

# World Obstacle UIPM 2024 OCR World Championships

## Costa Rica, 22 – 25 August 2024

### INVITATION LETTER

**OCR WORLD CHAMPIONSHIPS**

SAN JOSE, COSTA RICA 22-25 AUGUST 2024



Dear Friends,

World Obstacle, the Fédération Internationale de Sports d'Obstacles (FISO), World Pentathlon, the Union Internationale de Pentathlon Moderne (UIPM), and Costa Rica Obstacle Sports Federation, in collaboration with Grupo Publicitario, Costa Rica Tourism Board, Essential Costa Rica, Costa Rica Ministry of Sports and Spartan, has the pleasure to invite a delegation (athletes, coaches, officials, managers) of your National Federation to participate in the World Obstacle UIPM 2024 OCR World Championships (OCRWCH) to be held in Costa Rica, from 22 to 25 August according to the following general schedule. Detailed schedule is published on the [OCRWCH web page](#).

21 August	<b>Arrival of Delegations</b>			
21-23, 25 August	09:00-18:00	Packet pick up	National Stadium	
22 August Thursday	09:00-12:00	100m training	Estadio Nacional	
	13:00-16:00	100m qualification runs		
	17:30	Opening Ceremonies		
	18:30	Technical Meeting		
23 August Friday	08:00-14:00	Short course	Estadio Nacional	
	10:00-17:00	100m qualification runs		
	17:30	Short course awards		
	18:30	Technical meeting for standard course		
24 August Saturday	19:30	10 <sup>th</sup> Congress and General Assembly	Doka Estate	
	06:00-10:00	Transport from San Jose to Doka		
	07:00-11:00	Packet pickup		
	18:00 - 12:00	Standard course		
	10:00:14:00	Buses return to Estadio Nacional		
	14:00	100m round of top 16 (all categories)		Estadio Nacional
	17:00	Standard course awards		
18:00	Technical meeting (national team race)			
25 August Sunday	20:00	Concert	Estadio Nacional	
	08:00	National team race		
	12:00-14:00	Fun Run (staff, volunteers, entourage)		
	10:00	100m quarterfinals to finals (Elite)		
	12:00	100m quarterfinals to finals (AG)		
	15:00	100m national team relays		
16:00	Team and 100m awards			
26 August Monday	17:00	Closing Ceremonies & Concert	<b>Departure of Delegations</b>	

**Please Note:** Detailed timetable to be confirmed once entries close



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## Competition Format & Rules

The competition will be carried out according to the World Obstacle Competition Rules, Regulations and relevant guidelines.

<b>100m</b>	100m x 12 standard obstacles
<b>Short Course</b>	3 km x 20 obstacles*
<b>Standard Course</b>	15 km x 40 obstacles*
<b>Team Race**</b>	5 km x 30 obstacles*
<b>Open Event</b>	5 km x 30 obstacles*

\* Distances and number of obstacles is approximate and may vary

\* Team assist

## Competition Venues

*Estadio Nacional: WVPR+PW6, C. 68, San José, Nunciatura, Costa Rica* is located in La Sabana Park.

*Doka Estate Costa Rica Coffee Tour & Plantation: 129, Provincia de Alajuela, Alajuela, Costa Rica*

## Accommodation & Travel

Numerous hotels from one to four stars are located adjacent to the main venue, Estadio Nacional, located in beautiful La Saba Park. The official event hotel is the Hilton San Jose La Sabana [book hotels here](#)

Juan Santamaria International Airport has direct flights from North America, South America, and Europe. Shuttle buses will be provided for athletes and entourage between the airport, hotels and venues.

## Financial Conditions

Payment of the registrations, medical form, and anti-doping certificate must be completed through the [event website](#).

## Deadlines

- Registration price increase 17 July 2024
- Registration closes 5 August 2024
- National team validation 12 August 2024

## Ticketing

Registered team personnel will be able to access the spectator seating & competition areas with their accreditation.



## Insurance

Medical insurance for the event is mandated by the government of Costa Rica. Mandatory insurance is purchased during registration, is inexpensive, and covers medical transport and hospitalization. Additional insurance may be purchased during registration. The LOC will not accept any responsibility financial or other, for any loss, injury, or illness of any member of the delegation.

## Liability

The LOC does not assume any liability for accidents, thefts, or other incidents of any kind. Otherwise, the statutory provisions shall apply. We encourage everyone to purchase travel insurance that covers flight cancelations, lost baggage, theft and loss.

## Visa Information

Visiting NFs should confirm visa and vaccination requirements for entry into Costa Rica prior to traveling to the event.

The LOC cannot accept responsibility for arranging visas but can provide specific letters of invitation if needed. To request a letter of invitation please email: [costarica@worldobstacle.org](mailto:costarica@worldobstacle.org)

## Event Pages

Facebook Event: <https://www.facebook.com/events/1649556542237327>

Website: <https://ocrwch2024.org/>

Web Page: <https://worldobstacle.org/2024-ocrwch/>

Facebook Group: <https://www.facebook.com/groups/ocrwch>

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## Contact Details

Costa Rica Obstacle Sports Federation  
**Social:** [Facebook](#) Instagram [@ocrcostarica](#)  
**Email:** [soporte@grupopublicitariocr.net](mailto:soporte@grupopublicitariocr.net)  
**Website:** <https://www.ocrwch2024.org>

FISO - World Obstacle, the Fédération Internationale de Sports d'Obstacles  
**Social:** [@WorldObstacle](#)  
**Email:** [contact@worldobstacle.org](mailto:contact@worldobstacle.org)  
**Website:** <http://www.worldobstacle.org/>

UIPM – Union Internationale de Pentathlon Moderne  
**Social:** [@WorldPentathlon](#)  
**Address:** Stade Louis II, Entrée C, 19 av. Des Castelans, 98000 Monaco -Monaco  
**Tel/Fax:** +377 9777 8555 / +377 9777 8550  
**Email:** [competition@pentathlon.org](mailto:competition@pentathlon.org)  
**Website:** <http://www.uipmworld.org/>

Please contact customer service at [costarica@worldobstacle.org](mailto:costarica@worldobstacle.org) for inquiries or question.

We look forward to seeing you in Costa Rica for a fantastic World Obstacle UIPM 2024 OCR World Championships!

Best regards,



**FISO President**

Ian Adamson



**UIPM President**

Dr. h.c Klaus Schormann



**OCRCR President**

Rodolfo Villalobos



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