



CSPM  
Modern Pentathlon Sudamerica



## CUBAN FEDERATION OF MODERN PENTATHLON PAN AMERICAN OPEN CHAMPIONSHIPS.

PLAYA VARADERO, CUBA, MAY 7 TO 12, 2024

### INVITATION LETTER

Dear friends,

The Cuban Federation of Modern Pentathlon, in collaboration with the Pan American Confederation of Modern Pentathlon and the Mercantile Society CUBADEPORTES S.A. has the pleasure of inviting a Delegation from your Country to participate in the Pan American Open Championships with Triathlon, Laser Run and Obstacles to be held on Varadero beach, Matanzas, Cuba, from May 7 to 12, 2024 according to the following program:

05 de mayo 2024	Arrival of Delegations
06 de mayo 2024	Arrival of Delegations / 8:00 p.m. Technical Meeting
07 de mayo 2024	Women and Men´s Qualifications - Obstacle Triathlon U15/U17/U19
08 de mayo 2024	Women's and Men's Finals - Obstacle Triathlon U15/U17/U19
09 de mayo 2024	Women's and Men's Finals - Obstacle Laser Run U15/U17/U19
10 de mayo 2024	Mixed Relay Finals - Obstacle Laser Run U15/U17/U19
11 de mayo 2024	Women and Men´s Qualifications, Obstacle – All age groups
12 de mayo 2024	Women and Men´s Finals, Obstacle – All age groups
13 de mayo 2024	Departure of the delegations.

### COMPETITION FORMAT / RULES AND REGULATIONS.

It will be competed according to the current UIPM regulations. Delegations will be kind enough to send the mandatory registrations of their members to the Competition Registry using forms A, B and C. For enrollment to be registered, it is mandatory for all athletes to possess their valid UIPM registration, please contact the UIPM or your Federation if any of your athletes do not have a license number. Each country may register an unlimited number of athletes per both genders in each category. Only U15, U17 and U19 categories will happen. In the Mixed Relay event, nations can enter an unlimited number of teams in each category. The LOC have the right to accept more registration based on the availability in each age category. Each competitor must bring his pistol and target. Delegations must send registration forms A, B and C to the following emails, [frankalbertomartinezplasencia@gmail.com](mailto:frankalbertomartinezplasencia@gmail.com) or [aguarchr2018@gmail.com](mailto:aguarchr2018@gmail.com)

### COMPETITION VENUES.

The competition will take place on Varadero beach.

**Triathlon** will be carried out continuously, swimming will take place in the sea, with entry and exit in sand, the race route will be done in sand and asphalt, the shooting area will have 20 positions, (18 + 2 reserves)

**Laser Run:** The race route will be done on sand and grass, the shooting area will have 20 positions, (18 + 2 reserves) Obstacle Course: If there is an obstacle course, it will be located on sand and grass.



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## FINANCIAL

The price of accommodation will be €80 per person per day in a double room and €150 per person per day in a single room. Any delegation that makes the payment before March 31, 2024 will apply the following rate for prompt payment: €68 per person per day in a double room and €128 per person per day in a single room. All rates are expressed in Euros (€), per person per night.

**NOTE:** You can also pay in USD according to the official exchange rate in force on that day. Payment can only be made in these two currencies.

### Package includes:

- ✓ Personalized reception at the airport.
- ✓ Basic Hydration.
- ✓ Primary Sports Medical Assistance.
- ✓ Accommodation and food, All Inclusive, all meals and drinks included, as well as services available at the hotel.
- ✓ Transfers to and from the Airport, as well as to the training areas and scheduled activities. **ARRIVAL AND DEPARTURE THROUGH THE VARADERO INTERNATIONAL AIRPORT, JUAN GUALBERTO GÓMEZ.**

- For people arriving in the country from José Martí Havana Airport to Varadero, we offer a round-trip TRANSFER for a price of €50.00 per person.
- For family members and/or companions: 15% discount on the fare, not including the TRANSFER Havana Varadero. For any payment or clarification, contact the following email •Commercial Management CUBADEPORTES S.A. •email: brave.  
[enmanuel@gmail.com](mailto:enmanuel@gmail.com)

### VISAS:

The visa process is exclusive to the people who attend the event (in case it is needed for your nationality) LOC will provide invitation letters for those who request them.

### INSURANCE:

According to UIPM rules, all members of the attending delegation should insure themselves in case of accidental injury and illness.

The organizer will not accept any financial liability for loss, injury or illness that occurred to any participant and or member of the delegation.

### DEADLINES:

Form A: March 1, 2024

Form B: March 31, 2024

Form C: April 15, 2024

It is mandatory to submit the final Form C before April 15, to take into consideration the attending delegations. Any delegation that wishes to participate and is not registered in the system after April 1st through form C must contact the LOC directly [frankalbertomartinezplasencia@gmail.com](mailto:frankalbertomartinezplasencia@gmail.com) or [enmanuel@gmail.com](mailto:enmanuel@gmail.com)



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## GENERAL INFORMATION

All athletes are kindly requested to wear their official national uniform at the competition and award ceremony.

We hope to see you soon, greetings.

Lic. JORGE ORENCIO JOSE SALAS  
Presidente Confederación Sudamericana

Mr. ROBERT STULL, OLY  
Presidente Confederación NORCECA

Msc. FRANK A. MARTINEZ PLASENCIA  
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MS.c. Doris Mayorquín Betancourt  
Presidenta Federación Cubana de P. M