MEXICO CITY 2017 PARA SPORT FESTIVAL
WORLD PARA POWERLIFTING &
WORLD PARA SWIMMING CHAMPIONSHIPS
30 SEP – 6 OCT

PRE-CHAMPIONSHIPS
TRAINING CAMP
INTRODUCTION

CONADE and the Local Organising Committee of the Mexico City 2017 World Para Powerlifting & World Para Swimming Championships are pleased to provide information about the Pre-Championships Training Camp.

In the following pages you information about the Training Camp venue, accommodation costs and booking procedures.

In your preparation towards the World Championships, we will be delighted to welcome you to Mexico City.
Located in the east part of Mexico City, the Centro Paralímpico Mexicano is a sports complex comprised of a gymnasium, a 25 metre pool, athletics area, basketball courts, as well as a dormitory, kitchen, dining hall, recreation and medical area.

Rooms have double and triple occupation. Rate per person per night: **USD35.00** (includes internet).
1 TRAINING CAMP VENUE - CENTRO PARALÍMPICO MEXICANO (CEPAMEX)

Continued

TRAINING FACILITIES

25m training pool

Gymnasium

With 4 Para powerlifting benches

DINING AREA

OTHER FACILITIES
MEXICO CITY 2017 WORLD PARA POWERLIFTING & WORLD PARA SWIMMING CHAMPIONSHIPS
TRAINING CAMP

TRAINING CAMP VENUE AND ACCOMMODATION - CEPAMEX
Centro Paralímpico Mexicano

COMPETITION VENUES
Alberca Olímpica Francisco Márquez
Gimnasio Olímpico Juan de la Barrera

CITY SERVICES
Hospital General Xoco
Mexico City International Airport

DISTANCE / TIME TO COMPETITION VENUES
10.7 Km / 40 min.

DISTANCE / TIME TO AIRPORT
4.6 Km / 22 min.
1. **BOOKING PROCESS**

To request the facilities and accommodation for a Pre-Championships Training Camp NPCs must send the letter contained in Appendix 1 (Request Form) to Nestor Gatica at nestor.gatica@conade.gob.mx. This letter should specify the required services (accommodation, meals, training facilities), Camp dates, names of the delegates and their dates of birth, name and number of the contact person and a request for medical insurance. If delegations wish to stay in an accommodation other than CEPAMEX please specify that you will only need the training facilities in the same letter. Upon submission, you will receive more information about possible fees for using the facilities.

2. **ACCOMMODATION AND FACILITIES**

Services in the Centre include accommodation, meals, training facilities, loan of functional training material and medical insurance. In regards to accommodation, rooms are of double or triple occupancy. The number of available rooms at any given time is limited and bookings will be made on a first-come first-served basis, therefore we kindly ask you to plan ahead to book your accommodation.

3. **RATES AND PAYMENTS**

The accommodation rate of USD35.00 in CEPAMEX is per night per person, regardless of the room type (double or triple), and it includes internet. Buffet-style meals (breakfast, lunch and dinner) have a cost USD8.00 per meal. Payments must be made by wire transfer in USD or its equivalent in Mexican pesos according to the exchange rate on the day of the transaction. Bank details will be provided upon request for booking.

4. **CANCELLATION POLICIES**

Reservations can be cancelled up until 30 days before the start of the Training Camp. However, once a payment has been made no reimbursements will be granted. Please keep this in mind while booking.

5. **FURTHER DETAILS**

The Pre Championships Training Camp venue will be available to NPCs from December 2016 until September 24, 2017.

For any enquiries, including payments, please contact Nestor Gatica at nestor.gatica@conade.gob.mx in case of any particular circumstances to look into it on a case by case basis.

NPCs are responsible for contacting CONADE and carrying out any negotiations of the Training Camps with them directly. World Para Powerlifting, World Para Swimming and the LOC are not involved in the Training Camps nor are they responsible for any of the processes.
TRANSPORTATION
Delegations will be responsible of making their transportation arrangements, as the LOC will not be providing this service during the Training Camp period. As specified in the map, the distance/time from the airport to CEPAMEX is of 4.6km / 22 min by car.

The most efficient option is getting a taxi from one of the authorized taxi stands at the airport, located by the arrivals hall.

The authorized taxi companies are:
- Terminal 1: Porto Taxi, Sitio 300, Nueva Imagen, Excelencia
- Terminal 2: Porto Taxi, Sitio 300, Nueva Imagen, Excelencia, Confort, Yellow Cab

Approximate cost: MXN160.00 = USD7.77 for a 4-passenger sedan (exchange rate of December 5, 2016 - prices are subject to change). Payments in cash and credit/debit card are accepted.

Vehicle types:
- Sedan: 4 passengers + driver
- Van: 8 passenger + driver

CEPAMEX Address:
CONADE Centro Paralímpico Mexicano
Av. Rio Churubusco s/n, Iztacalco, Granjas México, 08400 Ciudad de México, CDMX
Reference: next to Foro Sol and Palacio de los Deportes (events venues)
Note: Taxis are allowed to unload at the entrance of CEPAMEX.

ACCES TO COMPETITION POOL
For Para swimming, the competition pool will be available for NPCs to use for acclimatization purposes in the two weeks prior to the Championships period (11-24 September, 2017). The training slots are subject to availability since the competition pool will still be open to other users during this period. If you are planning on coming on those dates and wish to make use of the pool please contact accommodation.2017wch@moveo-lab.com for this purpose exclusively.

ALTERNATIVE ACCOMMODATION
If delegations wish to stay in an accommodation other than CEPAMEX, below you will find nearby hotel suggestions. Each NPC is responsible for booking and paying their own accommodation, the LOC does not have a pre-existing arrangement with these hotels for the Training Camp period.

1. Camino Real Aeropuerto
   4-star hotel [Website]

2. Ramada Aeropuerto Mexico
   3-star hotel [Website]

3. City Express Aeropuerto Ciudad de México
   4-star hotel [Website]

4. NH Collection Mexico City Airport T2
   5-star hotel [Website]

5. Hotel Grand Prix
   4-star hotel [Website]

6. Holiday Inn Express Mexico Aeropuerto
   4-star hotel [Website]

7. Holiday Inn Mexico Dali Airport
   4-star hotel [Website]