

FROM MCB QUANTICO

Summary: 161.2 miles (2 hours, 27 minutes)

Time	Mile	Instruction	For	Toward
7:02 A	0.0	Depart Barnett Field Parking lot	4.3 mi	
7:09 1	4.3	Take Ramp (RIGHT) onto I-95	62.9 mi	I-95 / Fredericksburg
8:02 2	67.1	At exit 84A, take Ramp (LEFT) onto I-295	14.7 mi	I-295 / Rocky Mt NC
8:15 3	81.8	At exit 28A, take Ramp (RIGHT) onto I-64	76.2 mi	I-64 / Norfolk / VA Beach
9:24 4	158.1	At exit 276, turn RIGHT onto Ramp	0.1 mi	I-564 / US-460 / Granby St / Naval Base
9:25 5	158.2	Take Ramp (LEFT) onto US-460 [Granby St]	2.9 mi	US-460 / Granby St / VA-165 / Little Creek Rd
9:29 6	161.1	Turn LEFT (East) onto La Valette Ave	0.1 mi	
9:30 B	161.2	Arrive Norfolk RFC Pitch [Lafayette Park]		

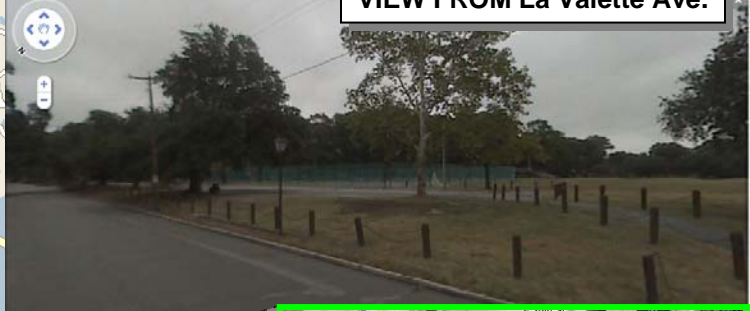
Saturday, 21 March '09
Dual match
 (hosted by Norfolk RFC)

SAT. 21 APR.
NLT 06:30 Depart Quantico.
 (RP @ Barnett Field South Parking lot)

≈ 09:00 Arrive at **Lafayette Park, Norfolk, VA**

09:30 Boots On - Warm up/match prep
11:00 1st Kick off. (vs. ODU RFC)
14:00 2nd Kick off. (vs. Richmond RFC)
≈ 17:00 Push for Social (*tbtd*)
≈ tbd Return to Quantico

VIEW FROM La Valette Ave.



Phone Numbers
TOMMY
C: (760)521-6614
JAKE
C: (240)377-6334

MATCH SCHEDULE

- 11:00 - 12:00 - ODU vs. Quantico
- 12:00 - 13:00 - Norfolk vs. Richmond
- 13:00 - 14:00 - James River vs ODU
- 14:00 - 15:00 - Quantico vs. Richmond
- 15:00 - 16:00 - Norfolk vs. James River

