



FIRST Robotics Competition

Southern California Regional

Visitor's Guide

**FIRST Robotics Competition
March 2005**

NOTICE

The information in this document was developed and compiled
by Team 330, the BeachBots,
for the use of other FRC teams that will be participating in the
Southern California Regional.



TABLE OF CONTENTS

Welcome

The Venue

The 405 and Traffic	3
Area Map	5
From the North	5
From the South	5
From the East	6
From the West	6
Map of General Area Around the Great Western Forum	6
Parking.....	7
Public Entry to the Forum	7
Loading and Unloading	7
Weather.....	8
Emergency Help	8

Places to Stay

Hotels Recommended By FIRST	9
Cities and Hotels That Are Close	10
Area Around LAX (Airport).....	10
Inglewood	11
Culver City	12
El Segundo.....	13
Hawthorne	13
Hermosa Beach.....	14
Lawndale	14
Manhattan Beach	15
Marina Del Rey	15
Redondo Beach.....	15
Torrance	16



TABLE OF CONTENTS

Food and Restaurants

Things You Might Need

Hardware Stores	19
Home Depot 1	20
Home Depot 2	20
Home Depot 3	21
Home Depot 4	22
Inglewood Pipe and Supply	23
Lowe's	23
M & K Metals	24
McMaster-Carr	25
Motion Industries	26
Plastics Depot	27
Drug Stores	27
Grocery Stores	28

Things To Do

Theme Parks	29
Hollywood	29
Airport / South Bay	29
Inter-team Activities	30
Planned Activities	30

Index



WELCOME

March 15, 2005

Thank you for registering for the Southern California Regional of the 2005 FIRST Robotics Competition. The teams of Southern California hope you have a great time and enjoy our city. This guide has been prepared to help out-of-town teams find what they need, when they need it. It may also be helpful to teams from this area who are not familiar with the city of Inglewood and the neighborhood of the Great Western Forum. Southern California is bigger than many states, so even our “local” teams can benefit from information on getting around.

Team 330, the BeachBots, prepared this guide, with input from other teams that live in the area. As one of the oldest FIRST teams on the West Coast, they have tried to provide answers to the questions that they ask when they go to a competition in another city. Graphic design and production were done by Walt Disney Imagineering.

We look forward to meeting and competing with each of you.

The Southern California Regional Planning Committee





THE VENUE

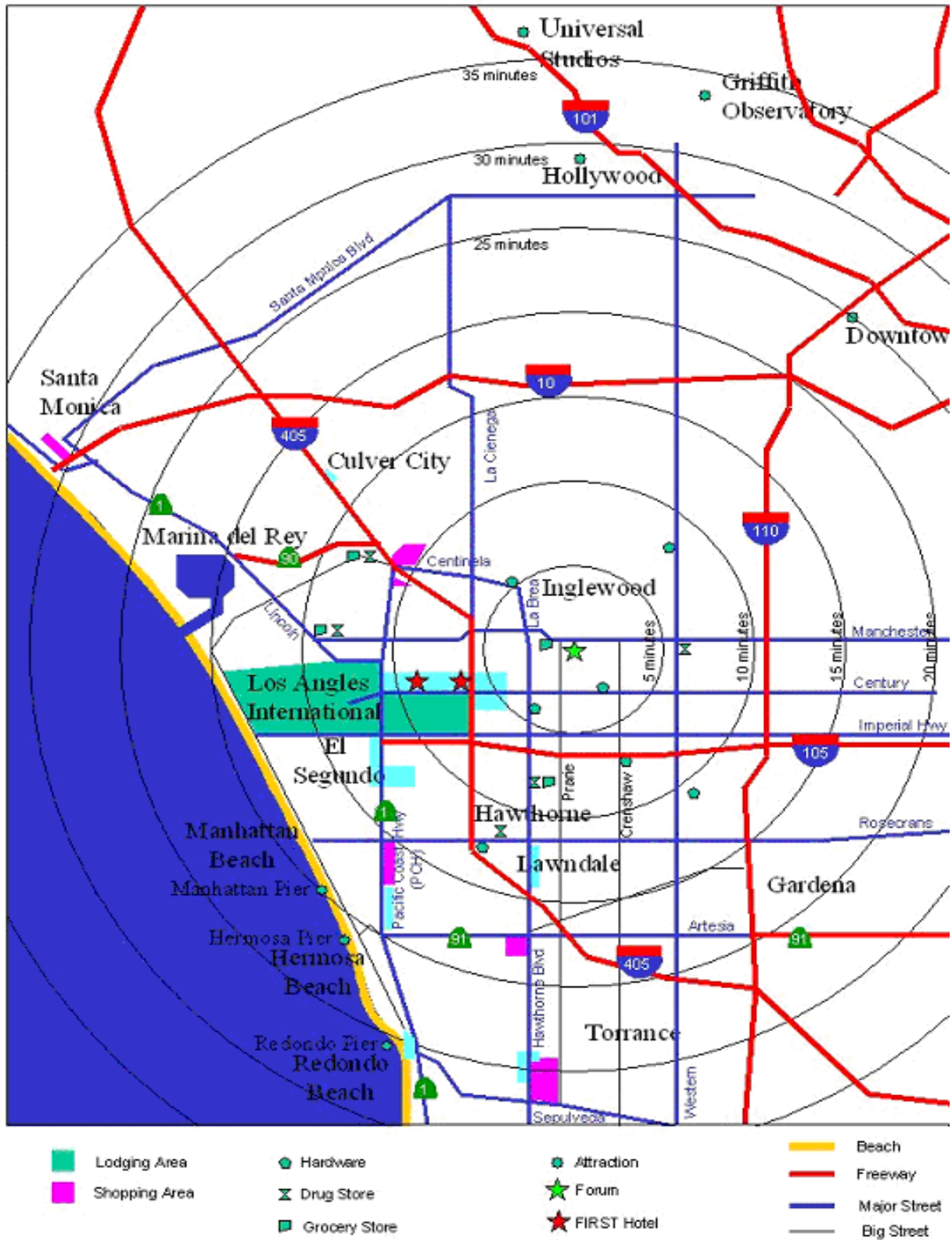
The FRC Southern California Regional is being held at the Great Western Forum in Inglewood, California. The Forum is an indoor facility next to the Hollywood Park Race Track and has plenty of room for our competition. This is a new venue for FIRST and is larger than our former site. The pit spaces will be the standard 10' square, but there should be plenty of room in the aisle in front of your pit for people to walk and see your robot.

An area has also been designated as a practice playing area that is easily accessed from the pit area. We will also have a full machine shop available that is also in easy access from the pit area.

THE 405 AND TRAFFIC

The highway closest to the Forum is the San Diego Freeway, also known as the 405. Some people call it the “4 OR 5,” as in the 4 or 5 hours it can take for you to get where you want to go. It is one of the most traveled sections of highway in a city renowned for its traffic. You might be tempted to use this stretch of highway, it gets you so close RESIST the temptation, giving in will only lead to frustration. There are occasional days when traffic is not congested on the 405 between the 105 and the 10. Thanksgiving, Christmas, and New Years come to mind, but only before 8am, maybe 9am on New Years. Clear traffic at a reasonable hour on a non-holiday happens about once a leap year.

If you must use the 405, allow plenty of time. You might also check the traffic on the SigAlert website, www.sigalert.com.



AREA MAP

We have prepared an area map customized for FIRST teams. It includes such important landmarks as the nearest hardware stores and where you might find an aspirin to deal with the headache you got after listening to the music all day. With a reasonable sense of direction and this map, you should be able to find your way to almost everything you need. It will also give you a rough idea of how long it will take you to get where you are going in good traffic. Once the traffic starts getting nasty, there is no predicting how long it will take.

These are general directions for teams that live in the immediate area. If you are staying in a local hotel, there are more specific directions in [“Places to Stay” on page 9](#).

If you lose the rest of this booklet, KEEP THE MAP!

From the North

If traffic is good, you can take the 405 south to the Manchester/La Cienega off-ramp. The ramp drops you onto La Cienega. You have about a block to prepare for a left turn onto Manchester. Once on Manchester, proceed to North Prairie Avenue. Turn right. The Forum is on your left. Turn into the parking lot.

If traffic backs up before the 90, take the 90 east until it ends at Slauson. Turn right onto Slauson and head east to La Brea. Turn right onto La Brea. Head south on La Brea until Manchester. Turn left onto Manchester. Head east on Manchester until you get to the Forum.

From the South

If traffic is moving and you're feeling lucky, take the 405 north to Manchester. The Manchester off-ramp is long and starts near the 105. It also is the off-ramp for a couple of other streets so be sure to get the right one. At the end on the ramp, turn right onto Manchester. Once on Manchester, proceed to North Prairie Avenue. Turn right. The Forum is on your left. Turn into the parking lot.

If traffic is not moving, take the Artesia off-ramp. Turn right at the bottom of the ramp onto Artesia. Take the first right, which is Prairie. Head north on Prairie. As you approach Manchester, the Forum will be on your right. Turn right into the parking lot.



AREA MAP

From the East

Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie. As you approach Manchester, the Forum will be on your right. Turn right into the parking lot.

From the West

Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie. As you approach Manchester, the Forum will be on your right. Turn right again into the parking lot.

Map of General Area Around the Great Western Forum

Here is a map of the general area around the Forum.



PARKING

Parking is \$8 per day at the Great Western Forum. If you are loading/unloading robots and equipment from your vehicles, you will be directed to the southwestern corner of the parking area that surrounds the Forum. This area is being reserved for Team vehicles and it is the closest accessible area to the load ramp.

The lots are fenced and patrolled while we are there, so your vehicle should be fairly secure. However, there is no security in the lot after we leave at night. Consequently, we don't recommend leaving your vehicle(s) in the parking lot overnight.

You will be able to leave and re-enter the parking area as needed during the day.

PUBLIC ENTRY TO THE FORUM

The main entrance to the Forum is on the west side of the building. To get to the pits and the playing field you go down stairs. There are no publicly accessible elevators. When the pits first open, most people will be heading to the pits. The Forum does not allow food to be brought into the building. However, they don't mind what you eat in the parking lot. See more details in [“Food and Restaurants” on page 17](#).

Handicap access is a mixed bag. There is convenient handicapped parking, and the load ramp down to the pits and field is easily managed. The Forum is planning to have a special marked area in front of the playing field for teams to stand and cheer. And this would make a “handicapped friendly” place to sit in a wheel chair. There are handicapped rest rooms on this same level. However, the Food concessions are on another level. There is a freight elevator for movement to other levels. To use this elevator, you must be accompanied by a Forum employee.

LOADING AND UNLOADING

If you have a vehicle full of stuff that needs to be taken into the pits, you will be directed by the parking lot attendants to parking on the Southwest side of the Forum. (As you come into the parking lot from Prairie, you will turn right.) The loading ramp is on the south side of the building. You can access the loading ramp from this area of the parking lot.

On Thursday morning at 7:45 am, when the Forum first opens, only three team members will be allowed to come in and uncrate the robots. If you are one of those three, you will use the loading ramp to enter the Forum. The Forum will be open for the other team members and general public at 8:30 am. The general public is



encourage to use the main doors on the west side of the building. Team members who are bringing in tool kits, cartons, and stuff for the pit should use the loading ramp on the south side of the building.

WEATHER

Yes, they do call this Sunny Southern California, but you're coming at the end of our "rainy season". March is the most unstable weather month of the year here. It is also when we get most of our rain. On the other hand, when it is nice it is really NICE. So check the weather before you leave and plan accordingly. Temperatures can be anywhere from the 40s to the 80s. It is likely to be a bit on the chilly side in the Forum in the morning, no matter what. So some sort of light jacket is in order

EMERGENCY HELP

If you think you, or someone around you, has a serious injury or health problem, find someone with a cell phone and dial 911. We will have an EMT on site to take care of small injuries and help with notifying other emergency personnel. Additionally, there is a very good hospital within blocks of the Great Western Forum.

For robot breakdowns, the teams of Southern California pride themselves on their helpfulness. We were one of the first areas to have seminars helping other teams get started and learn about things like pneumatics. Helpfulness is part of the tradition here. Chances are, if your robot breaks, you will have to beat off all the offers of help with a stick. Well, that might be a little exaggerated, but not much.

So if you have a problem, the "FIRST" thing to do is ask a local team for help, probably your neighbor in the pits. If they can't help you, they can probably refer you to another team with more expertise who can. It may take a few tries to find the right person so keep at it. Better yet ask a couple of teams.

But there is always the possibility that, in spite of our best efforts, something will come up that we don't have the hardware on site to deal with. That's OK. In case you haven't noticed, LA is not so much a city but a major metropolitan area. From the Forum it would take you at least an hour and a half to get out of the "city", in any direction except West. Somebody within an hour's drive probably has exactly what you need. There are four Home Depots within 10 minutes of the Forum along with a Lowe's and a couple of specialty places.

Directions to these places are listed in ["Things You Might Need" on page 19.](#)



PLACES TO STAY

Now that you've made it all the way here, you need a place to stay. One obvious choice is to go with the FIRST hotels. While they seem expensive at first glance, they are in fact competitive with similar hotels in the area.

The cost is due in part to the criteria that FIRST uses when selecting "official" hotels. They are listed below and are similar to the criteria many corporate travel departments use for the protection of their employees. These criteria make sense for a group composed largely of high school students, both for their safety and to make it easier to keep them from making their own trouble. Here they are:

- Hotels that have rooms with only interior entrances.
- Hotels with in house security.
- Hotels as close to the venue site as possible.
- Hotels with affordable rates versus the marketplace.
- Hotel brands known for having clean rooms.
- Hotels with an overnight management representative.
- Hotels that include continental breakfasts whenever possible.

HOTELS RECOMMENDED BY FIRST

The following hotels are recommended by FIRST.

- **Holiday Inn Airport LAX**
9901 La Cienega Boulevard
Los Angeles, CA 90045
Phone: (310) 649-5151
The Holiday Inn has 403 rooms with a restaurant, outdoor pool, fitness center, guest laundry, and a gift shop. Parking is \$10 per day. It is 1.6 miles from the Forum.
- **Marriott Airport Hotel**
5855 West Century Boulevard
Los Angeles, CA 90045
Phone: (310) 641-5700
The Marriott has 985 rooms with three restaurants, an outdoor pool, and fitness center. Parking is \$13 a day. It is 2.5 miles from the Forum.



CITIES AND HOTELS THAT ARE CLOSE

On the other hand, some of us are not so picky or are willing to travel a little farther to save a lot of money. If you wish to stay in a cheaper non-FIRST hotel, we recommend visiting your local AAA office and getting the Southern California Guide book. While we would have loved to rate every hotel in the area for you, there are at least a couple of hundred of them just in the AAA book. AAA have done an excellent job using a nationally standardized rating system. Somehow we didn't feel like doing over what they have already done so well.

We recommend that you stay in one of the following cities: Inglewood (preferably hotels on Century Boulevard or Manchester Boulevard), El Segundo, Hawthorne, Manhattan Beach, Redondo Beach (home of Team 294, Beach Cities Robotics), Torrance (home of Team 1197, South High), Hermosa Beach (home of Team 330, the BeachBots), Lawndale, or Culver City (home of Team 702, the Bagel Bytes). Expect to spend \$70-100/night per room.

We have generated a list of hotels other than the FIRST hotels that you may want to consider. These are all drawn from the AAA tour book and have rates lower than the least expensive FIRST hotel. If you contact the hotel directly, they might give you an even better group rate. The hotels are grouped by city and directions to the Forum. For directions to the hotels listed in the same city use the same set of directions. These directions are listed under the city name. There are always exceptions, right? A few of the hotels have their own specific directions.

Area Around LAX (Airport)

Directions – Head east on Century Boulevard to Prairie. Turn left on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Quality Hotel-Los Angeles Airport
5249 W Century Blvd
Los Angeles, CA 90045
Phone: (310) 645-2200 Fax: (310) 641-8214
- Radisson Airport
6225 West Century Blvd
Los Angeles, CA 90045
Phone: (310) 670-9000
- Holiday Inn LAX
9901 S La Cienega Blvd
Los Angeles, CA 90045
Phone: (310) 649-5151

- Travelodge Hotel at LAX
5547 W. Century Blvd
Los Angeles, CA 90045
Phone: (310) 649-4000
- Four Points by Sheraton LAX
9750 Airport Blvd
Los Angeles, CA 90045
Phone: (310) 645-4600 Fax: (310) 216-7029
- Howard Johnson at LAX
8620 Airport Blvd
Los Angeles, CA 90045
Phone: (310) 645-7700 Fax: (310) 645-2958
- The Westin Hotel-Los Angeles Airport
5400 W Century Blvd
Los Angeles, CA 90045
Phone: (310) 216-5858 Fax: (310) 670-1948

Inglewood

Directions – Head east on Century Blvd to Prairie. Turn left on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Best Western Suites Hotel
5005 W Century Blvd
Inglewood, CA 90304
Phone: (310) 677-7733 Fax: (310) 671-7722
- Comfort Inn & Suites Los Angeles Int'l Airport
4922 W Century Blvd
Inglewood, CA 90304
Phone: (310) 671-7213 Fax: (310) 671-1804
- Hampton Inn-LAX
10300 La Cienega Blvd
Inglewood, CA 90304
Phone: (310) 846-3200 Fax: (310) 645-6925
- Microtel Inn & Suites/LAX
4751 W Century Blvd
Inglewood, CA 90304
Phone: (310) 491-7000 Fax: (310) 491-7001
- Ramada Limited LAX
4300 W Century Blvd



CITIES AND HOTELS THAT ARE CLOSE

Inglewood, CA 90304

Phone: (310) 419-1011 Fax: (310) 412-1294

- Super 8 Motel-Airport
4238 W Century Blvd
Inglewood, CA 90303
Phone: (310) 672-0740 Fax: (310) 672-1904
- Best Western Airpark Hotel
640 W Manchester Blvd
Inglewood, CA 90301
Phone: (310) 677-7378 Fax: (310) 674-1137

Directions – Head east on Manchester. Turn right onto Prairie. The Forum will be on your left. Turn left into the parking lot

- Best Western Airport Plaza Inn
1730 Centinela Ave
Inglewood, CA 90302
Phone: (310) 568-0071 Fax: (310) 337-1919

Directions –Head east on Centinela to La Brea. Turn right onto La Brea. Head south on La Brea until Manchester. Turn left onto Manchester. Turn right on Prairie. Turn left into the parking lot.

Culver City

Directions –Get onto Slauson and head east to La Brea. Turn right onto La Brea. Head south on La Brea until Manchester. Turn left onto Manchester. Turn right on Prairie. Turn left into the parking lot.

- Culver City Travelodge
11180 Washington Place
Culver City, CA 90232
Phone: (310) 839-1111 Fax: (310) 839-1180
- Four Points by Sheraton Culver City
5990 Green Valley Circle
Culver City, CA 90230
Phone: (310) 641-7740 Fax: (310) 645-7045

El Segundo

Directions – Take Pacific Coast Highway north to Imperial. Turn right on Imperial. Shortly there will be an on-ramp for the 105 east on your right. Get on the 105 east. Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Courtyard by Marriott
2000 E Mariposa Ave
El Segundo CA 90245
Phone: (310) 322-0700 Fax: (310) 322-4401
- Doubletree Hotel Los Angeles International Airport
1985 E Grand Ave
El Segundo CA 90245
Phone: (310) 322-0999 Fax: (310) 322-4758
- Hacienda Hotel-L.A. Airport
525 N Sepulveda Blvd
El Segundo CA 90245
Phone: (310) 615-0015 Fax: (310) 615-0217
- Hilton Garden Inn LAX El Segundo
2100 E Mariposa Ave
El Segundo CA 90245
Phone: (310) 726-0100 Fax: (310) 726-9606
- Travelodge at LAX South
1804 E Sycamore
El Segundo CA 90245
Phone: 310 615-1073 Fax: (310) 322-4475

Hawthorne

Directions – Take Aviation north to Imperial. Turn right on Imperial. Shortly there will be an on-ramp for the 105 east on your right. Get on the 105 east. Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- SpringHill Suites by Marriott
14620 Aviation Blvd
Hawthorne, CA 90250
Phone: (310) 727-9595 Fax: (310) 727-0896



CITIES AND HOTELS THAT ARE CLOSE

- TownePlace Suites by Marriott
14400 Aviation Blvd
Hawthorne, CA 90250
Phone: (310) 725-9696 Fax: (310) 725-0086

Hermosa Beach

Directions – Take Pacific Coast Highway north to Imperial. Turn right on Imperial. Shortly there will be an on-ramp for the 105 east on your right. Get on the 105 east. Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Holiday Inn Express Hotel & Suites
125 Pacific Coast Highway
Hermosa Beach CA 90254
Phone: 310 798-9898 Fax: (310) 372-0355
- Hotel Hermosa
2515 Pacific Coast Highway
Hermosa Beach CA 90254
Phone: (310) 318-6000 Fax: (310) 318-6936

Lawndale

Directions – Take Hawthorne Blvd north to El Segundo. Turn right on El Segundo and go east to Prairie. Turn left on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Days Inn Airport South Bay-Lawndale
15636 Hawthorne Blvd
Lawndale CA 90260
Phone: (310) 676-7378 Fax: (310) 676-3138
- Holiday Inn Express Hotel & Suites
14814 Hawthorne Blvd
Lawndale CA 90260
Phone: (310) 676-1111 Fax: (310) 676-0077

Manhattan Beach

Directions – Take Highland north to Imperial. Turn right on Imperial. Shortly after Sepulveda there will be an on-ramp for the 105 east on your right. Get on the 105 east. Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Sea View Inn at the Beach
3400 Highland Ave
Manhattan Beach CA 90266
Phone: (310) 545-1504 Fax: (310) 545-4052

Marina Del Rey

Directions – Take the 90 east until it ends at Slauson. Turn right onto Slauson and head east to La Brea. Turn right onto La Brea. Head south on La Brea until Manchester. Turn left onto Manchester. Turn right onto Prairie. Turn left into the parking lot.

- Foghorn Harbor Inn
4140 Via Marina
Marina Del Rey, CA 90292
Phone: (310) 823-4626 Fax: (310) 578-1964
- Super 8 Motel
12664 W Washington Blvd
Los Angeles, CA 90066
Phone: (310) 306-8243 Fax: (310) 306-2714

Redondo Beach

Directions – Take Pacific Coast Highway north to Imperial. Turn right on Imperial. Shortly there will be an on-ramp for the 105 east on your right. Get on the 105 east. Take the 105 to the Prairie exit. Turn left at the end of the ramp. This will have you heading north on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Best Western Sunrise at Redondo Beach Marina
400 N Harbor Dr.
Redondo Beach, CA 90277
Phone: (310) 376-0746 Fax: (310) 376-7384
- Redondo Pier Inn
206 S Pacific Coast Highway



CITIES AND HOTELS THAT ARE CLOSE

Redondo Beach, CA 90277

Phone: (310) 318-1811 Fax: (310) 379-0190

- Best Western Redondo Beach Galleria Inn
2740 Artesia Blvd
Redondo Beach, CA 90278
Phone: (310) 370-4353 Fax: (310) 793-7135

Directions – Turn right on Artesia and bear left onto Redondo Beach. Go east to Prairie. Turn left on Prairie. Head north on Prairie until you reach the Forum. Turn right into the parking lot.

Torrance

Directions – Head north on Prairie until you reach the Forum. Turn right into the parking lot.

- Courtyard by Marriott/Torrance South Bay
1925 W 190th St.
Torrance CA 90504
Phone: (310) 532-1722 Fax: (310) 532-9161
- Hilton Torrance/South Bay
21333 Hawthorne Blvd
Torrance CA 90503
Phone: (310) 540-0500 Fax: (310) 540-2065
- Residence Inn by Marriott
3701 Torrance Blvd
Torrance CA 90503
Phone: (310) 543-4566 Fax: (310) 543-3026



FOOD AND RESTAURANTS

The food concession at the Forum serves hot dogs, cokes, fries, and the like. For many people this is just fine, but for others it can get pretty old, pretty fast. Furthermore, there are not many take-out places in the immediate vicinity of the Forum. There is a McDonald's across the street and down a couple of blocks, but that isn't going to be much better than the concessions inside.

In view of this, the Regional Committee is pursuing having catered, prepaid, lunches available for those that want them. This has worked out well for the Arizona Regional and we would like to try it here as well. Watch for further details in the future.

If you are really desperate for something besides stadium food, there are several restaurants on La Brea near where it crosses Manchester. There are also a couple of fast-food type places near the closest Home Depot. (For directions and a map, see ["Home Depot 1," on page 20](#)).

We would have loved to produce a detailed list of all the restaurants in the area you are likely to be staying. But the list would probably run to the thousands. The best recommendation we can make is ASK A LOCAL! If that does not work, then head for a place on the Area Map where there are lodgings and shopping close together. There will be some sort of restaurant somewhere nearby.

If you find a place that you think other teams will want to know about, then please let us know and we can include it in next year's guide.





THINGS YOU MIGHT NEED

When something breaks at a competition, you don't want to wait getting parts. You need that material NOW. Here are directions to places where you can probably find what you need. Almost all are within 15 minutes of the Forum.

One exception is McMaster-Carr, but then McMaster is a pretty exceptional place. They have a catalog with 410,000 items. You could easily build a robot with just the kit and things in their catalog. You can order on the internet for will-call pickup, or you can have them deliver to your hotel. I have ordered stuff on the internet at 9am and had it on my porch at 7pm the same day.

Team 968, RAWC, has volunteered to stop by and pick up any McMaster-Carr will-calls on their way to the Forum on Friday and Saturday mornings, but you will have to let them know you need a pick-up and make financial arrangements with them yourself. McMaster does take credit cards, but, for will-calls, the person doing the pickup must use the same credit card as was used for the order, or they can pay cash. Allow at least 30 minutes each way, if you decide to make your own pickup.

The other exception is Motion Industries. They specialize in gears, sprockets, bearings and the like. If you break a stock gear and need a heat treated replacement, then Motion is the place to go. They do will-call and can get a heat treated gear overnight, if you order early enough in the day.

Farther down the list are the addresses and phone numbers of drug and grocery stores. Their locations are shown on the map as well. You know as well as we do the kinds of minor catastrophes that can lead to needing one of these places. Hopefully just knowing where to find them is enough.

HARDWARE STORES

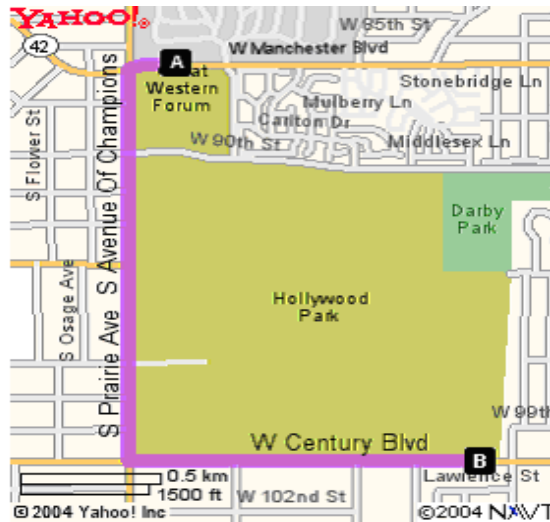
There are four Home Depots nearby. If they carry it, one of them should have what you need. If not, there are also a Lowe's and a couple of independents. Just to be fair, there are other hardware stores nearby including a couple of specialty stores you might find useful

If all else fails, there is always McMaster-Carr or Motion Industries



HARDWARE STORES

Home Depot 1



Note these directions are NOT what is shown on the map above. Sometimes a person really is smarter than the computer

1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 0.9 mi
2. Turn right on CRENSHAW BLVD - go 1.0 mi
3. Turn right on W CENTURY BLVD - go 0.2 mi
4. Arrive at 3363 W CENTURY BLVD, INGLEWOOD, on the right

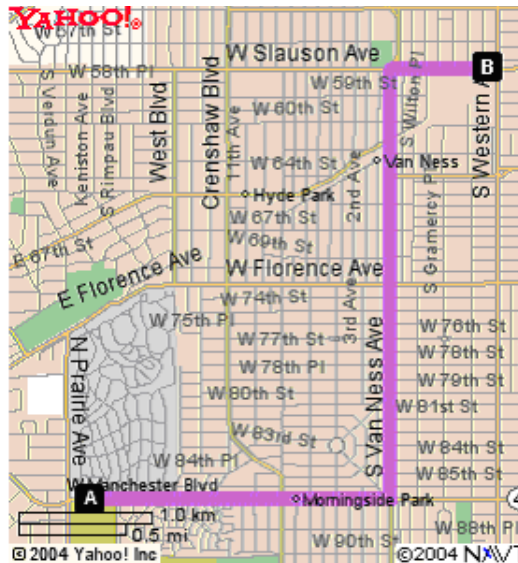
Home Depot 2



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 - go 0.7 mi
2. Turn right on LA BREA AVE - go 1.9 mi

3. Turn left on W SLAUSON AVE - go 0.3 mi
4. Arrive at 4925 W SLAUSON AVE, LOS ANGELES, on the right

Home Depot 3

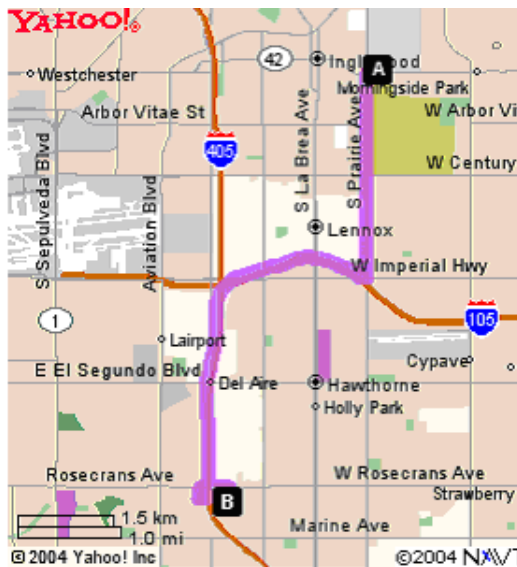


1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 1.4 mi
2. Turn left on S VAN NESS AVE - go 2.0 mi
3. Turn right on W SLAUSON AVE - go 0.5 mi
4. Arrive at 1830 W SLAUSON AVE, LOS ANGELES, on the right



FIRST®

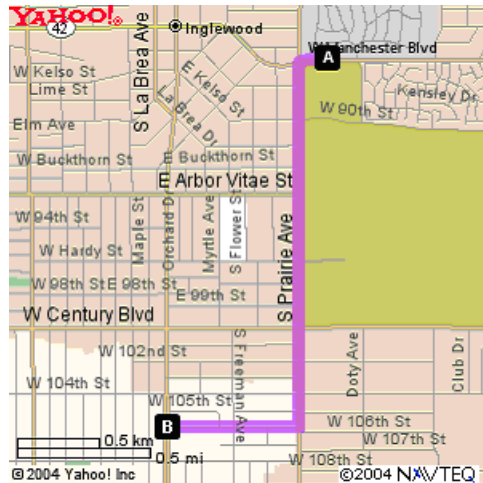
Home Depot 4



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 - go 0.1 mi
2. Turn left on S PRAIRIE AVE - go 2.0 mi
3. Turn right on W IMPERIAL HWY - go 0.1 mi
4. Bear right to take I-105 WEST - go 0.8 mi
5. Take the I-405 SOUTH exit towards LONG BEACH - go 2.6 mi
6. Take the ROSECRANS AVE EAST exit - go 0.2 mi
7. Turn right on HINDRY AVE - go 0.1 mi
8. Turn right on W ROSECRANS AVE - go 0.3 mi
9. Turn right on OCEAN GATE AVE - go 0.2 mi
10. Arrive at 14603 OCEAN GATE AVE, HAWTHORNE, on the right

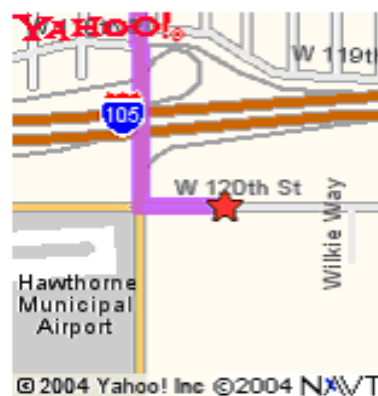
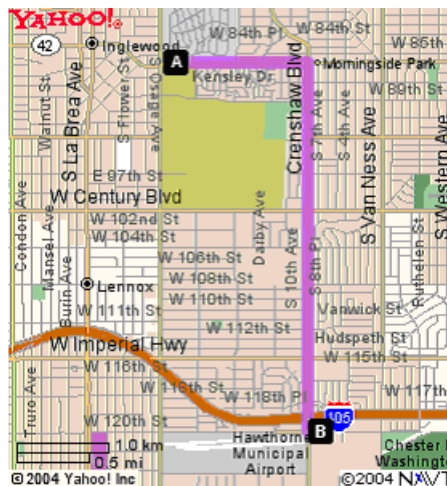
Inglewood Pipe and Supply

Inglewood Pipe and Supply has all types of pipes, plumbing supplies and fittings, rain gutters, and some miscellaneous hardware.



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 - go 0.1 mi
2. Turn left on S PRAIRIE AVE - go 1.4 mi
3. Turn right on W 106TH ST - go 0.5 mi
4. Turn right on HAWTHORNE BLVD - go < 0.1 mi
5. Arrive at 10600 HAWTHORNE BLVD, INGLEWOOD, on the right

Lowe's



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 0.9 mi



HARDWARE STORES

2. Turn right on CRENSHAW BLVD - go 2.5 mi
3. Turn left on W 120TH ST - go 0.1 mi
4. Arrive at 2800 W 120TH ST, HAWTHORNE, on the right

M & K Metals

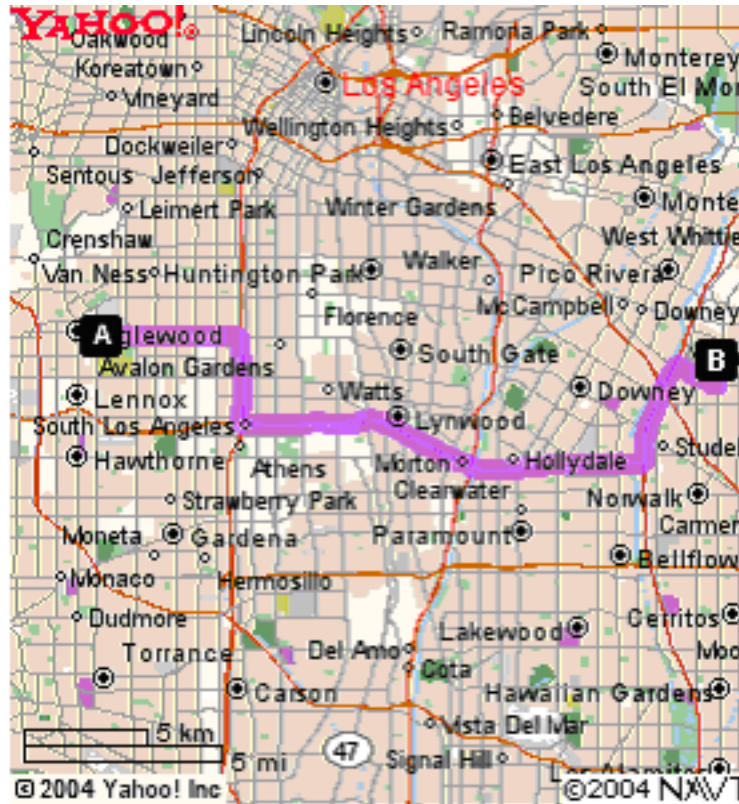
M&K Metals has a large selection of aluminum extrusion, hot and cold rolled steel, and metal sheet at reasonable prices. Phone number (323) 321-1130



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 1.9 mi
2. Turn right on S WESTERN AVE - go 3.9 mi
3. Arrive at 14108 S WESTERN AVE, GARDENA, on the left.

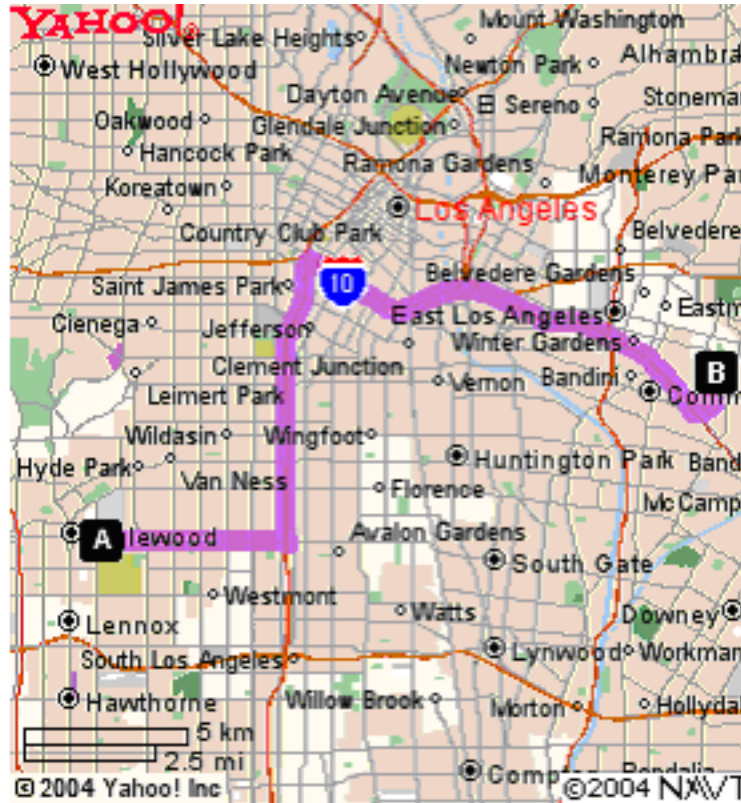
McMaster-Carr

If Home Depot doesn't have what you need, and it isn't something too specialized like an odd gear, then McMaster probably does.



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 3.4 mi
2. Turn right to take I-110 SOUTH towards SAN PEDRO - go 1.8 mi
3. Take the I-105 EAST exit towards NORWALK - go 10.3 mi
4. Take the I-605 NORTH exit towards I-605 NORTH - go 2.8 mi
5. Take the TELEGRAPH RD exit towards SANTA FE SPRINGS - go 0.3 mi
6. Bear right on TELEGRAPH RD - go 1.2 mi
7. Turn left on S NORWALK BLVD - go 0.7 mi
8. Arrive at 9630 NORWALK BLVD, SANTA FE SPRINGS, on the right
9. Follow signs to Will Call desk

Remember that odd gear that McMaster didn't have? This is where you find it.



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 3.6 mi
2. Turn right to take I-110 NORTH towards LOS ANGELES - go 5.3 mi
3. Take the I-10 EAST/SANTA MONICA FREEWAY exit towards SAN BERNARDINO - go 3.3 mi
4. I-10 EAST becomes CA-60 EAST - go 0.6 mi
5. Take the I-5 SOUTH exit towards SANTA ANA - go 4.7 mi
6. Take the WASHINGTON BLVD exit towards COMMERCE - go 0.1 mi
7. Turn left on E WASHINGTON BLVD - go 0.5 mi
8. Turn left on SAYBROOK AVE - go 0.7 mi
9. Arrive at 2041 SAYBROOK AVE, LOS ANGELES, on the left

Plastics Depot

The Plastic Depot has a large selection of plastic sheet and structural materials. Phone number: (310) 217-7080



1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 0.1 mi.
2. Turn left on S PRAIRIE AVE - go 2.0 mi
3. Turn right on W IMPERIAL HWY - go 0.2 mi
4. Turn right to take I-105 EAST - go 3.6 mi
5. Take the I-110 South exit towards SAN PEDRO - go 4.3 mi
6. Take the 190TH ST exit - go 0.8 mi
7. Turn right on W 190TH ST exit - go 0.1 mi
8. Arrive at 758 W 190TH ST, GARDENA, on the left

DRUG STORES

Albertson's
5750 Mesmer Ave
Culver City, CA
Phone: (310) 390-2373

Albertson's
12630 Hawthorne Blvd.
Hawthorne, CA
Phone: (310) 675-9494



GROCERY STORES

Albertson's
8448 Lincoln Blvd.
Los Angeles, CA
Phone: (310) 645-3518

CVS Pharmacy
4775 W Rosecrans Ave
Hawthorne, CA
Phone: (310) 263-7330

Morningside Medical Pharmacy
1704 W Manchester Ave
Los Angeles, CA
Phone: (323) 753-1333

GROCERY STORES

Albertson's
5750 Mesmer Ave
Culver City, CA
Phone: (310) 390-2373

Albertson's
12630 Hawthorne Blvd.
Hawthorne, CA
Phone: (310) 675-9494

Albertson's
8448 Lincoln Blvd.
Los Angeles, CA
Phone: (310) 645-3518

Food 4 Less
3200 W Century Blvd.
Inglewood, CA
Phone: (310) 677-2520

Von's
500 E Manchester Blvd.
Inglewood, CA
Phone: (310) 677-0286



THINGS TO DO

It's Wednesday afternoon (local time) and while you are fried from traveling across three time zones, your kids are wired. How do you keep all that energy focused in a positive direction? A lot depends on how far you are willing to go and where you are staying. Be advised that about the only thing most Angelenos (the locals) do between about 3pm and 7pm is commute. For some of them, it will take that entire time. So you want to pick something that won't be too far away if you are driving at that time.

THEME PARKS

Let's face it, Southern California is the home of the theme park. We have the grand daddy of them all, Disneyland. We also have Knott's Berry Farm, and Six Flags Magic Mountain. All are too far away to visit on a competition day. However if you want to come early or stay a day late, that's fine with us! If you let us know that is what you are doing, we might even be able to arrange some volunteer "native guides."

HOLLYWOOD

There is quite a list of things to do here. The Walk of Fame, Mann's (formerly Grauman's) Chinese Theatre, and just watching the people go by (and they are worth watching, for a variety of reasons) are some of the free ones. For Not Free activities, there are the Guinness World of Records Museum, Ripley's Believe it or Not, and the Hollywood Wax Museum. There is also Universal CityWalk which is free except for parking and is right next to Universal Studios, which is definitely NOT free.

AIRPORT / SOUTH BAY

We have the usual malls, etc., but have we mentioned the Beach? This is after all the home of the BeachBots (Team 330) and Beach Cities Robotics (Team 294), we have those names for a reason. A football or volleyball and a stretch of sand have significant entertainment value and that time of year you might not even have to pay for parking, though the water and the air might be a little on the cold side.



INTER-TEAM ACTIVITIES

We have three piers in the South Bay. Hermosa and Manhattan piers are pretty much places to walk on or fish from. But you can watch the surfers, or the sunset, and it is free except for parking. The Redondo Pier also has shops and restaurants on and around it. There are also a few hotels nearby.

If you are really desperate, there are the malls. These are shown on the Area Map.

INTER-TEAM ACTIVITIES

Why not be proactive and help the local teams get into the spirit of things a day or so early? Use TIMS (Team Information Management System) at <https://my.usfirst.org/frc/tims/> and plan a get together with a local team. Some local teams are even providing a place for far-away teams to stay in return for having the favor returned next year. If there is enough interest, we could find somebody to arrange a mini-golf or bowling tournament or other activity.

PLANNED ACTIVITIES

Due to budget constraints, there is no Team Party at the Southern California Regional. However, there will be an un-official get-together at Universal CityWalk on Saturday night (April 2) after the competition. CityWalk has restaurants, clubs, shops, arcades, and (surprise!) movie theatres. Teams are invited to go and just hang out, shop, or do whatever. Wear your team uniforms so we know who you are. The event goes until you want to leave or CityWalk closes at 11 pm. Unfortunately Universal Studios Theme Park will be closed that evening.

Reduced-rate parking vouchers will be sold during the Regional. Parking vouchers are \$5 each. (The regular rate is \$10.) Look for the table in the pit area. Other discounts to restaurants and stores will be available as well.

Directions to Universal CityWalk from the Forum:

1. Start at 3900 W MANCHESTER BLVD, INGLEWOOD on CA-42 going towards INGLEWOOD PARK CEMETERY, KAREEM CT - go 3.6 mi
2. Turn right to take I-110 NORTH towards LOS ANGELES - go 5.7 mi
3. I-110 NORTH becomes CA-110 NORTH - go 2.0 mi
4. Take the US-101 exit towards HOLLYWOOD - go 8.0 mi
5. Take the UNIVERSAL STUDIOS BLVD exit - go 0.4 mi
6. Turn right on UNIVERSAL CENTER DR - go 0.2 mi



INDEX

- A**
- area map 5
- B**
- BeachBots 1
- C**
- chemists 27
- D**
- directions to the Forum
 from the North 5
 from the South 5
 from the West 6
Disneyland 29
Drug Stores 27
drug stores 27
- E**
- emergency
 call 911 8
Emergency Medical Technician 8
- G**
- Great Western Forum 3
grocery stores 28
Guinness World of Records Museum 29
- H**
- handicapped access to Forum 7
Hollywood Park Race Track 3
Hollywood Wax Museum 29
- Home Depot 1 20
Home Depot 2 20
Home Depot 3 21
Home Depot 4 22
hotels recommended by FIRST 9
- I**
- Inglewood Pipe and Supply 23
- K**
- Knott's Berry Farm 29
- L**
- Lowe's 23
- M**
- M & K Metals 24
machine shop 3
Mann's (formerly Grauman's) Chinese
 Theatre 29
markets 28
McMaster-Carr 19, 25
 will-calls 19
Motion Industries 19, 26
- P**
- parking 7
pharmacies 27
pit spaces 3
Plastics Depot 27
- R**
- Ripley's Believe it or Not 29

S

S

security in parking lot 7
SigAlert website 3
Six Flags Magic Mountain 29

T

Team 330 1
The Walk of Fame 29
traffic website 3

U

Universal CityWalk 29
Universal Studios 29

W

Weather 8
www.sigalert.com 3