

BAY LEAGUE 1 Hosted by Costa

Bay League 1 will be held at Polliwog Park in Manhattan Beach, hosted by Mira Costa.

Bus: Departs Pen Hi at 1:00 pm. Out of class at 12:50 (Check in to your 5th period class and then head to the bus)

Directions: North on Hawthorne Blvd. left on Manhattan Beach Blvd. The park will be on the right side of the street. There is no parking lot, so parking is on the street. To park near the start/finish area, park near Peck Ave. and 18th street, which is Northwest of the park. Go north on Redondo Blvd., left on 18th street.

Race Schedule:

JV Boys - 2:30 (warm up begins at 1:45 Patrick and Yodai)

Varsity Girls - 3:20 (warm up begins at 1435 Kriya, Courtney, Alyson)

Varsity Boys – 3:45 (warm up begins at 3:00 Davis, Abba, Colin)

JV Girls – 4:15 (warm up begins at 1530 Hadley and Bark)

Frosh Boys – 4:45 pm (warm up begins at 4:00 Kade and Evan)

Frosh Girls - 5:15 pm (warm up begins at 1630 Zoe and Madeline)

As you wait, observe start and finish of previous races to assist you. Also, Captains help out the others when you are cooled down. All runners cheer for the other kids who are racing!!

Bring warm clothes and snacks, possibly homework!!

Varsity girls, one of the captains will have the cooldown. JV girls, see Coach Piersol or Slattery for the cooldown. Freshmen girls, you have a 15 min cooldown. Wait for your team at the finish line. Begin your cooldown IMMEDIATELY after everyone has finished. The sooner you go, the sooner you are done and the more effective it is! After cooldown, stretch as a team.

Varsity boys, one of your captains will have the cooldown. JV boys, Coach Foster or Nate will tell you your cooldown. Freshman boys, you have a 20 minute cooldown. Meet IMMEDIATELY at the finish line to begin the cooldown -- the sooner you go, the more effective it is! Afterwards, grab water and stretch AS A TEAM!

The Course: Grass at the start and finish. The course is mostly on asphalt walkways and concrete sidewalks. There are lots of twists and turns. You must learn the course. The start will be fast. It narrows down to a small opening at the end of the soccer field (130 meters). After the first 300 meters there is a quick downhill. Watch out for the drinking fountain. You loop through the park and out onto the sidewalk. The uphill is run 3 times. It is not very steep or very long (about 150 meters). Push through it! Times should be fast. Watch out for people on the course (especially the middle school kids). Keep your eyes up and plan for evasive tactics. The path after the "tree" is slightly downhill; a good place to surge and make up time. Know when to build-up and start your kick. As you re-enter the park toward the end of the race, there is a sharp up-hill between the pool and garden. Don't miss it. Know the finish. Start kicking after cresting the short up-hill; there is a downhill, across an asphalt playground area, then back onto the soccer field.

Polliwog Park Manhattan Beach

