The University of West Alabama is located on U.S. Highway 11 in Livingston, Alabama. It is 116 miles southwest of Birmingham, 130 miles west of Montgomery, and 37 miles east of Meridian, Mississippi.

**North/East**
- Traveling north/east on I-59/I-20 from Meridian, take the AL-28 exit 17.
  - Turn R) onto AL-28.
  - Turn R) onto U.S. Highway 11.
  - Turn R) at first traffic light into campus.
  - Continue until you come to a T in the road, and turn L). Pass the parking lot on the L) take the next L).
  - Continue down the hill through the gate.
  - Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.

**South/West**
- Traveling south/west on I-59/I-20 from Tuscaloosa, take the AL-28 exit 17.
  - Turn L) onto AL-28.
  - Turn R) onto U.S. Highway 11.
  - Turn R) at the first traffic light onto campus.
  - Continue until you come to a T in the road, and turn L). Pass the parking lot on the L) take the next L).
  - Continue down the hill through the gate.
  - Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.

**West 80**
- Traveling west on US-80, from Demopolis turn R) onto AL-28 toward Livingston.
  - Continue straight through U.S. 11, through two traffic signals, and past the Shell station on your L).
  - Continue around the curve and take the first R) down the hill into the parking lot.
  - The Center will be straight ahead.
  - Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.

- Traveling north on AL-17 from Butler, turn R) onto U.S. Highway 11 in York.
  - Turn L) at the light and “T” in Livingston.
  - Continue through the next traffic signal and go past the Shell station on your L).
  - Continue around the curve and take the first R) down the hill into the parking lot.
  - The Center will be straight ahead.
  - Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.

- Traveling north on AL-43 from Thomasville, turn L) onto AL-28 in Linden and follow to U.S. Highway 80.
  - Turn L) onto US-80 and after crossing the bridge turn R) onto AL-28 toward Livingston.
  - Continue straight across U.S. 11, through two traffic signals, and past the Shell station on your L).
  - Continue around the curve and take the first R) down the hill into the parking lot.
  - The Center will be straight ahead.
  - Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.
The UWA Athletic Training & Sports Medicine Center is located in Room 216 of Homer Field House in the end zone of Tiger Stadium on The University of West Alabama Campus.