

Directions to Hackensack High School Hackensack, NJ

- Take the Garden State Parkway North to Interstate 80 East.
- Stay in local lanes on Route 80 – do not take express lanes.
- Take Interstate 80 East to Exit 63 (right lane exit).
- Travel to the top of the exit ramp.
- Turn left at the stop sign to cross over Route 80.
- At the t-intersection, turn right at the traffic light onto Essex St.
- Take Essex St past Hackensack University Medical Center until you see the Arena Diner on your left (you will go up a hill, level off, and then be going downhill).
- Turn left at the traffic light at the Arena Diner onto Polifly Road, which will change names to First St.
- Hackensack HS will be on this road - you will actually drive under the second story of the high school.
- The track will be just past the high school on the right.
- There are a few parking lots on campus as well as on-street parking nearby (take note of posted on-street parking regulations).