Getting Here

Located in the center of the country, Ames is easily accessible by both ground and air transportation.

GROUND

Ames is located on Interstate 35 running north and south and 25 minutes north of Interstate 80 running east and west. When planning your travel, please allow for the following drive times.

- Des Moines: 45 minutes
- Cedar Rapids/Omaha: 2 hours
- Minneapolis: 3.5 hours
- Chicago: 6 hours

DIRECTIONS TO THE SCHEMAN BUILDING

All coaches must register their teams at the Iowa State Center Scheman Building. From I-35 exit west on Highway 30 (exit #111B). Traveling west on Highway 30, exit north onto University Blvd. Traveling north on University Blvd, turn west (left) on South 4th Street. Turn north (right) into the Iowa State Center parking lots. Maps are included on the following page for your reference.

AIR

More than 100 flights arrive and depart from the Des Moines airport daily, serving more than 1.9 million annually. Departures are continuous between 5:00 a.m. to 8:00 p.m. The following airlines serve this airport and provide direct connections to cities throughout the US.

- Allegiant Air
- American Airlines
- Continental Express
- Delta
- Frontier
- Jet Blue
- Midwest Airlines
- Northwest Airlines
- Southwest
- United Airlines
- US Airways