I-235 to the East 15th St. exit and proceed north to Buchanan Street. Turn left to go to the high school or right if going to the stadium, track and softball field or tennis courts. The tennis courts are one block east of the high school. The baseball and softball fields are located two blocks northeast of the school and adjacent to Williams' Stadium. For events in the gymnasium or pool, park in the lots north of the school. For **football, track, tennis, baseball and softball**, use the stadium parking at Williams' Stadium, East 15th and Walker streets. **Golf** matches are held at Grandview Golf Course. Grandview is located on East 29th street outh of Hubbell. **Soccer:** Cownie Soccer Park, Take 14/15th street exit off I-235. Turn South on 14th Street. Continue on 14th Street to Hartford and turn left. Follow road to soccer park. Coming from south of Des Moines, take the bypass to 65/59 and exit to Des Moines. The high way will become SE 14th Stree. Follow to Hartford, Turn right and follow road to Soccer Park.

Fort Dodge High School -- 819 N. 25th St., Fort Dodge

Take I-35, Highway 69, or Highway 17 to Highway 20 west. On 20 proceed to the first Fort Dodge exit (Coalville and Fort Dodge). Proceed north to first stoplight on 5th Ave. South and turn left, traveling west to the 1st stoplight (Sonic Restaurant Corner). Turn right (north) on 32nd Street head north to 10th Ave North. (T-intersection) turn left and proceed west, approximately one-half mile. The High School will be on your left. **Football Stadium (football, track, baseball, tennis):** Continue going west past the high school to first 4-way stop sign. Turn right on 21st St. traveling north to Floral Ave then turn right going east. The stadium is on the left at 1930 Elmhurst Ave. **Some ninth grade boys and girls basketball** are played at Butler Elementary School-- As you are coming into town from the interstate stay on 5th Ave South and go pass the Crossroads Mall Shopping Center until you get to South 18th Street. Turn left on South 18th Street and go 5 blocks south. Butler Elementary will be on the left. **Harlan Rogers (softball, soccer):** Continue on 5th Ave south until you get to 15th Ave North (Jiffy Lube Corner) turn right, precede north to the outskirts of town. **Kennedy Park** (Cross-country) is located 3 miles straight north of Harlan Rogers. **Golf** is normally played at the Fort Dodge Golf & Country Club -- take highway 169 exit off of Highway 20 and proceed north. Take the first exit (2nd Ave South). Turn right off of Hwy 169. Turn left at the first stop light to the entrance of FDCC.

Hoover High School -- 4800 Aurora Ave., Des Moines

Interstate 35 to Interstate 80. Proceed to the Merle Hay Road exit and turn south to Aurora (Bob Brown Chevrolet). Turn east for approximately 10 blocks. For events in the gymnasium and pool it is best to park in the west lot and enter through the north doors. Both facilities are in the west wing of the school. **Football, Track and Soccer** facilities, nine through varsity, are at McGrane Stadium, directly west of the high school. Visitor parking for Football is in the south parking lot off 48th Street. The **baseball** diamond is located west of the high school. The **softball** diamond is located on the southwest portion of the campus. **Tennis Courts** are located directly behind the school to the west. **Golf** is played at various sites throughout the Metro area.

Indianola High School -- 1304 E 2nd Ave., Indianola

Hwy. 65/69 south to Salem St. Turn left and proceed east to the school grounds, OR continue on Hwy. 65-69 to the intersection of Hwy 65-69 and Hwy. 92. Proceed east on Hwy. 92 to the high school. Contests held at the high school are: volleyball, basketball, wrestling, baseball, and softball. **Simpson College (9/10/JV/Varsity football, track, soccer, swimming):** Turn west on Iowa Street off Highway 65-69, proceed west until you come to D Street, where you turn left and go 4-5 blocks. Busses should unload at the sidewalk, near the north end of the stadium. Swimming is located inside Cowles Center, north of the football field. **Pickard Park (cross country):** Follow same directions for school and continue on Hwy 92 one mile to the Park. **Indianola Country Club (9/JV/Varsity golf):** Highway 69 south to Balloon Museum (north edge of town) turn west on Orchard Ave. Go to 3rd stop sign (Country Club Road) turn right for 1 block. Turn right at the sign. **Middle School (tennis) –** Courts are located at the Indianola Middle School, directly south of the high school.

Johnston High School -- 6501 NW 62nd Ave., Johnston

(All events are held here except golf.). Interstate 80 West to the Merle Hay exit. Turn north or right on Merle Hay Road. Stay on Merle Hay Road for approximately two miles and turn west or left on NW 62nd Avenue. Go one block, the high school will be on your right. **Jester Park (Golf) --** Interstate 80 West to the 141 exit. Stay on Highway 141 (approximately 5 miles until 121st Avenue and turn right (there will be a Jester Park sign). Follow 121st Avenue and you will see the golf course. **Johnston Summit 6/7 School (Swimming) -** 9500 Windsor Pkwy - Interstate 80 West to 86th Street. Turn north on 86th Street. Go to Windsor Pkwy and turn west. Go about a 3/4 of a mile and you will see the school (pool entrance is labeled).

Lincoln High School -- 2600 SW 9th St., Des Moines

Interstate 235 to the Keo exit south, turn south on 9th Street through downtown Des Moines. Follow SW 9th Street to Bell or Loomis Streets, turn right (west) one block. **Hutchens Stadium (football, varsity basketball, track):** Hutchens Stadium located at the northwest corner of the Lincoln High School campus. **(9/10 Basketball/Baseball/Softball):** Located at 1000 Porter Ave., two miles south of the high school on S.W. 9th to Porter, turn west and go about one block. **Tennis** matches are held at school courts, just north of the high school on SW Bell. Golf matches are at courses in the metropolitan area. **Soccer: Cownie Soccer Park,** Take 14/15th street exit off I-235. Turn South on 14th Street. Continue on 14th Street to Hartford and turn left. Follow road to soccer park. Coming from south of Des Moines, take the bypass to 65/59 and exit to Des Moines. The highway will become SE 14th Stree. Follow to Hartford, Turn right and follow road to Soccer Park.

Marshalltown High School -- 1602 South 2nd Ave., Marshalltown

Coming in on South 14 - stay on 14 (Center Street) going north Olive Street. Turn east (right). School is one block. Athletic Complex is two blocks on the north side of the street. Parking lots on the left. Coming on North 14 - Continue on 14 (3rdAve) Stay on 3rd Ave. This will take you past a middle and an elementary. Coming up the hill, go around an "S" curve. This takes you to the parking lots. Coming in on East/West 30 - take exit #185 (Marshalltown Community College /Newton exit) turn north onto Highway 14. stay on 14 (Center Street) going north Olive Street. Turn east (right). School is one block. **Lenihan Intermediate School (9th basketball/10 Boys' Basketball/ JV Girls' Basketball):** Follow directions to Olive Street, proceed north two more blocks to Ingledue. Turn left (west). Proceed 5 blocks. School is on your left. **Iowa Veterans Home (cross country):** Coming in from the Diagonal (Old 330), turns into Lincolnway. Continue on Lincolnway to 9th St., turn left and continue to Summit. Turn left on Summit to 13th St. Entrance to the Veterans Home is on your right. Coming in on South 14 - stay on 14 (Center St) going north until you come to Boone St. turn left - Proceeding to 9th St. Turn right - continue to Summit. Turn left on Summit to 13th St. Entrance will be to your right. **American Legion Golf Course (girls golf):** Follow directions to Olive Street. Turn left (west) at stoplight. Proceed six blocks to stop light, turn right onto Sixth Street. Proceed one block to entrance on your left. **Elmwood Country Club (boys golf):** Follow directions to Olive Street. Turn left (west) at stop light onto Olive. Proceed on Olive until you come to Country Club Lane. Turn left (south). **Total Bowl** Follow directions to Olive Street. Turn left (west) at stoplight. Proceed six blocks to stop light, turn right onto Sixth Street. Proceed north on Sixth Street for two "long" blocks. Bowling alley will be on your left. **Community "Y" (girls/boys state swim meets).** Address: 108 Washington Street. Follow directions to Olive Street – however, instead of turning continue on Center Street until you pass Hy-Vee (corner of Center and Anson Streets). Once pass Hy-Vee, just before going over the viaduct, turn right (east). This road will take you around under the viaduct and straight to the Community "Y".

Mason City High School -- 1700 4th St. SE, Mason City

I-35 north to Highway 18 (Exit 190). **Mason City High School Baseball Diamond/Roosevelt Middle School:** Coming in on Highway 18 East, take Exit 186 (which is Highway 65 or Federal Ave.) Go to 16th Street South East (Casey's is on the corner) and turn right. Go 2 blocks and you will be at Roosevelt Middle School and playing fields. **Mason City High School Football Field/Soccer Field/Gym/Softball Diamond/John Adams Middle School:** Coming in on Highway 18 East, take Exit 190 (which is California Avenue/NIACC). Go to stop sign and turn left onto Highway 122. Travel West on Highway 122 -- the High School/JAMS will be on the right (North) side. **Mason City Country Club (Girls Golf):** Coming in on Highway 18 East, take Exit 183 (which is Eisenhower Avenue). Travel North on Eisenhower Avenue to the stop light and turn right (East). Travel East and the Mason City Country Club will be on the right (South) side. **Highland Golf Course (boys Golf/Cross Country)** Follow directions to high school. Turn right(north) at stoplights. Travel on Illinois Ave. until you come the T-intersection, turn left. Travel west on 12th street NE to the lights of the crosswalk at North Rhode Island. Turn right onto North Rhode Island and proceed to the T-intersection. Turn right onto 17th street NE and proceed to the clubhouse (left side of the street).

Newton High School -- 800 E. 4th Street South, Newton

I-80 east to Highway 14 northbound exit (Exit 164-first Newton exit). From Iowa 14, turn right at the first stoplight. (If entering Newton on 14 from the north, turn left at Country Kitchen and Casey's.) Go east on S. 12th Ave. W to stop sign. Turn left on W 12th St. S for 4 blocks, then right on S 8th Ave W. and follow road to the high school. **Football stadium (football, soccer, track):** follow the directions to the stop sign, turn left then a quick right on S 12th Ave W and go directly to the stadium. **Baseball (Woodland Park):** Follow Hwy 14 (N) past 2 stoplights, turn right on N 19th Ave W and head east to the park. **Softball (Berg M.S.):** go past Woodland Park to E 19th St. N turn right and proceed south to the M.S. **Swimming (YMCA):** proceed past the High School on S 8th Ave W, turn right on E. 17th St. S. **Tennis:** Maytag Park or Aurora Heights Park. High School from East I-80 (exit 168) turn right at exit stop sign. North to 13th Ave E, turn left, at T intersection (E 5th St S) turn right, High School is on left.

North High School -- 501 Holcomb, Des Moines

Interstate 35/80, take the 2nd Ave exit south to Holcomb Ave. From I-235 take 6th St. exit north to Holcomb Ave. The School is located on the west side of 2nd Ave. **Volleyball/Basketball/Wrestling and swimming** take place in the gymnasium and pool located in the south wing of the school. Use the southeast parking lot and enter through the south doors. **Varsity football/soccer games** are played at Grubb Football Stadium west of 6th Ave. **Baseball and softball** facilities are east of the school. **Golf** is played at Grandview Golf course located on E. 29th. Take I-235 to the Guthrie exit, take Guthrie to the East until you reach 29th Street. Turn left half a block to the entrance. **Tennis** matches are held at McPhearson Courts (Old Birdland), just south of the high school.

Ottumwa High School -- 501 E. 2nd St., Ottumwa

Schafer Field (Football and Track) -- Highway 63 South to Fourth Street (Fire Station is on the right). Left on Fourth Street for 10 blocks. Stadium is on the left. Team buses enter the facility from the Fourth Street entrance to the fieldhouse. Spectators should proceed past the stadium to Iowa Avenue. Left one block, left again on Center Avenue to the visitors side of the stadium. **Evans Gymnasium (Basketball, Wrestling, Volleyball) --** Highway 63 South across the river to the first stop light (Junction 34 and 63). Continue straight south on Ferry Street 14 blocks. Evans School will be on the right. Turn right on Chester Avenue to the parking lot. **Walsh Jr. High School (Soccer and 9/10 Basketball) --** Highway 63 South one block past the first stop light. Turn left which is Bonita Street for two blocks. Turn right on to Kenwood for one block and then turn left on to McCarroll Drive. **Greater Ottumwa Park (Tennis and Baseball) --** Highway 63 South across the river to the first stop light. (Junction 34 & 63). Continue straight south on Ferry Street for approximately 1/2 mile. Take the first left turn off Ferry into the park entrance. Turn left (north) immediately after entering the park. Follow the park road to the tennis courts and baseball fields. **Huston Field (Softball) --** Highway 63 South across the river to the first stop light (Junction 34 and 63). Continue straight south on Ferry street to Greenwood Avenue (two blocks south of Wendy's). Turn right on Greenwood Avenue for approximately 12 blocks to McKinley Avenue. Turn right on to McKinley and then take the first right into Huston Field. **Ottumwa Municipal Golf Course --** The municipal golf course is located north of town on Highway 63. Take the first right after you exit the four lane expressway. **Ottumwa Country Club --** Highway 63 to the second stop light. Turn left on to Court Street. Follow Court Street to Golf Avenue. Turn left on to Golf Avenue to the pro shop. **Beach Ottumwa (Swimming) --** Highway 63 South across the river to the first stop light. Turn left on 63 to the first exit (Church Street/Business District). Left on Church for two blocks and then left into the pool entrance.

Roosevelt High School -- 4419 Center, Des Moines

Interstate 235 to the 42nd St. exit and proceed north to Center St. Turn left to the high school. **Baseball, Softball, Basketball, Volleyball and Track** are located at the high school. **Varsity football games** are scheduled at Drake Stadium. Drake Stadium is located on Forest Avenue between 27th and 28th Street. From Interstate 235 take the 31st Street exit North to Forest Ave. Turn right. **Waveland Golf Course (golf):** Take the 42nd St. exit off of I-235 and proceed north to University Ave. Turn left to 49th St. **Soccer:** Cownie Soccer Park, Take 14/15th street exit off I-235. Turn South on 14th Street. Continue on 14th Street to Hartford and turn left. Follow road to soccer park. Coming from south of Des Moines, take the bypass to 65/59 and exit to Des Moines. The high way will become SE 14th Street. Follow to Hartford, Turn right and follow road to Soccer Park. **Waveland Courts (tennis):** Take the 42nd St. exit north off of I-235. Proceed north to Center St. and turn left. Continue past the high school to Polk Blvd. and turn right. Go north for two blocks.

Southeast Polk High School -- 8325 NE University Ave., Runnells

Located on Highway 163 (East University) approximately 8 miles east of Des Moines and 5 miles south of Altoona. From I-235 take East University Exit and proceed east on Hwy 163 (east university) to the high school. From I-80, take exit 141 south on the Hwy. 65/69 bypass to Hwy. 163 (east university) and turn left. High School will be on the south of the highway. Virtually all athletic facilities are located at the high school. **Toad Valley (girls golf):** Directly south of the high school. **Terrace Hills (boys golf):** Take Highway 6 (8th street) for four miles east of Altoona.

Urbandale High School -- 7111 Aurora Avenue, Urbandale

High School. From the east: Take I-80 to the Merle Hay Road Exit (131) and proceed south on Merle Hay Road. Take a right, turning west on Aurora Avenue. Travel to the intersection of 70th and Aurora Avenue. Urbandale High School will be on your right. The gyms and football field rest on the east side of the school; the softball field in Lions Park, directly south of the school, the pool directly west of the school on Aurora Avenue; the baseball field directly north of the school. From the west: Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Aurora Avenue (2nd stoplight). Take a left turning east on Aurora Avenue. Proceed east on Aurora Avenue past the Middle School. Urbandale High School will be on your left. The gyms and football field rest on the east side of the school; the softball field in Lions Park, directly south of the school, the pool directly west of the school on Aurora Avenue; the baseball field directly north of the school. **Boys Soccer** - Urbandale Soccer Complex: Urbandale Soccer Complex – SW Corner of 104th and Meredith Drive. From the east: Take Meredith Drive west to 104th Street and turn left (south). The facility is located at the SW corner of 104th and Meredith. From the west: Use the Highway 141/Grimes exit and proceed back southeast past Super Target to Meredith Drive. Proceed to 104th Street, turning right. The facility is located at the SW corner of 104th and Meredith. **Tennis** - Walker Johnston Park: Walker Johnston Park is located at 9000 Douglas Avenue. From the east: Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Douglas Avenue. Turn right (west) and proceed about two blocks. Walker Johnston Park will be on the left. From the west: Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Douglas Avenue. Turn right (west) and proceed about two blocks. Walker Johnston Park will be on the left. **Golf** - Urbandale Golf and Country Club: Urbandale Golf and Country Club is located at 4000 86th Street. From the east: Take I-80 to the Merle Hay Road Exit (131) and proceed south on Merle Hay Road. Take a right, turning west on Aurora Avenue. Travel to the intersection of 70th and Aurora Avenue. Urbandale High School will be on your right. Travel west to 86th street, turning left. The Country Club will be on the right. From the west: Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Aurora Avenue (2nd stoplight). Travel past Aurora Avenue and the Country Club will be on the right.

Valley High School – 3650 Woodland Ave. -- West Des Moines

With the exception of Football, Soccer, Golf, Cross Country, freshman volleyball/basketball all athletic fields are located on the High School grounds. I-235 to Valley West Drive in West Des Moines. Take Valley West Drive south to Woodland Avenue. Turn right (west) to athletic parking lots. **Softball/baseball:** Continue on Valley West Drive past Woodland Avenue. You will see the school on the right. Fields are south of the school. **Football/Soccer:** Coming from the North/East/West - take I-80 West to I-35 South to the “Mills Civic Pkwy” exit. Go East (Left) on Mills Civic Pkwy. (4 blocks) to stadium. Address is 4440 Mills Civic Parkway. **Golf: (Willow Creek Golf Course):** Take I-35 South to Ext 68 (Hwy 5 WDM/Norwalk Exit)...Proceed to Ext 101 (SW Connector) and exit. Go to the top of the ramp and turn left and go about 1/8 mile. Turn Right on Army Post Road. Address is 140 Army Post Rd. **Cross Country/freshman volleyball/basketball: (Valley Southwoods Freshman High School)** Take I-80 to I-35 South to “Mills Civic Pkwy” exit. Turn left @ Stoplight. Go to Fuller Road & turn right. Got to 35th Street South and turn left. Southwoods is on the left. Address is 625 South 35th St.

Waukee High School -- 555 E. University Avenue

From the East - Take I-80 W to the University Avenue exit. Go West (right) on University approximately 5 miles. The high school is on the north (right) side of the road. OR Take I-235 West through Des Moines to the 74th St. Exit in West Des Moines. Go north (right) on 74th St. To University Avenue. Go West (left) on University Approximately 3 miles. The high school is on the north (right) side of the road. **From the North** - Take Hwy 17 to Hwy 141 to I-80 W. Follow the above east directions. **From the South** - Take I-35 north to University Ave. exit. Go west(left) on University approximately 5 miles. High School is on the North (right) side of the road. **Volleyball, Basketball, Swimming, Wrestling are at the High School. Baseball/softball, Soccer, Track and Football are held west across Ashworth Drive from the High School.**