



PANAMERICANO KARATE SENIOR

Uruguay

URUGUAY
2024



**MAY 20.05
26.05**

COMPETITION
SITE

CONVENTION CENTER
PUNTA DEL ESTE

HOTEL SEDE

ENJOY PUNTA DEL ESTE
CASINO & RESORT

THE URUGUAYAN KARATE FEDERATION IS PLEASED TO INVITE, ONCE AGAIN, ALL FEDERATIONS AFFILIATED WITH THE PAN AMERICAN KARATE FEDERATION TO PARTICIPATE IN THE XXXVII PAN AMERICAN SENIOR KARATE CHAMPIONSHIP URUGUAY 2024, WHICH WILL BE HELD FROM MAY 19 TO 25, 2024 IN PUNTA DEL ESTE – URUGUAY

Punta del Este is one of the most beautiful cities of the continent, located on a peninsula at the southeast of the department of Maldonado and at 130 km from Montevideo. The name was given after the navigator Francisco Maldonado, who stayed in the current Maldonado Bay when Gaboto went back to Spain in 1530.

It is one of the main and most exclusive resorts of Latin America, recognized worldwide for its beautiful beaches and landscapes. Its area of influence reaches José Ignacio to the northeast, and to the iconic Punta Ballena at its west.

Punta del Este was founded as a town in 1907, however, by 1889 the first hotel was already built, and the first permanent residents were registered at the beginning of that century.

The main features of Punta del Este are its luxurious architecture of large residences and tall buildings all over the coast, as well as an exceptional tourist services.

During summertime, not only international brands choose the city to hold their events but also there is a wide offer of worldwide renowned events taking place. There is a varied cultural offer such as the International Film Festival and the International Jazz Festival, but also sports competitions.

Punta del Este main income comes from tourism specially during summer and all the services connected to it, when thousands of tourists come to enjoy the sun and the beaches from all over the world. In 2021 we were highly pleased to receiving all the attendants in Punta del Este, under a strict COVID19 protocol, so needless to say, we hope you are able to enjoy our city and its charms this time.

ENTRY INFORMATION

Foreign visitors do not need to carry out special immigration procedures, and must only present a valid passport. For citizens of neighboring countries, an identity document is sufficient.

ADMISSION VISAS: you can check at the following link if you require a VISA to enter Uruguay:

[CLICK HERE - VISA ADMISSION](#)



GENERAL INFORMATION

Electricity

Uruguay's voltage is 220 volts. Plugs generally have three round in-line inputs, with ground.

Airlines

International flights arrive at Carrasco International Airport, located 134 km away. from Punta del Este

Language

The official language of Uruguay is Spanish. Given Punta del Este is a crucial touristic spot, the staff at the hotels speak both English and Portuguese.

Water

The tap water is completely drinkable, and can be drunk without problems. Bottled water is easily purchased in supermarkets and shops.

Currency

The official currency of Uruguay is the Uruguayan peso. In most commercial establishments you can pay in dollars, Argentine pesos and reais. There are exchange houses with long operating hours. At the Headquarters Hotel you will find an exchange office at your disposal.

You can consult information regarding the daily exchange rate at the following link of the Banco de la República Oriental del Uruguay

<https://www.brou.com.uy/cotizaciones>



International credit cards can be used: Visa, Mastercard and American Express

Tips

It is usual to add the 10% of the total bill, given it is not included in the cost of the service

Internet

Punta del Este offers free Wi-Fi service in hotels and numerous restaurants and cafes offers the service as well.

Weather

Punta del Este has a temperate maritime climate, and has four clearly defined seasons. Summer temperatures (December to March) range from 69°F to 82°F, while winter temperatures (June-September) range from 42°F to 62°F. According to the weather forecast, temperature in May will be between 57°F and 62°F. Although temperature may be pleasant during day hours, it is suggested to have thick clothes for the night.

Beaches

Punta del Este is well-known for its beautiful beaches. There are beaches for all tastes, being the most famous Playa Mansa and Playa Brava. As their names indicate, Playa Mansa is ideal for children and those who want to take a pleasant sea bath. It bathes the Maldonado Bay and Gorriti Island. As for Brava Beach, the Lobos Island can be seen, and is the best spot for those who are fond of the roughest waters of the Atlantic Ocean. In winter, it is the beach chosen by surf lovers.

00598

**INTERNATIONAL
CODE**

Main Tourist Spots

Rambla and Port of Punta del Este
Punta del Este Lighthouse
Gorriti Island
Punta Ballena
"The Hand" Sculpture
Leonel Viera Bridge (La Barra)
Atchugarry Museum of Contemporary Art
Jose Ignacio
Garzón Winery

ACCOMODATION AND TRANSFERS

Reservations: panamericanokarateuy@gmail.com



Important points:

- Each Federation must inform to the indicated email address the name of the selected Hotel and the number of rooms to be reserved.
- All members, including referees, must send the reservations through their respective Federation.
- A form will be sent along with the amount of money to be paid as a guarantee for the block. The Federation must pay the equivalent to the 50% of the total amount. The balance must be paid before the 13th May by bank transfer.



BANK: República Oriental del Uruguay
Account Number: 00156106800001
Account Holder: Confederación Uruguay de Karate
Swift Code: BROUUYMMXXX
Bank Address: Piedras 369 Montevideo Uruguay

The Federation must register all members of the national delegation, with the respective Rooming List (personal data and each member room by room), the format file will be sent to the Federations once we are contacted by email.

Transfers

Carrasco International Airport is the arrival place. At the airport you will be welcomed by the Organizing Committee, who will guide you to your hotel. Transfers from the Headquarters Hotel to the Convention Center, the place where the competition is going to take place, will be entirely carried out by the organization. A general transfer for all delegations is going to be available to and from the Convention Center, with a previously informed schedule. There is going to be an additional transfer circuit per hour from the Headquarters Hotel Enjoy to the Convention Center. This will provide comfort to all members of the delegations.

Only members of the delegations staying at the hotels sent in this brochure, and who have sent their flight schedule will be able to use the transfers provided by the Organization. There will be an extremely strict control on this point.

COMPETITION DAYS

The three days of competition will take place at the Punta del Este Convention & Exhibition Center facilities. It is located just 12 minutes from the Enjoy Punta del Este Headquarters Hotel, on Av. Pedragosa Sierra, corner with Aparicio Saravia. The Convention Center has a plenary room with capacity for 2600 people, the largest capacity in the country, and four additional rooms for 300 people each, including the 8200 square meter service area.

The complex combines not only functionality and practicality but also beauty in its design, being one of the main attractions that Punta del Este offers.



ENJOY PUNTA DEL ESTE CASINO & RESORT

HEADQUARTERS HOTEL ★★★★★

Location: Parada 3 Rambla Claudio Williman – Punta del Este, Uruguay.

This high-level Hotel has a privileged and unique location in front of Playa Mansa and Gorriti Island.

Located in one of the most sophisticated cities in South America, Enjoy Punta del Este has positioned itself since its opening, more than 25 years ago, as the most important entertainment center in the region, standing out for its excellence in terms of services.

It has 292 rooms, all of them with a private terrace and many of them with sea views.

It is located just 1 km from the famous Avda. Gorlero shopping center and 1.5 km from Punta Shopping.

The Hotel offers free hot breakfast and has a European bistro restaurant, a Mediterranean restaurant, a poolside grill, 2 tennis courts, 2 pools (one indoor and one outdoor), gym, Casino, OVO Night Club, Beach Club OVO Beach, space for events, spa with sauna and treatments, Hair Salon and Souvenirs Shop.

All **official activities prior to the Competition** will take place at the HEADQUARTERS HOTEL.

The **training sessions**, with a prior schedule by Federation, will also take place in this Hotel.

The Headquarters Hotel is the **departure point** for transfers on the three days of the competition

RATES PER PERSON PER NIGHT:

Single Room: **USD 145**

Double Room: **USD 85**

Triple Room: **USD 85**

Rates include:

- Breakfast buffet
- Transfers from Carrasco International Airport – Hotel Enjoy-Carrasco International Airport
- Transfers during the three days of Competition: Hotel Enjoy – Convention Center –Hotel Enjoy.





HOTEL SOLERIOS

SUB-VENUE HOTEL ★ ★ ★ ★

Located at Parada 4, just a few meters from Mansa beach, in a quiet environment and at a walking distance from a varied gastronomic and commercial area, offering all the amenities of a four-star hotel in the best location of Punta del Este.

The Hotel has 60 rooms. It offers restaurant, bar and room service. It has an indoor heated pool, jacuzzi, sauna, fitness center and solarium. It also offers laundry service, concierge, parking and high-speed Wi-Fi.

Distance to the Headquarters Hotel: 100 meters.

RATES PER PERSON PER NIGHT:

Single Room: **USD 100**

Double Room: **USD 65**

Triple Room: **USD 55**

Rates include:

- Breakfast buffet
- Transfers from Carrasco International Airport – Hotel Solerios – Carrasco International Airport
- Transfers during the three days of Competition: Hotel Enjoy – Convention Center – Hotel Enjoy.





HOTEL AJAX

SUB-VENUE HOTEL ★ ★ ★

Hotel Ajax was founded in 1969, and has stood out as a welcoming corner in this beautiful coastal destination, both in summer and winter.

It has a privileged location, close to Hotel Headquarters, shopping centers and tourist spots in Punta del Este.

It has 66 rooms. It offers buffet breakfast and a heated pool all year round.

Distance to the Headquarters Hotel: 100 meters.

RATES PER PERSON PER NIGHT:

Single Room: **USD 85**

Double Room: **USD 58**

Triple Room: **USD 50**

Rates include:

- Breakfast buffet
- Transfers from Carrasco International Airport – Hotel Ajax – Carrasco International Airport
- Transfers during the three days of Competition: Hotel Enjoy – Convention Center –Hotel Enjoy.





HOTEL JAMAICA

SUB-VENUE HOTEL ★★ ★

The Jamaica Hotel has a total of 30 rooms with ocean views and an outdoor pool. It offers restaurant service, snack bar, room service, safe deposit boxes, laundry and parking.

Distance to Headquarters Hotel: 400 meters

RATES PER PERSON PER NIGHT:

Single Room: **USD 80**

Double Room: **USD 55**

Triple Room: **USD 48**

Rates include:

- Breakfast buffet
- Transfers from Carrasco International Airport – Hotel Jamaica – Carrasco International Airport
- Transfers during the three days of Competition: Hotel Enjoy – Convention Center –Hotel Enjoy.



REGISTRATIONS

MODALITY

Individual

Teams

KUMITE

Maximum 2 athletes
per country
per category

Only 1 team
per gender / country

KATA

Maximum 2 athletes
per country
per category

Only 1 team
per gender / country

PARAKARATE:

TWO (2) participants in
each of the 3 official

- Intellectually impaired Athletes
- Visually Impaired Athletes
- Physically Impaired Athletes

SPORTDATA platform Will be used for all registrations.



REGULATION

WORLD KARATE FEDERATION.

Current regulations will be required for uniforms and
protective equipment.

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Uruguay

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26.05

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PROGRAMS OF ACTIVITIES

XXXVII CAMPEONATO PANAMERICANO DE KARATE SENIOR PUNTA DEL ESTE 2024
XXXVII SENIOR PANAMERICAN KARATE CHAMPIONSHIP PUNTA DEL ESTE 2024

DATE	HOURL	REFEREEACTIVITY	COACHESACTIVITY	PLACE
MONDAY 20.05	9.00 A 18.00	Acreditación de Delegaciones Delegation Accreditation		HQ
	9.00 A 10.00	Reunión Comision de Árbitros-Referee Commission Meeting		HQ
	13.00 A 14.00	Registración Árbitros -Referee Course Registration Payment for candidates -All candidates must pre-register at Sport Data. On-site registered candidate must pay \$100 late fee	Registración Entrenadores / Coaches Registration - All candidates must pre-register at Sport Data. On-site registered candidate must pay \$100 late fee	HQ
	13.00 A 14.00	Almuerzo - Lunch Break		HQ
	14.00 A 15.30	Lectura Kumite - Kumite Lecture		HQ
	15.30 A 16.00	Examen Teórico Kumite - Kumite theory exam		HQ
	16.30 A 17.00	Break		HQ
	17.30 A 19.30	Examen Práctico Grupo 1-Kumite Practical examination Group 1		HQ
TUESDAY 21.05	9.00 A 18.00	Acreditación de Delegaciones Delegation Accreditation		HQ
	9.00 A 12.00	Examen Práctico Grupo 2 Kumite - Practical examination Group 2		HQ
	12.00 A 13.00	Almuerzo - Lunch		HQ
	13.00 A 15.00	Examen Práctico Grupo 3-Kumite Practical examination Group 3		HQ
	15.00 A 15.30	Break		HQ
	15.00 A 17.00	Seminario Médico - Medical Seminar		HQ
	15.30 A 16.30	Lectura Kata -Kata Lecture		HQ
	16.00 A 17.30	Reunión Para - Karate para Atletas y Entrenadores ParaKarate Meeting for Coaches and Athletes		HQ
	16.30 A 17.30	Examen teórico Kata -Kata theory exam		HQ
	17.00 A 18.00	Instructor practical explanation		HQ
	17.30 A 19.00	Congreso de la Mujer - Woman Congress		HQ

DATE	HOUR	REFEREE ACTIVITY	COACHES ACTIVITY	PLACE
WEDNESDAY 22.05	8.00 A 11.00	Pesaje / Weighing		Hoteles oficiales
	9.00 A 11.00	Videos Kata Kata Video examination		HQ
	9.30 A 10.30		Coaches Kata & Kumite lecture	HQ
	10.30 A 12.00		Coaches Kata & Kumite theory exam	HQ
	13.00 A 13.30		Resultados - Coaches result	HQ
	11.00 A 14.00	RC administration		HQ
	14.00 A 15.30	Resultados Referee Course Exam Results		HQ
	15.30 A 16.30	Renovación de Licencias Kata Kumite license renewal		HQ
	16.00 A 17.30	Clasificación de Atletas de Para - KaratePara Karate Classification Session for Para - Karate Athletes		HQ
	17.00 A 18.00	Referee briefing (Mandatory for all judges and referees)		HQ
	18.00 A 18.30	TM and AJ meeting		HQ
	16.00 A 18.00	Congreso Técnico- Sorteo Oficial		HQ
	16.00 A 17.00	Reunión PKF EC & OC País Anfitrión		HQ
	17.00 A 18.00	Reunción PKF EC- PKF EC Meeting		HQ
	19.00	Congreso PKF -PKF Congress		HQ
	21.00	Cena Bienvenida - Welcome Dinner		A/D

CONVENTION CENTER

THURSDAY 23.05	9.00	Eliminatorias y Repechaje <ul style="list-style-type: none">Kata Individual Masculino y Femenino / Male and Female Individual KataKumite Masc./ Male Kumite<ul style="list-style-type: none">-84kg+84kgKumite Fem./ Female Kumite<ul style="list-style-type: none">-68kg+68kg
	18.00	Finales/Finals Kata individual Masc. y Fem. y Kumite Individual Masc. y Fem. -84Kg, +84Kg, Fem -68kg, +68

FRIDAY 24.05	9.00	Eliminatorias y Repechaje <ul style="list-style-type: none">Kumite Femenino / Female Kumite<ul style="list-style-type: none">-50kg-55kg-61kgKumite Masculino / Mal Kumite<ul style="list-style-type: none">-60kg-67kg-75kg
	17.00	Ceremonia de Apertura/ Opening Ceremony
	18.00	Finales /Finals Categorías de Kumite /Kumite category Fem & Masc

SATURDAY 25.05	9.00	Eliminatorias y Finales	• Para-Karate	Masc & Fem
		Eliminatorias y Repechaje	• Kata Equipo / Team (*)	Masc & Fem
			• Kumite Equipo / Team Kumite (*)	Masc & Fem
	18.00	Finales /Finals categorías / Kata Equipo / Team Kata y / and Kumite Equipo / Team Kumite		Masc & Fem

SUNDAY 26.05	Todo el día	Partida de Delegaciones
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(*) NOTA: En este Campeonato Panamericano, los 1º, 2º y 3º (Linea del Campeón) puestos de las categorías Kumte Equipos y Kata Equipos -Masculino y Femenino-, clasificarán directamente al Campeonato Mundial Equipos WKF a llevarse a cabo en Pamplona , españa del 22 al 24 de noviembre 2024. (*)

NOTE: In this Pan American Championship, the 1st, 2nd and 3rd (Champion Line) positions in the Kumte Teams and Kata Teams categories - Male and Female - will directly qualify for the WKF World Team Championship to be held in Pamplona, Spain from November 22 to 24, 2024.

XXXVII SENIORS PANAMERICAN KARATE CHAMPIONSHIP
PUNTA DEL ESTE 2024

Bulletin No. 1 December 2023

Official Invitation

From: Directing Committee PKF
To: All PKF Members
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Dear Mr. President,

On behalf of the Pan American Karate Federation (PKF), it is with great pleasure that we invite your National Karate Federation to participate in the forthcoming **XXXVII Seniors Panamerican Karate Championship** to be held from **May 19 to 25 th , 2024 in Punta del Este, Uruguay.**

Soon you will be receiving more specific information about the championship from the organizing committee.

Organizing Committee:
Confederación Uruguay de karate
Teléf. +598 98311684
Email: panamericanokarateuy@gmail.com

PKF Presidents Office: Cnel. Carlos T. Sourigues 2509 PB 1 -
CP (1428) Buenos Aires - Argentina
Tel/fax: 54 (11) 47 82 91 35 - Cel: + 54 9 (11) 44 24 99 65
E-mail: jgmaanon@gmail.com

karate@fibertel.com.ar

We look forward to the participation of your athletes
in this championship.



- Soon you will be receiving additional Uruguay Karate Confederation.
- Additional Information:**
- | | |
|--|-----------------|
| Membership Fee | US\$ 500 |
| Registration fees are as follows: | |
| • Referee Course kumite | US\$ 200 |
| • Referee Course kata | US\$ 200 |
| • Referee Course kata/kumite | US\$ 350 |
| • Coach Course | US\$ 100 |
| • License Renewal Kumite or Kata | US\$ 200 |

Registration Fee: US 100 per athlete. Team US\$ 300.
For registrations after the closing of the on line registration a penalty of **US\$ 20** will be applied for the registration of each competitor and **US\$ 100** for Referee or Coach..

José García Maañón
PKF President

www.pkfkarate.com