

**III CENTRAL AMERICAN AND CARIBBEAN ORIENTEERING
CHAMPIONSHIP (CCC-O)**

VII COSTA RICAN ORIENTEERING CHAMPIONSHIP “INTERNATIONAL”

November 22-25, 2018

TURRIALBA

COSTA RICA

BULLETIN Nº 2



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GREETINGS

Hearty greetings from the organizing committee of the III Central American and Caribbean Orienteering Championship! For us, this event is a great opportunity to welcome our friends from the Federations that are part of the Central American and Caribbean Confederation.

This important event will take place from the 22th through the 25th of November, 2018 in Turrialba and we expect to see all the member countries participating, and all the rest of the countries that want to join as well.

ABOUT TURRIALBA

Turrialba is located 64 km from San José and it is part of the Cartago province. It's approximate area is 1,657 km² and it's altitude is 646 m asl. Two of the highest peaks in Costa Rica are in Turrialba: the Turrialba Volcano (3,340 m asl) and the Cerro Chirripó (3,820 m asl).

Turrialba has 12 cities or districts: Turrialba, La Suiza, Peralta, Santa Cruz, Santa Teresita, Pavones, Tuis, Tayutic, Santa Rosa, Tres Equis, La Isabel and Chirripó.

It holds a variety of climates that go from tropical humid to mountain climate. Given the characteristics of the country, there are no defined seasons: it rains and it is sunny during the entire year. In general, the maximum temperature does not exceed 27°C and the minimum does not fall below 13°C.

As for it's economy, there is great variety: you can find banks, industrial companies, farmer's markets on weekends, fast food restaurants, chinese and costarican food restaurants, among others.

In regards to tourism, Turrialba has wonderful protected areas, such as "Monumento Nacional Guayabo", the Turrialba National Park and volcano,, the Cordillera Volcánica Central (Central Volcanic Mountain) forest reserve, the Zona Protectora de la Cuenca del Río Tuis (Protected Area of Tuis River's basin), the Chirripó National Park and the Pacuare river forest reserve.

There are touristic attractions, like rafting tours, canopy, rapel, canyoning, coffee tours, horse adventures, bike tours, among others.

ORGANIZING COMMITTEE

General information:

Facebook page: Deporte de Orientación Costa Rica

E-mail: asociadeorientacioncr@gmail.com

Phone number: +506 88236052, +506 83836671

Organizer	ADO
Coordinator	Yeimi Jiménez Oviedo
Director técnico	Marco Vinicio Jara
Courses	Ismael Quesada
Mapping	Ismael Quesada
Tradicional system	To be defined
Start	To be defined
Finish	To be defined
Logistics	Gerardo Obando Cambronero
Secretary	María Masis
Finance	Carmen María Solís Alvarado
Web	Jesús Montero Brenes

IOF Event Adviser

Judge	Jose Angel Nieto Poblete
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PROGRAM

This will be the preliminary program for the Central American and Caribbean Orienteering Championship:

DAY	PROGRAM	PLACE
Thursday 22/11	1 to 5 p.m. accreditation and kit delivery	University of Costa Rica
Friday 23/11	Central American and Caribbean Orienteering Congress	University of Costa Rica
Saturday 24/11	Sprint 8:30 a.m. : General instructions 9:00 a.m. : First start 11:00 a.m. : Award ceremony COCACAO meeting	CATIE: Center for Tropical Agricultural Research and Education University of Costa Rica
Sunday 25/11	Middle distance 8:30 a.m. : General instructions 9:00 a.m. : First start 11:00 a.m. : Award ceremony Farewell delegations	CATIE: Center for Tropical Agricultural Research and Education

CONTROL SYSTEM

The traditional system (e-punch) will apply.

CATEGORIES

The following categories were established for the *sprint* and middle distance competitions:

Male category	Observaciones	Women category
Veteran	35 years or more	Veteran
Senior-M	No age limit	Senior-W
Junior-M	Born during the year X-20, or after	Junior-W
Youth-M	Born during the year X-18, or after	Youth-W

OPEN EVENT

Two events will be taken place simultaneously: the III CCC-O and the VII Costa Rican Orienteering Championship. Winners will be determined by the sum of the sprint and middle distance.

The categories of the VII Costa Rican Orienteering Championship are: veterans (35), senior (no age limit), junior (X-20) and youth (X-18)

REGISTRATION

Registrations will be open from July 4 to November 2, but they will not be complete until the payment is deposited in the established bank account. All participants must send a copy of the bank receipt as proof of the payment, it must be sent to asociadeorientacioncr@gmail.com

The IBAN number: CR60016112024130847802, Asociación Deportiva de Orientación, ID 3-00272773-6.

Once the payment is deposited, participants must complete the registration process by following the link provided previously by the event organizers.

Every participant is responsible for his / her own payment, as receipts will include participant's full name.

Once the deposit is made, you must enter the following link and make the registration:

https://docs.google.com/forms/d/e/1FAIpQLSeDGFsfCvkf71GVTvytOicBT8Nz_IHRUuNy6LftIRr5IMCpyw/viewform?usp=sf_link (copy in the address bar)

If you are going to make the payment the day of the event, register and indicate it.

Registration costs: **\$50**

REWARDS

CCCO: the first three places in each category will be awarded a medal. There will be a first, second and third place for every competition (middle distance and sprint). Also, a trophy will be awarded to the country with the higher score, once both competitions are complete.

VII Costa Rican Orienteering Championship: the first three places in each category will be awarded a medal. To determine the winners, the final score will be the sum of the sprint time and the middle distance time.

FORBIDDEN AREAS

It is strictly prohibited to train in any of the competition areas.

REGULATIONS

The *International Orienteering Federation* and the CCC-O regulations will apply.

MAP FEATURES

Map with scale of 1: 7.500, equidistance 5 meters.

CLOTHING AND RECOMMENDATIONS

During the competition it is recommended to wear pants for the type of vegetation in the area, likewise the use of sunscreen and insect repellent.

VISAS

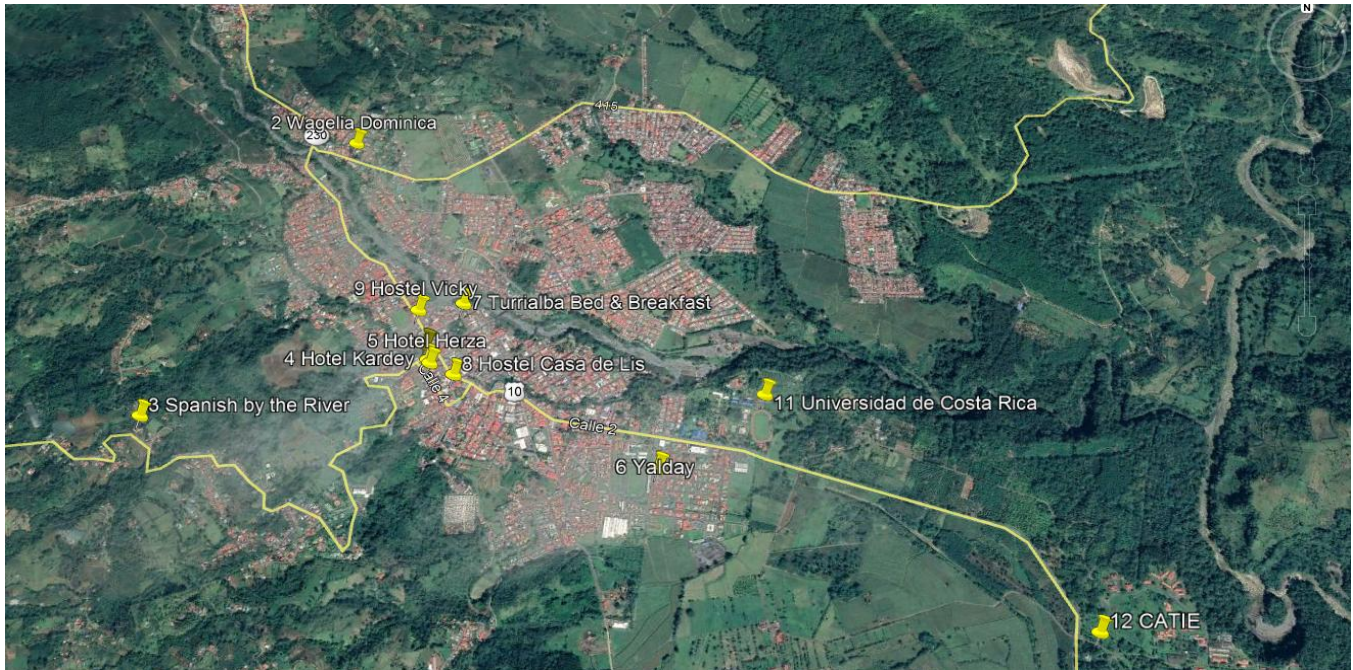
Consult on the following page:

<http://www.costarica-embassy.org/index.php?q=node/68>

ACCOMMODATION

There is no hard, flat surface to put your sleeping bag.

#	Nombre	Teléfono (506)	Booking.com, precios pueden variar, estos consultados al 21-4-18
1	HOTEL WAGELIA TURRIALBA, http://www.hoteleswagelia.com/ , Facebook: Hoteles Wagelia & Lodge	2556 15 66	\$32
2	HOTEL WAGELIA DOMINICA, http://www.hoteleswagelia.com/ , Facebook: Hoteles Wagelia & Lodge		\$25
4	HOTEL KARDEY, facebook Hotel kardey, hotelkardey@hotmail.com	2556 00 50	
5	HOTEL HERZA, facebook Hotel Herza, hotelherza@gmail.com	2556 10 97	\$15
6	HOSPEDAJE YALDAY, yaldaivg@hotmail.com	8823 91 22	
7	HOTEL TURRIALBA BED AND BREAKFASH, facebook Hotel Turrialba Bed & Breakfast, http://www.turrialbahotel.com , info@turrialbamedia.com	2556 66 51	\$37
8	LA CASA DE LIS, LISSETTE SABINE JUFFERMANS, facebook Hostel Casa de Lis (Turrialba, Costa Rica), info@hostelcasadelis.com, http://www.hostelcasadelis.com	2556 49 33	\$14
3	SPANISH BY THE RIVER, SPANISH BY THE RIVER SOCIEDAD ANONIMA. FACEBOOK Spanish by the River - Turrialba / Costa Rica, http://www.spanishatlocations.com	2556 73 80	\$12
9	HOSTEL VICKY, facebook Hostel Vicky, facebook hostel vicky, karayaquesada@gmail.com	8367 8054	\$25
11	Universidad de Costa Rica, sede III C-CCO		
12	CATIE, sede III C-CCO		



Location hosting sites.

TRANSPORT

Airport to San José

Bus company: Grupo Tuasa

<http://www.grupotuasa.com/web2017/modulos/rutas.html>

\$ 1 ticket

San Jose to Turrialba

Bus company: Transtusa

<http://transtusacr.com/>

info@transtusacr.com

Facebook: Transtusa

\$ 3 ticket

Private service: Celajes

Owner: Don Ricardo

infocelajes@gmail.com

Whatsapp: 506 88290094

Transportation from the airport to Turrialba (approximately 80 km)

Bus for 26 people: \$ 265

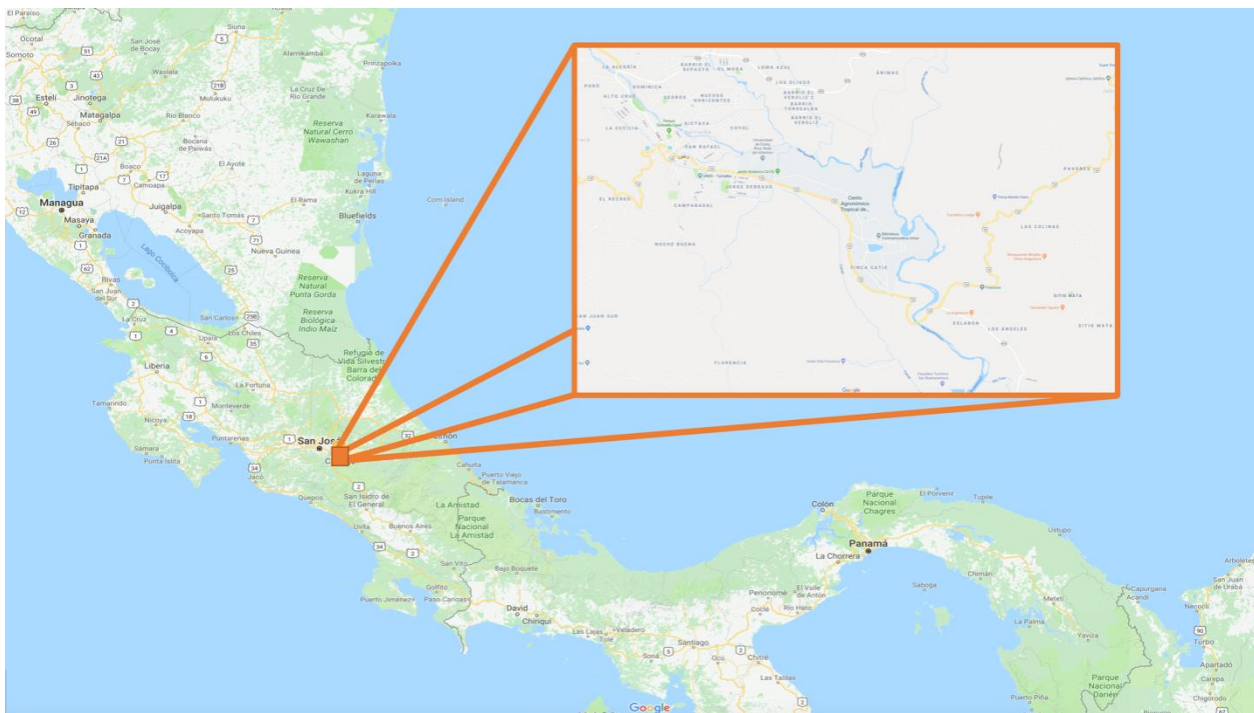
Bus for 13 people: \$ 190 (consider 4 spaces for luggage)

TOURISM

Among the main tourist attractions in the area are the Turrialba Volcano, the Guayabo National Park, the Reventazón and Pacuare Rivers, which are very popular for the sport of rafts and "kayaks".

For more information you can visit the following page: www.exploreturrialba.com

MAP



ORGANIZATION AND SUPPORT



UNIVERSIDAD DE COSTA RICA

