

XXXVI
PANAMERICAN
KARATE
CHAMPIONSHIP
COSTA RICA 2023

BULLETIN
Version 2



MAY 21-28



INDEX

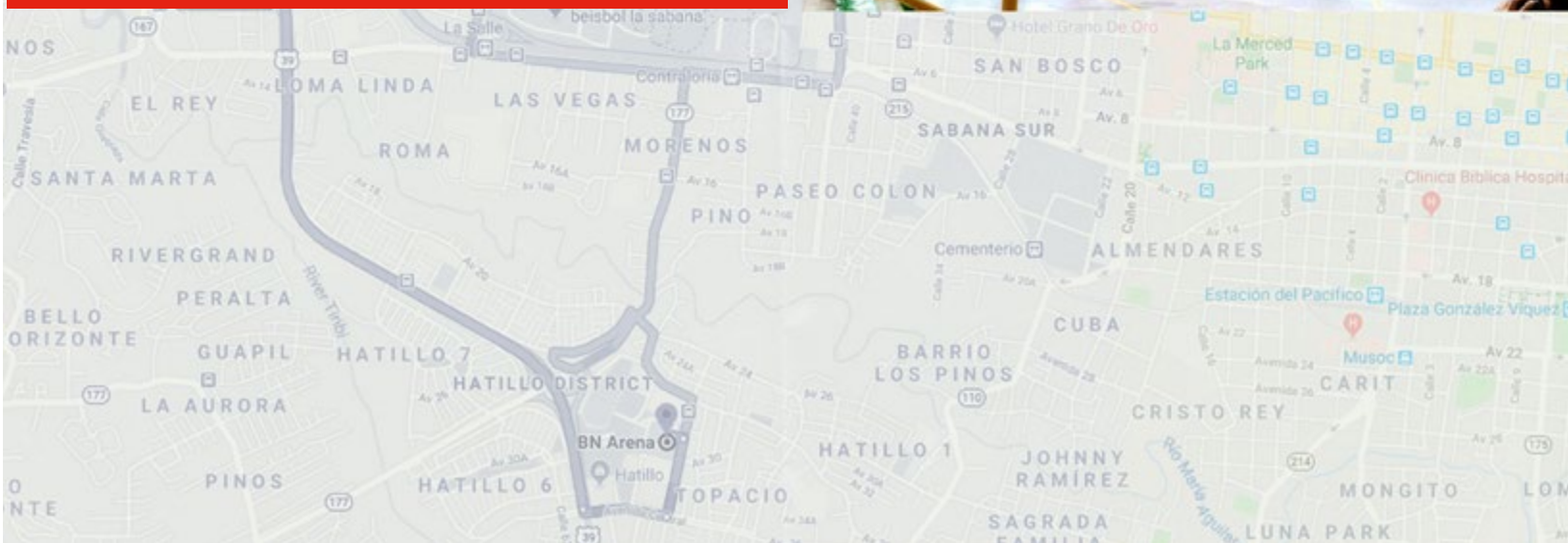
POLIDEPORTIVO BN ARENA.....	3
ABOUT COSTA RICA	4
ACCOMMODATION	6
CROWN PLAZA SAN JOSÉ.....	7
PARK INN.....	9
HOTEL PARQUE DEL LAGO	11
IRAZÚ HOTEL & STUDIOS	13
RESERVATION AND TRANSPORT	15
COST, REGISTRATIONS AND GENERAL INDICATIONS	16
SCHEDULE	19

POLIDEPORTIVO BN ARENA



*WVCW+8C San José, San
José Province*

<https://goo.gl/maps/i5vkU8LjBMGuzoxW9>



ABOUT COSTA RICA



Officially called the Republic of Costa Rica, it is a sovereign nation, organized as a unitary presidential republic made up of 7 provinces. Located in Central America, the Costa Rican people are characterized by their cordiality and friendly nature. The vast majority of the population descends from Spanish and European colonizers. Costa Rica is one of the few countries in the world that does not have an army or military force! A peaceful place, full of great natural beauties and a pleasant atmosphere like no other.

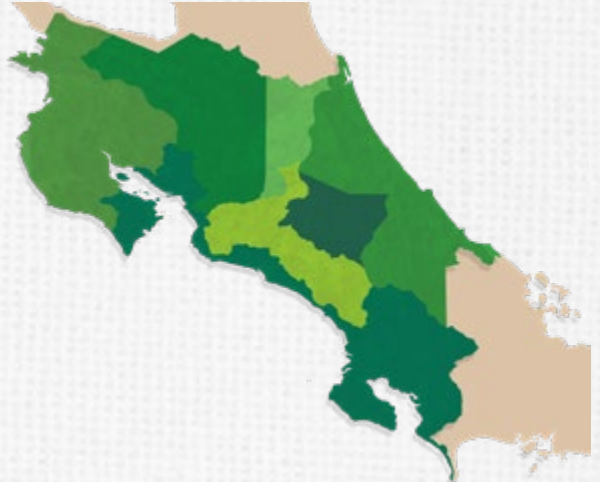
Official language: Spanish, however, a significant percentage of the population speaks English.

Official currency: the Colón, whose exchange value is around 565 colones for 1 US dollar (exchange rate inquiries:www.bccr.fi.cr).

Costa Rica, with an extension of 51,100 km², is the home of people with a spirit full of hospitality who will happily invite you to know their country. Their capacity and social ability allows them to achieve high general progress in relation to the distribution and size of their economy.

In its territory you can enjoy a warm and pleasant climate throughout the year. The average temperature is 22 °C (72 °F) in the Central Valley, while its coasts and beaches range from 21 to 32 °C (70 to 90 °F).

This country currently has one of the highest literacy rates on the continent: close to 94% of its population. Costa Rica is the fiftieth richest country in the world according to data from the International Monetary Fund and one of the most stable countries in the Americas, well rated in all development and competitiveness indices.



CHECK MIGRATORY AND VISA
REQUIREMENTS AT:
[HTTPS://WWW.MIGRACION.GO.CR/PAGINAS/
VISAS.ASPX](https://www.migracion.go.cr/paginas/visas.aspx)

ACCOMMODATION



CROWN PLAZA SAN JOSÉ

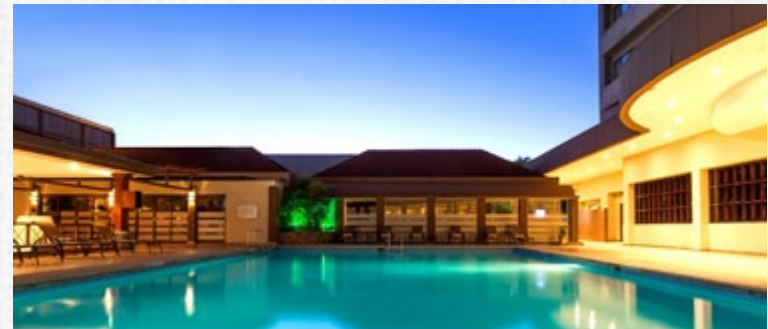
HEADQUARTERS HOTEL

Welcome to Costa Rica. It is a pleasure to have you here!

Upon your arrival at the Juan Santamaría International Airport, just 20 minutes away, the CROWN PLAZA SAN JOSÉ hotel is ready to receive you, guaranteeing you a pleasant stay.

We are located next to the largest “green lung” in the city: La Sabana metropolitan park. Near the hotel there are iconic and central places that could be a first exploration walk. Just 10 minutes away you will find the historic center of San José, headquarters of Fortune 500 companies, Microsoft, European Union, Dole, Embassies and food chains such as KFC, McDonald’s, Subway, Starbucks, as well as a wide variety of gastronomic venues. Nearby you will find the Costa Rican Art Museum, the National Stadium as well as business and corporate centers. We have easy access to shops, supermarkets, pharmacies and places of entertainment.

The hotel has meeting rooms, different restaurants, pool area, gym, green areas and high quality Wi-Fi in all its installations.




CROWN PLAZA
UN HOTEL IHO®
SAN JOSÉ COROBICI CONF. CENTER



<https://goo.gl/maps/dswEfFteKoW3TJoC8>



RATES PER PERSON AND NIGHT

Single room	Double room	Triple room	Quadruple room
\$150.00	\$75.00	\$57.00	\$50.00

ROOM TYPE:

Single: One King bed.

Double: Two single beds.

Triple: Two shared queen beds.

Quadruple: Two shared queen beds



RATES INCLUDE



Accommodation in the selected room category of each hotel.



Breakfast buffet.



Hotel taxes.



Bellboy and waitress service.



Internet access services.



Transportation (Airport-Hotel) (Hotel-BN Arenas Gym) and (Hotel-Airport).

PARK INN

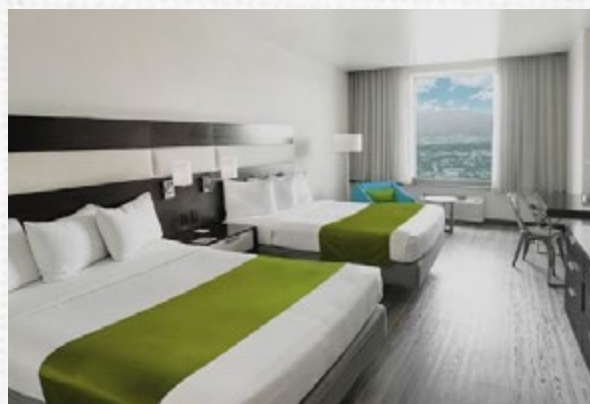
SUB-VENUE HOTEL

Located just a few steps away from the vibrant downtown area, the Park Inn by Radisson San Jose, Costa Rica is an ideal choice for both corporate and leisure travelers. Take a walk through La Sabana Park, 10 minutes from the hotel, to socialize with local residents in an attractive green space with a picturesque lake. Are you planning a fun night on town? You can walk just three blocks north to Paseo Colón, a popular shopping area where you'll find exquisite restaurants and lively nightlife. If you're up for a ride, take a three-hour trip to the Arenal Volcano for fun outdoor activities like hiking, whitewater rafting, and fishing.

Upon returning from your trip, join us at the hotel's RBG Bar & Grill restaurant for a delicious selection of local specialties for lunch or dinner. In the morning, you can get active with a workout in our fitness center or swim in our sparkling outdoor pool. If you're an event planner, consider hosting your next corporate activity or family celebration at our hotel, offering 14 flexible meeting spaces and the assistance of our expert coordinator.



<https://goo.gl/maps/PMekV3Tg4Hges7RX6>





RATES PER PERSON AND NIGHT

Single room	Double room	Triple room	Quadruple room
\$123.00	\$65.00	\$47.00	\$43.00

ROOM TYPE:



Single: One King bed.

Double: Two single beds.

Triple: Two shared queen beds.

Quadruple: Two shared queen beds

RATES INCLUDE



Accommodation in the selected room category of each hotel.



Breakfast buffet.



Hotel taxes.



Bellboy and waitress service.



Internet access services.



Transportation (Airport-Hotel) (Hotel-BN Arenas Gym) and (Hotel-Airport).

HOTEL PARQUE DEL LAGO

SUB-VENUE HOTEL

The best location in San José, Parque del Lago Hotel has 40 rooms that will make your urban getaway unforgettable.

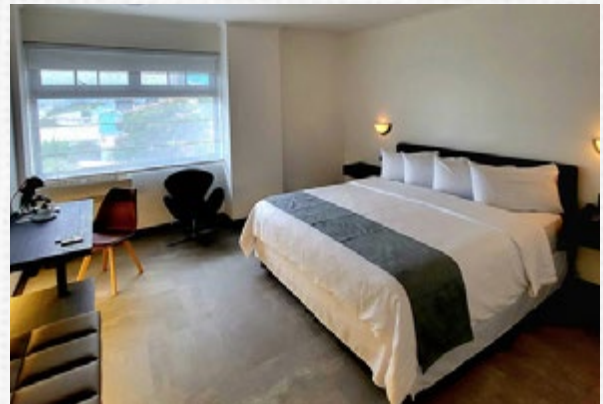
Parque del Lago Hotel offers you everything you need to enjoy a quiet moment, after your business meetings, or a day discovering everything the city has to offer

More than rooms, what we offer are specially designed spaces for your comfort and relaxation.

A contemporary decoration will lighten your mornings, while the view of the mountains will accompany you during your stay.

The Parque del Lago Hotel is your best option to hold private meetings, dinners, cocktails, product launches, staff training, boards of directors and all kinds of social events.

Our 6 conference rooms and meeting rooms are equipped with air conditioning, audiovisual equipment, free Wi-Fi, and the necessary technology for the success of your event.



<https://goo.gl/maps/ZcHj4bqK25MUbj9F7>



RATES PER PERSON AND NIGHT

Single room	Double room	Triple room	Quadruple room
\$108.00	\$57.00	\$45.00	\$41.00

ROOM TYPE:



Single: One King bed.

Double: Two single beds.

Triple: Two shared queen beds.

Quadruple: Two shared queen beds

RATES INCLUDE



Accommodation in the selected room category of each hotel.



Breakfast buffet.



Hotel taxes.



Bellboy and waitress service.



Internet access services.



Transportation (Airport-Hotel) (Hotel-BN Arenas Gym) and (Hotel-Airport).

IRAZÚ HOTEL & STUDIOS

SUB-VENUE HOTEL

Whether you are traveling for business or just for fun, the Irazú Hotel & Studios offers all the comforts and conveniences to ensure you a carefree and enjoyable stay.

This full-service hotel in San José, Costa Rica offers comfortable accommodations, excellent customer service and a centralized location, all for an excellent value

The Irazu Hotel & Studios is a full-service hotel located just minutes from downtown San José, the capital of Costa Rica. Centrally located, close to the main attractions, commercial and banking districts and only 15 minutes from the San José International Airport (SJO), this full-service hotel offers visitors an ideal refuge from the noise and bustle of a big city, yet retains all the comfort and ease of living at home.



<https://goo.gl/maps/Y5usRhkTKsJe7NpX8>



RATES PER PERSON AND NIGHT

Single room	Double room	Triple room	Quadruple room
\$100.00	\$56.00	\$43.00	\$39.00

ROOM TYPE:



Single: One King bed.

Double: Two single beds.

Triple: Two shared queen beds.

Quadruple: Two shared queen beds

RATES INCLUDE



Accommodation in the selected room category of each hotel.



Breakfast buffet.



Hotel taxes.



Bellboy and waitress service.



Internet access services.



Transportation (Airport-Hotel) (Hotel-BN Arenas Gym) and (Hotel-Airport).

RESERVATION AND TRANSPORT



All reservations are subject to availability. To respect the rates granted, **it is very necessary to make your reservation before March 15** with your rooming list detailing the room and name of the delegation, along with a 50% deposit in advance. The other 50% of the payment must be done before May 15, 2023, by bank transfers in US dollars.

All reservations -without exception- must be made only through the Ecotravel Costa Rica Agency, which has the endorsement of the Costa Rican Karate Do Federation.

email: reservaciones@ecotravelcr.com

Contact:

- Ronald Humberto Sánchez Campos
- **Cédula:** 2-0363-0499
- **Phone:** (506) 8372-0728
- **Company Name:** ECO-TRAVEL R&J AGENCY SA
- **Legal ID:** 3-101-659006
- **Bank account National Bank of Costa Rica in dollars:**
IBAN CR30 0151 0952 0020 0785 28

******The airport-hotel-airport transportation will be included to all delegations that make their reservations in time and form indicated above. The airport-hotel-airport transportation service is guaranteed if the delegations of each country arrive divided into a **maximum of 2 groups**. Delegations arriving on multiple flights will be subject to the availability of transportation at the time of their arrival.

A



COSTS

PKF Annual Membership Fee per country: US \$500

The registration fees for the courses are as follows:

- | | |
|-------------------------|----------|
| • Kumite Referee Course | US \$200 |
| • Kata Judge Course | US \$200 |
| • Both Referees courses | US \$350 |
| • Coach Course | US \$100 |

Registration costs:

- | | |
|--------------------------------|---------------|
| • Athlete per category (entry) | US \$100 |
| • Teams (Kata-Kumite) | US \$300 each |

Penalty for Late Entries: Entries after the closing of the official online period will be assessed a penalty of **US\$20** for each competitor and **US\$100** for each referee or Coach lately registered.

REGISTRATION



SPORTDATA platform will be used for all registrations. The system will be open for registry from March 01 to May 01, 2023.

 **1ST MARCH** →  **1ST MAY**



SANTIAGO 2023 QUALIFIER EVENT



https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=736



https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=737

PKF registration

Each country can register up to TWO (2) athletes per INDIVIDUAL category.

In TEAM categories only ONE (1) team per country may be registered.

Each country may register up to TWO (2) participants in each of the 3 official PARAKARATE categories: Intellectually Impaired Athletes, Visually Impaired Athletes or Physically Impaired Athletes.

Santiago 2023 qualifier event registration

Non-classified countries can register 1 athlete per category.

The official uniform for Referees and Coaches is mandatory at the time of registration.

TRANSPORT

Airport-hotel-airport:

Will be assured for 2 groups maximum per country delegation moving to the headquarter hotel or the sub-venue hotel. Transport will be provided only if the reservation has been made with the official agency of the event: ECOTRAVEL.



ACCREDITATION AND PAYMENTS

ONLY on Sunday May 21 and Monday May 22

From 9:00 a.m. to 12:00 p.m. and from 1:00 p.m. to 5:00 p.m.



WEIGHING

The weighing process will take place at each of the headquarters or sub-venue hotels at the indicated times.



ANTI-DOPING TESTS

Random tests will be carried out during the days of the event.

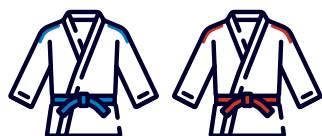


COMPETITION REGULATIONS



WORLD KARATE FEDERATION in all aspects. The current regulations for uniforms and protective equipment will be required.

Uniforms



SEE ALL APPROVED BRANDS

Protections



SCHEDULE



SATURDAY 20/05	TIME	REFEREE ACTIVITIES	COACH ACTIVITIES	PLACE
		Arrival of members of the PKF Referee Council		H.Q
	17:00 hrs.	Visit/Inspection: Accreditations office and Referee course locations		H.Q
		Delegations arrival		

SUNDAY 21/05	TIME	REFEREE ACTIVITIES	COACH ACTIVITIES	PLACE
	9:00 hrs.	PKF Referee Council meeting		H.Q
	10:00 hrs. a 13:00 hrs.	Referee Registration	Coaches Registration	H.Q
	14:00 hrs.	Kata Course - Lecture		H.Q
	15:00 hrs.	Theoretical exam - Kata		H.Q
	16:00 hrs.	Shito-ryu, Shotokan, Goju-ryu Instructors		H.Q
	17:00 hrs.	Kata Examination - Videos		H.Q
	18.00 hrs.	Results report to the PKF President		H.Q
	19:00 hrs.	Visit to the competition venue / Inspection		BN ARENA
	9:00 - 12:00 13:00-17:00	Delegations Accreditation		H.Q

MONDAY 22/05	TIME	REFEREE ACTIVITIES	COACH ACTIVITIES	PLACE
	9:00 hrs.	Kumite Course - Lecture	Coaches Registration	H.Q
	9:00 - 12:00 13:00-17:00	Delegations Accreditation		H.Q
	11:00 hrs.	Theoretical Exam - Kumite		H.Q
	13:00 hrs.	Practical Exam Kumite GROUP 1	Lecture and Exam - KATA	H.Q
	15:30 hrs.	Practical Exam Kumite GROUP 2	Lecture and Exam - KUMITE	H.Q
	18:00 hrs.		Coaches Meeting- Results	H.Q



TUESDAY 23/05	TIME	REFEREE ACTIVITIES	COACH ACTIVITIES	PLACE
	9:00 hrs.	Practical Exam Kumite GROUP 3		H.Q
	8:00-11:00 hrs.	Official weighing		Hoteles
	9:00-18:00 hrs.	Delegations Accreditation		H.Q
	13:00 hrs.	Results report to the PKF President		H.Q
	15:00-17:00 hrs.	Medical seminar		
	15:00 hrs.	License Renewal		H.Q
	16:00 hrs.	Results communication		H.Q
	17:00 hrs.	Briefing for participating Referees		H.Q
	16:00-17:30 hrs.	Women's Commission Meeting		
	17:30-19:00 hrs.	Para-Karate Commission Meeting		
	16:00-18:00 hrs.	Technical Congress - Official Draw		
	16:00-17:00 hrs.	Meeting - Members of the Organizing Committee with PKF Directive Committee		
	17:00 hrs.	PKF Directive Committee Meeting		
	19:00 hrs.	PKF Congress		
	21:00 hrs.	WELCOME DINNER		

Santiago 2023

WEDNESDAY 24/05		SANTIAGO 2023 QUALIFIER EVENT		PLACE
	9: 00 hrs.	Individual Female Kata until semi-finals		BN ARENA
	10:30 hrs.	Individual Male Kata until semifinals		BN ARENA
	12:00-13:30 hrs.	Female Kumite -50 kg		BN ARENA
	12:00-13:30 hrs.	Female Kumite -55 kg		BN ARENA
	13:30-15:00 hrs.	Male Kumite -60 kg		BN ARENA
	13:30-15:00 hrs.	Male Kumite -67 kg		BN ARENA
	15:00-16:30 hrs.	Female Kumite -61 kg		BN ARENA
	15:00-16:30 hrs.	Female Kumite -68 kg		BN ARENA
	16:30-18:00 hrs.	Male kumite -75 kg		BN ARENA
	16:30-18:00 hrs.	Male Kumite -84 kg		BN ARENA
	18:00-19.30 hrs.	Female kumite +68 kg		BN ARENA
	18:00-19:30 hrs.	Male kumite +84 kg		BN ARENA

THURSDAY 25/05	9:00 HRS.	PAN AMERICAN CHAMPIONSHIP-QUALIFIERS AND REPECHAGE	Male and Female Individual Kata	
			Male Kumite	-84 kg
				+84 kg
			Female Kumite	-68 kg
	18:00 hrs.	Finals individual Male and Female Kata / Individual Male -84 kg, Male +84 kg, Female -68 kg Kumite		

FRIDAY 26/05	9:00 HRS.	PAN AMERICAN CHAMPIONSHIP-QUALIFIERS AND REPECHAGE	Female Kumite	-50 kg
				-55 kg
				-61 kg
				+68 kg
			Male Kumite	-60 kg
				-67 kg
				-75 kg
	17:00 HRS.	Opening Ceremony		
18:00 HRS.	Finals Individual Kumite categories Female -50 kg, -55 kg, 61 kg, +68 kg / Male -60 kg, -67 kg, -75 kg		Male/female	

SÁBADO 27	9:00 HRS.	PAN AMERICAN CHAMPIONSHIP-QUALIFIERS AND REPECHAGE	Para-Karate	Male/Female
			Team Kata	Male/Female
			Team Kumite	Male/Female
	18:00 hrs.	Finals Para-Karate, Team Kata and Team Kumite categories		

SUNDAY 29	ALL DAY	DELEGATIONS DEPARTURE		
------------------	----------------	------------------------------	--	--



XXXVI
**PANAMERICAN
KARATE**
CHAMPIONSHIP
COSTA RICA 2023

WE ARE WAITING FOR YOU!

