

Mitchell Athletic Complex

From the West :

- Northern State Parkway East to the Meadowbrook Pkwy south (exit 31A).
- Take to exit M4 West.
- Take the first right on the exit for Charles Lindbergh Blvd.
- Once on Charles Lindbergh Blvd, go past first light past the Omni Building.
- Complex is on your left.

From the East:

- LIE West to Northern State Pkwy west (exit 42)
- Take Northern State to Meadowbrook Pkwy (exit 31)
- Take to exit M4 West.
- Take the first right on the exit for Charles Lindbergh Blvd.
- Once on Charles Lindbergh Blvd., go past first light past the Omni Building.
- Complex is on your left.

Alternate - East or West

- Southern State Pkwy to Meadowbrook Pkwy north (Exit 22N).
- Go 2.4 miles to exit M4 – Rt 24W – Uniondale/Hempstead.
- Follow signs for the Nassau Coliseum
- Go past the Coliseum and the Omni Building.
- Complex and parking are on your left.