SPORT FACILITIES & CONFERENCE GUIDE
1. LOCATION
Kingston is accessible by car, rail, air, coach or boat. Via Rail connects the city daily to Montreal, Ottawa and Toronto. Additionally, YGK Airport underwent a major expansion in 2019.

2. STATE-OF-THE-ART FACILITIES
Kingston offers newly built and legacy facilities - from the Leon’s Centre, a 6,700-seat arena, to Portsmouth Olympic Harbour, originally constructed for the 1976 Summer Olympics.

3. REPUTATION
Kingston is a major player in the $6.8 billion dollar sport tourism industry in Canada, with venues that accommodate all four seasons and Olympic-level hosting expertise.

4. TO SEE AND DO
Kingston was the first capital of Canada making it rich in history. Tourism attractions such as Kingston Penitentiary, Fort Henry, Kingston 1000 Islands Cruises, Bellevue House, Gord Edgar Downie Pier, Kingston Trolley Tours and Kingston Food Tours are just some of the unique activities that you can experience during your stay. See more on the Visit Kingston website at visitkingston.ca/see-do/.

5. DINING
Kingston has one of the highest restaurants per capita of any city in Canada with over 140 restaurants and cafes to choose from. Kingston will meet the needs of large events and groups through various catering and dining options. See more on the Visit Kingston Website at visitkingston.ca/eat-drink/.
Kingston Ontario

As the gateway to the 1000 Islands and the UNESCO-designated Rideau Canal, Kingston is a city rich in history, culture, critically acclaimed attractions and cuisine. Located directly off Highway 401 it is within the a prime tourism triangle, equidistant from Toronto, Montreal, and Ottawa. Kingston is the perfect backdrop for your next event.

Kingston offers a wide variety of facilities supported by a community of hospitality professionals dedicated to making your event a success. With critical acclaim as the freshwater sailing capital of the world and with over 100 different sport venues, Kingston has every sport season covered. Most facilities are located within a 15-minute walk or drive to our 5,200+ accommodation rooms and 140+ dining establishments.

Tourism Kingston will provide the following services for your sport group:

**Bid & Event Support**
- Coordinate partnership with stakeholders (public and private sector, media, hotels, venues, businesses)
- Lead bid committees and marketing campaigns
- Financial incentives and grant application support
- Distribute RFPs to accommodation providers
- Source venues and transportation
- Coordinate site tours for prospective clients
- Measure pre-event economic impact using STEAM2.0
- Event marketing and promotion (press releases, media conferences, website content, social media)
- On-site visitor information booth
- Facilitate host hotel requirements
- Recommendations for local attractions and itineraries
- VIP cards for your delegates to get exclusive offers in Kingston

*We look forward to hosting you in Kingston!*
SPORTS
- Badminton
- Basketball
- Contact Sports
- Dance Studios
- Fencing
- Racquetball
- Swimming
- Volleyball
- Water Polo

FACILITIES
- Underground Parking
- 6 Gymnasiums
- 6 Outdoor Sports Fields
- 25-Metre, 14-Lane Pool
- Main Gym Seating 1,901
- 2 Combative Rooms
- 2 Racquet Courts
- 2 Weight Rooms
- 3 Cardio Zones
- 5 Fitness/Dance Studios
- 8 Squash Courts
- Concessions
- Locker, Laundry & Towel Service
- Meeting Rooms
- Personal Training
- Ticketing

PAST SPORT EVENTS
- USPORT Women’s Basketball National Championships
- USPORTS Women’s Rugby National Championships
- USPORTS Cross Country National Championships
- Football Canada Cup
- Futsal Canadian Championships
- CFL Training Sessions

QUEEN’S UNIVERSITY

Queen's Residences are a perfect "Athletic Village" for any large sports event held in Kingston. Offering both air-conditioned accommodation in the newer buildings (512 beds) along with the more traditional non air-conditioned budget rooms (1,000+ beds) At nearly 10,000 square feet, Ban Righ Hall can serve meals for 600 people comfortably. Queen’s can accommodate the budget and space requirements of most sports organizations’ requests during the summer months.

Queen’s University features the Queen’s Athletics & Recreation Centre (ARC), a state-of-the-art facility featuring a gymnasium with seating for 1,900; an additional four gymnasium with space for multiple courts; fitness centre; indoor 25-meter, 14-lane pool; squash and racquet courts and multi-purpose rooms. Queen’s offers four artificial turf fields including Richardson Stadium, which has capacity for 8,000 people.
Located in the heart of Kingston’s historic downtown, the Leon’s Centre is the largest indoor entertainment venue between Toronto, Ottawa and Montreal. The Leon’s Centre is a state-of-the-art 6,700-seat multi-purpose facility with the capability to host a variety of events including concerts, stage productions, hockey, curling, figure skating, trade shows, conferences and community events.

**SPORTS**
- Ice Hockey
- Figure Skating
- Lacrosse
- Ringette
- Curling
- Volleyball
- Court Sports

**FACILITIES**
- 85’ x 200’ Ice Surface
- Luxury and Group Suites
- Media Center
- Meeting Rooms
- Sound System/Video Scoreboard
- Concessions
- Dressing Rooms
- Officials Rooms
- Seating Capacity 5,700 cold season events
- Seating Capacity 6,700 Events

**PAST SPORT EVENTS**
- Tim Hortons Brier
- World Junior Championship Pre-Tournament Games
- Canadian Tire National Skating Championships
- World Junior Championships Pre-Tournament Games
- Cheer Evolution March Madness (Annual)
- Scotties Tournament of Hearts
- BDO Canadian Open (Capital One Grand Slam of Curling)
- International Men’s Volleyball
- Skate Canada International
- OHL All-Star Classic
- IIHF World Junior Championship
St. Lawrence College Conference and Event Centre offers 5,500 square feet of meeting and event space. Offering flexible room configurations to allow for both a large plenary session and smaller breakout areas for up to 400 guests, St. Lawrence College’s new centre is not your typical space. With plenty of natural light, state-of-the-art technology, and outdoor patio space, St. Lawrence College’s new conference centre will take your event to the next level.

Sports
- Soccer
- Rugby
- Volleyball
- Basketball

Facilities
- Double gymnasium (17,000 square feet)
- Basketball court FIBA regulation
- Volleyball court FIVB regulation
- Soccer field
- Rugby pitch
- 8 team change rooms and 2 official change rooms
- 1,442 seating capacity (bleachers)
- Athletic therapy room

Past Sport Events
- OCAA Women’s Basketball Championship

St. Lawrence College
100 Portsmouth Avenue | stlawrencecollege.ca

SLC Court
SPORTS
• Soccer
• Rugby
• Volleyball
• Basketball

FACILITIES
• Double gymnasium (17,000 square feet)
• Basketball court FIBA regulation
• Volleyball court FIVB regulation
• Soccer field
• Rugby pitch
• 8 team change rooms and 2 official change rooms
• 1,442 seating capacity (bleachers)
• Athletic therapy room

PAST SPORT EVENTS
• OCAA Women’s Basketball Championship
CONFERENCE AND EVENT CENTRE FEATURES

- Capacity for 50-400 delegates
- Large outdoor patio
- Dividable conference space
- Adjacent concourse suitable for vendor tables and food service
- Custom catering and bar service menu
- State-of-the-art technology (included in cost of rental)
- Various room configurations offered
- Ample classroom breakout space available
- Ample parking available (weekends complimentary)

EVENTS

- SLC Event Services welcomed over 260 events to Kingston in their inaugural year – including conferences, tradeshows, banquets, weddings, meetings, training, seminars, social parties and more!

OTHER SERVICES

- A variety of other unique meeting spaces, including boardrooms and specialty labs
- On-site accommodations (May to August)
- Printing services
- Full coordination of other college services during events: parking, catering, and audio visual
Fort Henry is a UNESCO World Heritage Site and also a specialized facility for cross country running. Fort Henry Hill is a well-groomed trail overlooking Fort Henry, RMC and the city of Kingston. It is a closed course race used by many clubs and associations.

The race course is 2.5km in length that has small rolling hills covered with grass. It is the same loop used for the National Cross Country 2.5 km loop.

Past Sport Events

- USPORTS Cross Country National Championships
- Athletics Canada Cross Country Championships
- Athletics Ontario Cross Country Championships

Fort Henry Hill Cross Country
Sunset Ceremony
The INVISTA Centre is the city’s premier recreational facility ideal for large tournaments and events. There are four **NHL-sized ice pads**, large concourse areas, pro shop, meeting rooms and a full fitness facility. This venue has the ability to host a variety of tournaments, trade shows, conferences and other community events and has a seating capacity of 725 (1,000 standing room).
The KMCSC is located on the grounds of CFB Kingston and features the SAM Gymnasium and the Anderson Field House, which offers several configurations for a wide range of sports. The facility also features squash courts, an indoor 25-metre pool, climbing wall and fitness area. Located within walking distance are four full-size fields, tennis courts and the Constantine Arena. This $5M sports field and dome was constructed to accommodate soccer and rugby. The Dome features a 75 metre x 100 metre synthetic turf that meets the requirements of FIFA and the Standard Rugby Union.

SPORTS
- Fitness Centre
- Basketball
- Volleyball
- Badminton
- Combat Sports
- Squash
- Aquatics
- Fencing
- Fitness
- Soccer
- Rugby

FACILITIES
- 2 Full-Size Basketball/Volleyball Courts
- 6 Squash Courts
- 25-Metre Pool and Diving Boards
- Locker Rooms
- Team Rooms
- Officials Rooms
- 3 Meeting Rooms
- Seating Capacity 2,000
PORTSMOUTH OLYMPIC HARBOUR

53 Yonge Street | cityofkingston.ca/marinas

Built as the sailing venue for the 1976 Summer Olympics, Portsmouth Olympic Harbour continues to host several provincial, national and international sailing events. Every year, Kingston plays host to over 1,000 sail boats during the annual Canadian Olympic Regatta Kingston (CORK). The site was also chosen to host the 2007 ISAF World Youth Sailing Championships. The facility features 250 slip finger docks, large meeting and event rooms and secure storage areas.

SPORTS
- Sailing
- Boating
- Fishing

FACILITIES
- 250 Slips
- Dry Sail Berthing for Winter Storage
- Launching Services
- Electrical/Water
- Coast Guard Office & Boats
- Nighttime Security
- Dock Hands & Marina Staff
- Washrooms & Showers
- Telephones
- 214 Parking Spaces
- 2 Launch Areas

SPORT EVENTS
- 1976 Summer Olympic Games (Sailing)
- 2018 North American Viper Regatta
- 2019 Laser World Championships
- 2019 Sail Canada Youth Championships
- 2019 Sail Canada Senior Championships
KINGSTON MARINAS

Kingston is known as the freshwater sailing capital of the world and was host to the Olympic sailing events of 1976.

Kingston Yacht Club
1 Maitland Street
kingstonyachtclub.com
- Sailing
- Ice Sailing
- Sailing School
- Full-Service Fuel Facilities
- 25 Parking Spaces
- 70 Slips

CFB Kingston Yacht Club
Yacht Club Lane
cfbkytc.com
- Sailing
- Sailing School
- 60 Slips

Collins Bay Yacht Club
1270 Coverdale Drive
collinsbaymarina.com/cbyc
- Sailing/Boating
- Sailing School
- Treasure Island
- Kingston Marina
- Full-Service Fuel Facilities
- Launching Services
- Dock Hands & Marina Staff
- Washrooms & Showers
- Telephones
- 285 Slips

Confederation Basin
City of Kingston
cityofkingston.ca/marinas
- 350 Slips
- Sailing/Boating
- Fishing
- Marina Office with Visitor Information
- Electrical and Water available
- Washrooms and Showers
- Laundry Facilities
- 24-Hour Security
- Dock Hands & Marina Staff
SPORTS FIELDS & SPECIALIZED FACILITIES

Kingston features over 50 sport fields from newly built stadiums and large multi-plexes to neighbourhood fields.

Breakwater Park
City of Kingston

FACILITIES
• Gord Edgar Downie Pier and Pedestrian Bridge
• Headlands and Pebble Beaches
• Upland Sand Beach
• Accessible beach at Pier
• Picnic Amenities (tables, benches and BBQs)
• Pathway Lighting
• Temporary Seasonal Washrooms

Shannon’s Corners Ball Diamond
1350 Gardiners Road

SPORTS
• Softball
• Baseball

FACILITIES
• 1 Baseball Diamond

Veteran’s Park
1350 Gardiners Road

SPORTS:
• Softball
• Baseball

FACILITIES
• 1 Baseball Diamond

Cloverdale Park
1030 Sunnyside Road

SPORTS
• Softball

FACILITIES
• 4 Softball Diamonds
Frontenac Secondary School
789 Bath Road

SPORTS
• Football
• Soccer
• Rugby
• Basketball
• Court Sports

FACILITIES
• Full-Size Natural Grass Field
• Outdoor Electronic Scoreboard
• Full-Size Gymnasium
• Locker Rooms
• Bleacher Seating

John Machin Field
1307 John Marks Ave

FACILITIES
• Turf Field
• 2 International Soccer Fields

Holy Cross Secondary School
1085 Woodbine Road

SPORTS
• Football
• Soccer
• Rugby
• Basketball
• Court Sports

FACILITIES
• Full-size Natural Grass Field
• Outdoor Electronic Scoreboard
• Full-Size Gymnasium
• Locker Rooms
• Bleacher Seating

Lasalle Secondary School
733 HWY 15, R.R. #2

SPORTS
• Football
• Soccer
• Rugby
• Basketball
• Court Sports

FACILITIES
• 5 Full-size Natural Grass Field
• Outdoor Electronic Scoreboard
• Full-Size Gymnasium
• Locker Rooms
• Bleacher Seating

Loyalist Collegiate & Vocational Institute
153 Van Order Drive

SPORTS
• Football
• Soccer
• Rugby
• Basketball
• Court Sports

FACILITIES
• Full-size Natural Grass Field
• Outdoor Electronic Scoreboard
• Full-Size Gymnasium
• Locker Rooms
• Bleacher Seating

Navy Bay Fields (CFB Kingston)
11 Navy Way

SPORTS
• Soccer
• Rugby
• Touch Football
• Ultimate

FACILITIES
• 4 Full-Size Fields
• Field Lighting
• Bleacher Seating

Regiopolis-Notre Dame Catholic High School
130 Russell Street

SPORTS
• Football
• Soccer
• Rugby
• Basketball
• Court Sports

FACILITIES
• Full-Size Natural Grass Field
Woodbine Park
City of Kingston
1180 Woodbine Park

SPORTS
• Soccer
• BMX
• Baseball
• Beach Volleyball
• Touch Football
• Ultimate

FACILITIES
• 5 Full-Size Soccer Fields
• 4 Beach Volleyball Courts
• 4 Baseball Diamonds
• 1 BMX Track
• Lighting
• Canteen
• Washroom Facilities
• Bleacher Seating

Richardson Stadium
and West Campus Fields
Queen’s Athletics & Recreation
284 Earl Street
gogaelsgo.com/ourfacilities

SPORTS
• Football
• Soccer
• Rugby
• Lacrosse

FACILITIES
• Outdoor Electronic Scoreboard
• 2 Full-Size Gymnasiums
• Locker Rooms
• Bleacher Seating

Tindall Field
Queen’s University Union Street at Albert Street
gogaelsgo.com/ourfacilities

SPORTS
• Touch Football
• Rugby
• Soccer
• Lacrosse
• Ultimate
• Field Hockey

FACILITIES
• Nixon Field
• Full-Size Natural Grass Field
• Outdoor Electronic Scoreboard
• 2 Full-Size Gymnasiums
• Locker Rooms
• Bleacher Seating

Westbrook Dome
651 Genge Road
(613) 507.7678

SPORTS
• Touch Football
• Soccer
• Field Hockey
• Ultimate
• Rugby
• Golf

FACILITIES
• Indoor Driving Range
• Four 90’x200’ fields
• Overhead Lighting
• Gas Back-up Generator
• Auxiliary building of 13,000 sq.ft. with office space, on-site storage and meeting rooms
• Dressing Room
• Nutrition Cafe
REGIONAL ARENAS

Kingston is home to six arenas with 10 ice pads which include the Leon’s Centre (page 4) and INVISTA Centre (page 5).

Never more than a 15-minute drive between arenas, Kingston is the ideal place to centralize your sport event!
Cataraqui Community Centre and Kinsmen Arena
City of Kingston
1030 Sunnyside Road
cityofkingston.ca/arenas
SPORTS
• Ice Hockey
• Figure Skating
• Lacrosse
• Ringette
• Speed Skating

FACILITIES
• 85’ x 200’ Ice Surface (NHL Size)
• 100’ x 200’ Ice Surface (Olympic Size)
• Dressing Rooms
• Meeting Rooms
• Canteen
• Dry Floor (April-August)
• Seating Capacity (Cataraqui Arena) 500
• Seating Capacity (Kinsmen Arena) 300

Centre 70 Arena
City of Kingston
100 Days Road
cityofkingston.ca/arenas
SPORTS
• Ice Hockey
• Figure Skating
• Lacrosse
• Ringette
• Curling

FACILITIES
• 85’ x 200’ Ice Surface (NHL Size)
• Dressing Rooms
• Meeting Room
• Canteen
• Dry Floor (April-August)
• Seating Capacity 400

Kingston Memorial Centre (KMC)
City of Kingston
303 York Street
cityofkingston.ca/arenas
SPORTS
• Ice Hockey
• Figure Skating
• Lacrosse
• Ringette
• Roller Derby

FACILITIES
• 90’ x 200’ Ice Surface
• Dressing Rooms
• Officials Rooms
• Meeting Rooms
• Media Center
• Concessions
• Dry Floor (April-August)
• Seating Capacity 2,500

Constantine Arena (CFB Kingston)
7 Navy Way
SPORTS
• Ice Hockey
• Figure Skating
• Lacrosse
• Ringette

FACILITIES
• 85’ x 200’ Ice Surface (NHL Size)
• Dressing Rooms
• Dry Floor (April-August)
• Space to support seating for 1,500

W.J. Henderson Arena
Amherstview
322 Amherst Drive
loyalisttownship.ca
SPORTS
• Ice Hockey
• Figure Skating
• Ringette
• Lacrosse
• Swimming
• Soccer

FACILITIES
• 85’ x 200’ Ice Surface (NHL Size)
• Pool (42’ x 82’)
• Full-Size Lit Soccer Field
• Dressing Rooms

Strathcona Paper Centre (Arena)
Napanee
13 McPherson Drive
greaternapanee.com
SPORTS
• Ice Hockey
• Figure Skating
• Ringette
• Lacrosse

FACILITIES
• Two 85’ x 200’ Ice Surface (NHL Size)
• Fixed seating for 1,000 and 200 in the respective rinks
• 10 dressing rooms
• 300-Person Banquet Room
• 2 Lounges (25 ppl)
Golfers visiting Kingston are treated to extraordinary opportunities as the area boasts several challenging courses all offering pro shops and equipment rentals, food services and lessons. There are 14 golf courses in the Kingston area and over 25 within an hour’s drive.

Greater Kingston Curling (GKC) features five curling clubs and is home to one of Canada’s oldest curling clubs, the Royal Kingston Curling Club. The curling community is vibrant and healthy in Kingston and is home to several bonspiels and curling events on an annual basis.
Cataraqui Golf & Country Club
961 King Street W.
• Private 18-Hole Championship Course
• Driving Range & Pro Shop
• Clubhouse & Banquet Facility
• 6 Curling Sheets

Colonnade Golf & Country Club
2789 Woodburn Road
• 18-Hole Course
• Driving Range
• Pro Shop
• Clubhouse & Banquet Facility

Garrison Golf & Curling Club
12 Red Patch Avenue
• Private 18-Hole Course
• Driving Range
• Pro Shop
• Clubhouse & Banquet Facility
• 6 Curling Sheets

Glen Lawrence Golf Club
2022 Hwy #2 East,
• 18-Hole Course
• Driving Range
• Pro Shop
• Clubhouse & Banquet Facility

Landings Golf Course & Teaching Centre
1060 Len Birchall Way
• 18-Hole Course
• Driving Range
• Pro Shop
• Clubhouse & Banquet Facility

Loyalist Golf & Country Club
1 Loyalist Boulevard
• 18-Hole Course
• Driving Range
• Pro Shop
• Clubhouse & Banquet Facility

Royal Kingston Curling Club
130 Days Road
• 6 Curling Sheets
• Banquet Lounge and Bar
• Pro Shop
• Conference Room
• 6 beach volleyball courts

Westbrook Golf Club
3651 Genge Road
• 18-Hole Course
• 9-Hole Par 3
• Walking/Biking Trails
• NEW Sport Dome
• Driving Range & Pro Shop
• Clubhouse & Banquet Facility
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<th>Hotel Name</th>
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<td>Best Western Fireside Inn</td>
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<td>Candlewood Suites</td>
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<td>cwskingstonwest.ca</td>
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<td>Comfort Inn 401</td>
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<td>Confederation Place Hotel</td>
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<td>Countryside Inn</td>
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<td>Courtyard by Marriott Kingston</td>
<td>128</td>
<td>marriott.com/ygkcy</td>
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<td>Days Inn Kingston</td>
<td>80</td>
<td>wyndhamhotels.com</td>
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<td>Delta Hotels by Marriott Kingston Waterfront</td>
<td>126</td>
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<td>Embassy Motel</td>
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<td>Four Points by Sheraton Hotel + Suites Kingston</td>
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<td>fourpointskingston.com</td>
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<td>Frontenac Club Inn</td>
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<td>Green Acres Inn</td>
<td>31</td>
<td>greenacresinn.com</td>
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<td>Green Woods Inn</td>
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<td>greenwoods-inn.ca</td>
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<td>Hill Top Motel</td>
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<td>hilltopmotelkingston.com</td>
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<td>Hochelaga Inn</td>
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<td>Hotel Belvedere</td>
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<td>Lord Nelson Motel</td>
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<td>Maple Crest Inn</td>
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<td>maplecrestinn.ca</td>
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<td>Quality Inn</td>
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<td>qualitiesuiteskingston.com</td>
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<td>The Queen's Inn</td>
<td>17</td>
<td>queensinn.ca</td>
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<td>Queen's University Residences (seasonal)</td>
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<td>eventservices.queensu.ca/accommodations</td>
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<td>Ramada Hotel &amp; Conference Centre</td>
<td>161</td>
<td>ramadakingston.com</td>
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<td>Residence Inn Kingston Water’s Edge</td>
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<td>marriott.com/ygkri</td>
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<td>The Secret Garden Bed &amp; Breakfast</td>
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<td>Seven Oakes Motel</td>
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<td>sevenoakesmotel.ca</td>
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<td>St. Lawrence College Residence (seasonal)</td>
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<td>Super 8 Motel</td>
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<td>103</td>
<td>travelodge.ca</td>
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<td>Welcome Traveller Motel</td>
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UNIQUE VENUES

Unique venues and experiences to host your sport conference. Call or email Jacob & Allyson for an extensive list of accommodations and experiences (see back cover for contact information).

<table>
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<tr>
<th>Small (10-50)</th>
<th>Medium (50-250)</th>
<th>Large (250-1,200)</th>
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<tbody>
<tr>
<td>// Modern Fuel Art Gallery modernfuel.org</td>
<td>// Fort Henry Discovery Centre forthenry.com/facility-rental</td>
<td>// Leon’s Centre leonscentre.com</td>
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<tr>
<td>// Kingston Axe Throwing Kingstonaxethrowing.com</td>
<td>// Agnes Etherington Art Centre agnes.queensu.ca</td>
<td>// Ban Righ Hall eventservices.queensu.ca</td>
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<tr>
<td>// Kingston Brewing Co. kingstonbrewing.ca</td>
<td>// Kingston 1000 Islands Cruises 1000islandcruises.ca</td>
<td>// The Grand Theatre kingstongrand.ca</td>
</tr>
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<td>// Daft Brewing daftbrewing.com</td>
<td>// Tett Centre <a href="http://www.tettcentre.org">www.tettcentre.org</a></td>
<td>// Isabel Bader Centre for the Performing Arts queensu.ca/theisabel</td>
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<tr>
<td>// Improbable Escapes improbableescapes.com</td>
<td>// Donald Gordon Conference Centre donaldgordoncentre.com</td>
<td>// St. Lawrence College stlawrencecollege.ca</td>
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<tr>
<td>// Kingston Trolley Tours kingstontrolley.ca</td>
<td>// Memorial Hall (City Hall) 613-546-4291 extension 1801</td>
<td>// Portsmouth Olympic Harbour 613-546-4291 extension 1801</td>
</tr>
<tr>
<td>// Spearhead Brewing Co. spearheadbeer.com</td>
<td>// Renaissance Event Venue foodandheritage.com</td>
<td>// Queen’s University eventservices.queensu.ca</td>
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<td>// The Haunted Walk hauntedwalk.com</td>
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<td>// Queen’s Athletics &amp; Recreation Centre rec.gogaelsgo.com</td>
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<td>// Kingston Food Tours kingstonfoodtours.ca</td>
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