





BN ARENA





WVCW+8C San José, San José Province

https://goo.gl/maps/yNjZ7icquob2YatH6

OB HATILLO 6

RIVERGRAND

PINOS

E LA AURONA

ORIZONTE

NTE-



CRIBTOREY

MONGITO

MERNE ANDER

RAMINEZ

SAGRADA





Officially named Republic of Costa Rica, it is a sovereign nation, organized as a unitary presidential republic composed of 7 provinces. Located in Central America, it has a territory with a total area of 51 100 km².

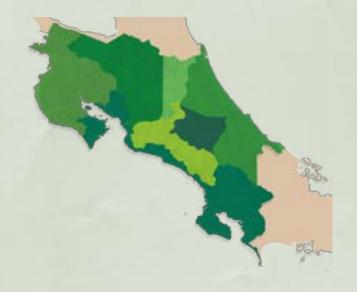
Costa Rican people are characterized by their legendary cordiality and friendly nature. The vast majority of the population descends from the Spanish and European colonizers.

Language: Spanish, however, a growing percentage of the population speaks English.

Currency: Colón, whose exchange value is around 560 colones per 1 US dollar.

Costa Rica, with an extension of 51,100 km2, is home to people with a spirit full of hospitality who invite you to visit their country. Its capacity of social mobility allows us to achieve high overall progress in relation to the distribution and size of our economy.

A spring weather is enjoyed throughout the year. The average temperature is 72 F (22o.C) in the Central Valley. The temperatures of the coasts and beaches range between 70-90F (21-32o.C)



The country currently has one of the highest literacy rates in the continent with about 94% of the population

Costa Rica is the 50th richest country in the world according to data from the International Monetary Fund and one of the most stable countries in America, rated pretty well in all development and competitiveness indices.







For better service and comfort of athletes, coaches and companions, ECOTRAVEL Travel Agency, Costa Rica is a company with many years of experience in receptive tourism, in charge of hotels, transfers. In our service we offer you the transfers from the Juan Santamaría International Airport to the BN Arenas Hotels and Sports Center, and with which you must coordinate reservations and accommodation payments.

All federations that will participate in the Pan American Championship 2020 in Costa Rica should know of the following:

- Send complete data to the following emails: reservas@ecotravel-cr.net and rsanchez@ecotravel-cr.net On April 10, 2020 you must send flight itineraries with time of arrival and departure, in addition to the number of people who will be part of the delegation, to coordinate airport-hotel-airport transportation.
- Send list with full names and passport numbers, and the distribution of the rooms with names of the people who will share the accommodation.
- ECOTRAVEL is not responsible for the transfer of delegations that do not book directly with the agency and are not also housed in the official hotels arranged by the Organizing Committee both from the airport to the hotel and vice versa and from the hotels to the place of competition during all days of the tournament.
- To guarantee the reservation of the Headquarters Hotel and the Sub-offices, they must make the corresponding payment of 50% no later than April 15, 2020 and the other 50% on May 10, 2020.
- Payments are received by bank transfer.
- Our account numbers in US DOLARS, BAC SAN JOSÉ COSTA RICA

IBAN ACCOUNT CR 78010200009373867464

TRANSFER TO: BANCO BAC SAN JOSÉ

SWIFT: BSNJCRSJ

ADDRESS calle O Avenidas 3 y 5 San José Costa Rica

FIELD: 59

BENEFICIARY: ECO-TRAVEL R&J AGENCY SA

LEGAL STAFF: 3-101-659006



HEADQUARTERS HOTEL

BEST WESTERN IRAZÚ HOTEL & STUDIOS



This hotel has the following available rooms distributed as follows:

- 85 rooms with 02 double beds.
- 36 rooms with 04 beds.
- 37 rooms with 01 king size bed.

It has additional beds for aggregates of people in the room, for a maximum of 4 people.

Rates (includes lodging, buffet breakfast and transfer airport-hotel-airport-BN Arenas Sports Center).

- Single: \$110 per night / per room
- Double: \$110 per night / per room
- Triple: \$123 per night / per room
- Quadruple: \$139 per night / per room

BREAKFAST INCLUDED

- SINGLE ROOM: \$110.00
- DOUBLE: \$55.00
- · TRIPLE ROOM: \$41.00
- · QUADRUPLE ROOM: \$34.75





Hotel Conditions:

- Check in: 2:00 pm
- Check out: 12:00 md
- Rates are charged based on the number of occupants per room, even if they are children.
- A debit or credit card must be provided in order to guarantee the reservation or a bank deposit before 15 a contract with the payment and cancellation policies, to keep the rates and the reservation of the rooms signed, in accordance with the dates to be stipulated.

Rates include:

- High speed wireless internet in rooms and surroundings (Wi-Fi)
- Buffet breakfast from 6:00 am to 10:00 am in a conference room
- Free local call service (restrictions apply) and 24-hour Internet access in our Business Center.
- Use of fully equipped gym and 24-hour coffee station
- Free parking with 24 hour security.



SUB HEADQUARTERS HOTEL

BEST WESTERN PLUS SAN JOSE HOTEL



The hotel has the following available rooms distributed as follows:

- 68 rooms with 02 double beds
- 49 rooms with 01 king bed

It has additional beds for aggregates of people in the room, for a maximum of 4 people

Rates (includes lodging, buffet breakfast and transfer airport-hotel-airport- BN Arenas Sports Center)

- Single: \$ 128 per night / per room
- Double: \$ 128 per night / per room
- Triple: \$ 133.00 per night / per room
- Quadruple: \$ 145.00 per night / per room

TAXES AND BREAKFAST INCLUDED

- SINGLE ROOM: \$ 128.00
- DOUBLE: **\$ 64.00**
- TRIPLE ROOM: \$ 44.33
- · QUADRUPLE ROOM: \$ 36.25





Hotel Conditions:

• Check in: 2:00 pm

• Check out: 12:00md

Rates are charged based on the number of occupants per room, even if they are minors.

A contract must be signed with the payment and cancellation policies, to keep the room rates and room reservations signed, in accordance with the dates that will be stipulated.

The rate includes:

- Internet via fiber optic in the room
- Buffet breakfast from 6:00 am to 10:00 am in a conference room
- *Free local call service (restrictions apply).
- Rooms with refrigerator (the contents of the mini bar will be removed)
- Free and unlimited international calls.
- 24-hour Internet access in our Business Center.
- Use of fully equipped gym and 24-hour coffee station
- Free parking with 24 hour security
- High speed wireless internet in the surroundings



SUB HEADQUARTERS HOTEL CROWNE PLAZA COROBICÍ



Crowne Plaza Corobici is a quiet 4-star hotel located 2.5 km from National Theater of Costa Rica and 1.6 km from Cathedral. Crowne Plaza Corobici welcomes guests in quiet rooms since 2008.

The hotel is about 20 minutes walk from the city center. In the surroundings there is a cathedral and a museum.

RATE PER PERSON PER NIGHT ACCORDING TO THE CHOSEN ROOM TAXES AND BREAKFAST INCLUDED

- SINGLE ROOM: \$ 115.00
- DOUBLE: \$ 57.50
- TRIPLE ROOM: \$ 46.00 (shared bed)
- · QUADRUPLE ROOM: \$ 41.75 (shared bed)

The Crowne Plaza Corobici has 213 rooms equipped with central heating, a refrigerator, a dressing room, an iron with its respective ironing table. A shower, a hair dryer and a hot tub are included in each bathroom.

Buffet breakfast is provided daily. You can enjoy the specialties of Japanese cuisine in the indoor restaurant. The bar menu offers different types of coffee, tea and cocktails. There is wide variety of food in Fuji and Fogo Brazil that are in the tourist area near the hotel.

Guests can rent cars to travel around San José.

Jacuzzi and sauna are available on site. The hotel offers fitness classes, pilates classes and a gym for active guests.



Rates (includes lodging, buffet breakfast and transfer airport-hotel-airport- BN Arenas Sports Center)

• Single: \$ 115.00 per night / per room

• Double: \$ 115.00 per night / per room

• Triple: \$ 138 per night / per room

• Quadruple: \$ 167 per night / per room

Hotel Conditions:

• Check in: 2:00 pm

Check out: 12: 00md

Rates are charged based on the number of occupants per room, even if they are children.

A contract must be signed with the payment and cancellation policies, to keep the room rates and reservations signed, according to the dates that will be stipulated.

The rate includes:

- Internet via fiber optic in the room
- Buffet breakfast from 6:00 am to 10:00 am in a conference room
- Free local call service (restrictions apply).
- · Rooms with refrigerator (the contents of the mini bar will be removed)
- · Free and unlimited international calls.
- 24-hour Internet access in our Business Center.
- Use of fully equipped gym and 24-hour coffee station
- Free parking with 24 hour security
- High speed wireless internet in the surroundings

FECOKA FEDERACIÓN COSTARRICENSE DE KARATE

HOTEL PALMA REAL



Hotel Palma Real is located in an area of great interest and economic growth, just 15 minutes from Juan Santamaría Airport and 5 minutes from downtown San José.

Due to its location it is possible to visit tourist attractions such as great volcanoes, exotic National Parks and the new National Stadium in which it is 500 meters away. In addition, it is a short walk from important financial business centers, shopping centers and Government Institutions.

RATE PER PERSON PER NIGHT ACCORDING TO THE CHOSEN ROOM TAXES AND BREAKFAST INCLUDED

- SINGLE ROOM: **\$ 112.00**
- DOUBLE: \$ 56.00
- TRIPLE ROOM: \$ 43.66 (shared bed)
- QUADRUPLE ROOM: \$ 37.25 (shared bed)

The convenient location is one of the attributes of the Hotel Palma Real more without a doubt of quality and a 100% personalized service is what personalizes the hotel.

It has 68 rooms:

- 4 Jr Suites (with King size beds).
- 1 Master Suite.
- 63 Superior Standard doubles (full or King bed)





All rooms have:

- Minibar, courtesy coffee maker, flat iron, iron, flat screen, magnifying mirror, alarm clock.
- Air conditioning.
- Hair dryer.
- Safe without additional charges.
- Two phones (one in the room and one in the bathroom.
- Wireless access to high speed internet.

Rates (includes lodging, buffet breakfast and transfer airport-hotel-airport- BN Arenas Sports Center)

- Single: \$ 112.00 per night / per room
- Double: \$ 112.00 per night / per room
- Triple: \$ 131 per night / per room
- Quadruple: \$ 149.00 per night / per room



COSTS

Annual PKF membership fee: US \$ 500

The registration costs for the courses are as follows:

- Kumite Referee Course US \$ 200
- Kata Judge Course US \$ 200
- Both kata judge / kumite referee courses US \$ 350
- Coach Course US \$ 100
- Protests US \$ 300

Registration fee for athletes: US \$ 100 per athlete. For registrations after the closing date of the online registration: a fine of US \$ 20 will be applied for the registration of each competitor.

Teams \$ 300

Insurance

The costs will be US \$ 10 for each competitor.

Registrations

Online registration will open from January 15, 2020 and will be closed on March 15, 2020.

About participation

Each country can register up to 2 participants in each category according to the WKF categories.

Each country can also enroll up to 2 participants in each of the 3 Parakarate categories for athletes with disabilities. The 3 categories for disability are intellectual, wheelchair and visual impairment.





Sunday 24	Event	Place
9:00 - 12:00	Registration of referees	Best Western Irazú Hotel & Studios
Monday 25	Event	Place
9:00 - 18:00	Delegation and referees Registry	Best Western Irazú Hotel & Studios
13:00 - 15:00	Kata course	Best Western Irazú Hotel & Studios
15:30 - 17:00	Theoretical-practical evaluation of kata	Best Western Irazú Hotel & Studios
16:00 - 16:30	PKF Executive Committee and Organizing Committee Meeting	g Best Western Irazú Hotel & Studios
Tuesday 26	Event	Place
9:00 - 18:00	Delegation Registry	Best Western Irazú Hotel & Studios
9:00 - 11:00	Kumite Course	Best Western Irazú Hotel & Studios
11:00 - 12:00	Kumite theoretical evaluation	Best Western Irazú Hotel & Studios
11:00 - 12:00	Kumite practical evaluation	Best Western Irazú Hotel & Studios
14:00 - 16:00	Kumite practical evaluation	Best Western Irazú Hotel & Studios
16:00 - 19:00	Parakarate Course	Best Western Irazú Hotel & Studios
17:00 - 19:00	Coaches Course	Best Western Irazú Hotel & Studios
19:00 - 20:00	Woman and sport	Best Western Irazú Hotel & Studios
16:00 - 19:00	Parakarate athletes evaluation	Best Western Irazú Hotel & Studios



ednesday 27	Event	Place
0 - 12:00	Weighing	Headquarters & sub headquarters hotels
0 - 12:00	Delegation Registry	Best Western Irazú Hotel & Studios
O - 10:00	Medical commission meeting	Best Western Irazú Hotel & Studios
00 - 11:00	Referee and Judge Courses Results	Best Western Irazú Hotel & Studios
0 - 12:00	Referee Breafing	Best Western Irazú Hotel & Studios
00 - 15:00	Referee Commission Meeting	Best Western Irazú Hotel & Studios
00 - 19:00	Technical meeting and Draws	Best Western Irazú Hotel & Studios
0 - 17:30	PKF Executive Committee & Organizing Committee meeting	Best Western Irazú Hotel & Studios
00 - 20:00	PKF Congress	Best Western Irazú Hotel & Studios
30 - 22:30	Welcome dinner	Best Western Irazú Hotel & Studios





COMPETITION DAYS

Thursday 28	3				Place
10:00 - 12:00	Kata	Qualifying and repechage	Male/Female	Teams	Polideportivo BN Arena
12:00 - 13:00	Kata	Qualifying and repechage	Male/Female	Parakarate	Polideportivo BN Arena
			LUNCH		
14:00 - 15:00	Kumite	Qualifying and repechage	Female	-61 kg	Polideportivo BN Arena
15:00 - 16:00	Kumite	Qualifying and repechage	Female	-68 kg	Polideportivo BN Arena
16:00 - 17:00	Kumite	Qualifying and repechage	Male	-75 kg	Polideportivo BN Arena
17:00 - 18:00	Kumite	Qualifying and repechage	Male	-84 kg	Polideportivo BN Arena
Opening Ceremony					
18:30 - 19:30	Kumite	Qualifying and repechage	Male	+84 kg	Polideportivo BN Arena





Friday 29					Place
9:00 - 10:00	Kata	Qualifying and repechage	Male/Female	Indvidual	Polideportivo BN Arena
10:00 - 11:00	Kumite	Qualifying and repechage	Female	-50 kg	Polideportivo BN Arena
11:00 - 12:00	Kumite	Qualifying and repechage	Female	-55kg	Polideportivo BN Arena
12:00 - 13:00	Kumite	Qualifying and repechage	Female	+68 kg	Polideportivo BN Arena
13:00 - 14:00	Kumite	Qualifying and repechage	Female	-68 kg	Polideportivo BN Arena
			LUNCH		
15:00 - 16:00	Kumite	Qualifying and repechage	Male	-60 kg	Polideportivo BN Arena
16:00 - 17:00	Kumite	Qualifying and repechage	Male	-67 kg	Polideportivo BN Arena
17:30 - 18:30	Kumite	Qualifying and repechage	Male/Female	Teams	Polideportivo BN Arena





Saturday 30					Place
10:00	Kumite	FINAL	Female	-50 kg	Polideportivo BN Arena
10:10	Kumite	FINAL	Male	-60 kg	Polideportivo BN Arena
10:20	Kumite	FINAL	Female	-55 kg	Polideportivo BN Arena
10:30	Kumite	FINAL	Male	-67 kg	Polideportivo BN Arena
10:40	Kumite	FINAL	Female	-61 kg	Polideportivo BN Arena
10:50	Kumite	FINAL	Male	-75 kg	Polideportivo BN Arena
11:00	Kumite	FINAL	Female	-68 kg	Polideportivo BN Arena
11:10	Kumite	FINAL	Male	-84 kg	Polideportivo BN Arena
11:20	Kumite	FINAL	Female	+68 kg	Polideportivo BN Arena
11:30	Kumite	FINAL	Male	+84kg	Polideportivo BN Arena
11:40	Kata	FINAL	Female	Team	Polideportivo BN Arena
11:55	Kata	FINAL	Male	Team	Polideportivo BN Arena
12:10	Kumite	FINAL	Female	Team	Polideportivo BN Arena
12:25	Kumite	FINAL	Male	Team	Polideportivo BN Arena
12:40	Kata	FINAL	Female	Wheelchairs user	Polideportivo BN Arena
12:55	Kata	FINAL	Male	Wheelchairs user	Polideportivo BN Arena
13:10	Kata	FINAL	Female	Visually impaired	Polideportivo BN Arena
13:25	Kata	FINAL	Male	Visually impaired	Polideportivo BN Arena
13:30	Kata	FINAL	Female	Intellectually impaired	Polideportivo BN Arena
13:40	Kata	FINAL	Male	Intellectually impaired	Polideportivo BN Arena
13:50	Kata	FINAL	Female	Individual	Polideportivo BN Arena
14:00	Kata	FINAL	Male	Individual	Polideportivo BN Arena
14:30		Referee closing meeting			Polideportivo BN Arena
14:45		Medal ceremo			



SEE YOU SOON!