

KINGSTON

# SPORT FACILITIES GUIDE

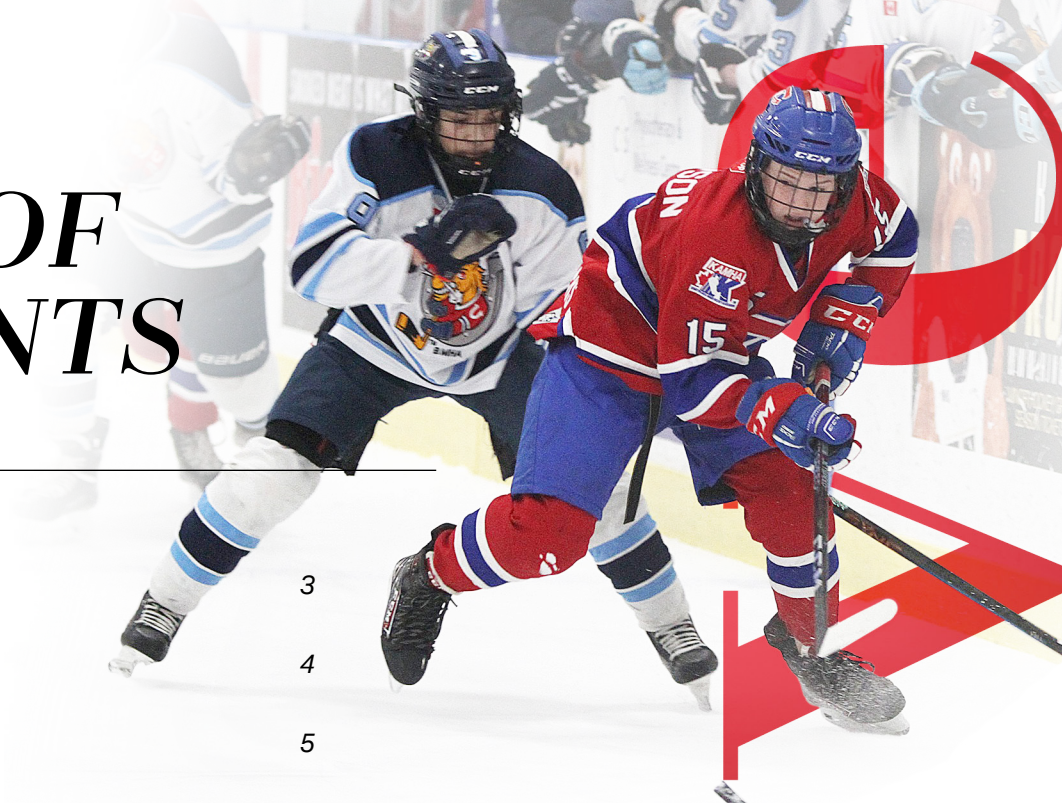
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# KINGSTON, ONTARIO

Plan, bid, and host your sport event in Kingston

**Tourism Kingston provides these bid and event support services:**

- // Create comprehensive bid packages
- // Provide financial incentives or event sponsorship
- // Coordinate accommodation RFPs
- // Coordinate venues and transportation
- // Coordinate site tours for prospective clients
- // Measure event economic impact
- // Provide event marketing and promotion
- // Provide on-site visitor information booth
- // Provide recommendations and itineraries for local attractions and activities

*We look forward to hosting you in Kingston!*

—> [visitkingston.ca/sport-tourism](http://visitkingston.ca/sport-tourism)



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Take a guided trolley tour through Kingston and learn about the community's history.



Kingston offers a huge variety of dining options for your group.

# TOP 6 REASONS TO HOST YOUR EVENT IN KINGSTON

## 1/ Location

Known as the freshwater sailing capital of the world, Kingston offers visitors an exciting mix of old and new, historic and hip. Located on Lake Ontario as the gateway of the world-famous Thousand Islands, Kingston is within easy travelling distance from Toronto, Ottawa, and Montreal, by car and rail.

## 2/ Multiple sport venues

With eight multipurpose sport facilities and more than 100 different sport venues, from soccer fields to hockey rinks to marinas, Kingston has every sport season covered. Most facilities are within a short walk or drive of accommodations, restaurants, and attractions.

## 3/ Reputation

Kingston is a major player in the \$7.4 billion sport tourism industry in Canada. In addition to its many sport venues, Kingston has the expertise to support you in planning and executing a successful event, from bid development to venue coordination, marketing to incentive funding.

## 4/ Recreational activities

Kingston offers a huge selection of activities for your group, including bike and kayak rentals, boat tours of the Thousand Islands, a premier rock and bouldering

climbing gym, treetop trekking, escape rooms, and guided walking and trolley tours. Take advantage of the numerous free activities in Kingston, from outdoor movie screenings to music in the park. With dozens of museums and historic sites and dozens more unique shopping and dining experiences, Kingston offers you something old and something new around every corner.

## 5/ Group dining

Kingston offers something for every person on the team. From pub grub to Mediterranean cuisine, seafood to vegetarian fare, Kingston has a variety of dining and catering options. With almost 20 downtown restaurants that welcome large groups, and 20 more in the west end, we have the perfect dining experience for you and your team.

## 6/ Accommodations

Whether you want to stay in the heart of downtown or close to the highway, Kingston hotels offer a range of options and amenities for you and your participants. And wherever you stay, you are never more than a 20-minute drive away from Kingston's sport venues and attractions. Travelling by coach? Kingston has more than 20 bus-friendly accommodations for you to choose from.

# KINGSTON VENUES



# discover

The INVISTA Centre welcomed the 2023 Kids for Kids hockey tournament.

## 01 **INVISTA CENTRE & CARACO HOME FIELD** *(west end)*

1350 Gardiners Road

[cityofkingston.ca/invista](http://cityofkingston.ca/invista)

The INVISTA Centre is the city's premier recreational facility, ideal for large tournaments and events. It offers four NHL-sized ice pads, large concourse areas, a pro shop, meeting rooms, and a full fitness facility. This venue can host a variety of tournaments, competitions, trade shows, conferences, and other community events; it has a seating capacity of 725 (1,000 standing room).

SPORTS

// Field hockey

// Hockey

// Soccer

// Figure skating

// Pickleball

// Track & field (shot put,  
long jump, high jump,  
pole vaulting)

// Football

// Rugby

## FACILITIES

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### INVISTA Centre

- // Four 85' x 200' ice surfaces
- // Seating (one pad) 725
- // Seating (three pads) 250
- // Fully accessible
- // Six dressing rooms per pad with in-floor radiant heating
- // Four officials' rooms
- // First aid rooms
- // Meeting rooms
- // Fitness facilities
- // Upper viewing gallery
- // Large concourse area
- // Pro shop
- // Canteen
- // Seasonal dry floor space (limited)
- // Four Level 2 EV charging stations (paid)
- // Free parking (569 spots)

### CaraCo Home Field

- // Eight-lane 400-metre track (rubber surface)
- // Artificial turf multi-sport field
- // IAAF throwing field (javelin, hammer, discus)
- // Bleacher seating for 750
- // Accessible washrooms
- // Sports lights
- // Football uprights
- // Free parking (shared with INVISTA)
- // Four Level 2 EV charging stations (shared with INVISTA)

### HOSTED EVENTS

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- ⊙ RELM Sports YGK Showdown
- ⊙ Kids for Kids Hockey Tournament
- ⊙ OMHA Championships
- ⊙ Pickleball Canada National Championship



# 02 SLUSH PUPPIE PLACE

1 The Tragically Hip Way

slushpuppieplace.com

Located in the heart of Kingston's historic downtown, Slush Puppie Place is the largest indoor entertainment venue between Toronto, Ottawa, and Montreal. This 6,700-seat multipurpose facility has the capability to host a variety of sports, including curling, hockey, skating, and more.

SPORTS

- // Cheer
- // Court sports
- // Curling
- // Figure skating
- // Ice hockey
- // Lacrosse
- // Ringette
- // Volleyball
- // Boccia

## FACILITIES

- // One 85' x 200' ice surface
- // Seating capacity: 6,700 (5,700 for cold-season events)
- // Luxury and group suites
- // Media centre
- // Meeting and press rooms
- // Sound system/video scoreboard
- // Concessions
- // Dressing rooms/officials' rooms
- // Free WiFi
- // 3,000 surface paid parking spaces nearby (2,500 lot spaces, 500 street spaces)

## HOSTED 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
- ⊗ 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
- ⊗ Team Canada/Team USA Women's Hockey Rivalry series
- ⊗ Ontario Boccia Championship





## 03 **QUEEN'S UNIVERSITY** (mid-town)

284 Earl Street

[gogaelsgo.com](http://gogaelsgo.com)

The Queen's Athletics & Recreation Centre (ARC) main gymnasium seats 1,904. It is broadcast-ready, with two media areas. It has a full-service concession stand, ticket-selling capability, team locker rooms, and other amenities. The main gym can be configured as:

- // One FIBA regulation-sized basketball court
- // One FIVA regulation-sized volleyball court
- // Two basketball courts
- // Two volleyball courts
- // Four badminton courts
- // 15,488 square feet of available surface for events (with seats retracted)

The ARC has an additional four gymnasiums with space for multiple courts, an indoor 38.5 x 25 metre pool with 10 competition lanes and four warm-up lanes, eight squash and two racquet courts, combative room, fitness centre, and multi-purpose rooms.

Queen's University offers four artificial turf fields:

**Richardson Stadium**, with a seated capacity for 8,000 and standing room capacity for an additional 2,000, is broadcast-ready, featuring a media box, sound system, video board, box office, VIP boxes, parking, and other amenities, including the Lang Pavilion, opened in 2023

**Nixon Field**, featuring rugby uprights, stadium lighting, and seating for 400

**Miklas-McCarney Field**, featuring football uprights, stadium lighting, with capacity for 350 (250 seated, 100 standing)

**Tindall Field**, featuring football uprights, stadium lighting, rubberized jogging track, and built-in seating

Queen's also has two grass fields on West Campus near the stadium.



## Accommodations on campus

Queen's residences offer more than 1,500 bedrooms for conferences and groups from mid-May to the end of August. Ban Righ Hall can serve meals for 600 people comfortably.

# SPORTS

- // Badminton
- // Basketball
- // Dance
- // Fencing
- // Football
- // Racquetball
- // Rugby
- // Soccer
- // Swimming
- // Triathlon
- // Volleyball
- // Water Polo

## FACILITIES

- // Five gymnasiums
- // Four artificial turf and two grass fields
- // 38.5-metre x 25-metre pool with 10 lanes and four warm-up lanes for a 25-metre competition course
- // Meeting rooms
- // Racquet sport courts
- // Team locker rooms
- // Concessions
- // Ticketing
- // Underground/surface parking (paid)
- // Pool

## HOSTED EVENTS

- ⊗ U SPORTS Women's Basketball National Championships
- ⊗ U SPORTS Women's Rugby National Championships
- ⊗ U SPORTS Cross Country National Championships
- ⊗ Football Canada Cup
- ⊗ Futsal Canadian Championships
- ⊗ CFL training sessions
- ⊗ U SPORTS Men's Volleyball
- ⊗ U SPORTS Women's Soccer
- ⊗ Ontario Basketball U17/19 Women's Ontario Cup
- ⊗ 2023 Canada Life Vanier Cup



# 04 ST. LAWRENCE COLLEGE (mid-town)

100 Portsmouth Avenue

stlawrencecollege.ca

## Gymnasium

- // One FIBA regulation-sized basketball court
- // One FIBA regulation-sized volleyball court
- // Gym can be split in half and configured to support
  - Two basketball courts
  - Two volleyball courts
- // Four badminton courts
- // 17,000 square feet of available surface for events (with seats retracted)
- // Four expandable bleachers: seating for 1,442
- // Dedicated athletic therapy room
- // Eight team change rooms
- // Two family/officials' change rooms

## Accommodations on campus

St. Lawrence College offers 306 guestrooms (147 are double-occupancy) from May to the end of August.



The college's Student Life and Innovation Centre features a double gymnasium, fitness centre, and meeting space.

## SPORTS

- // Badminton
- // Basketball
- // Rugby
- // Soccer
- // Volleyball (court and beach)

## FACILITIES

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- // Double gymnasium (17,000 square feet)
- // One FIBA-regulation basketball court
- // One FIVA-regulation volleyball court
- // One FIFA-regulation soccer field with lights and bleacher seating for 200
- // One rugby pitch with multiple bleachers (no lighting)
- // Two beach volleyball courts (no lighting or bleachers)
- // Coordination of other services: parking, catering, and audio-visual requirements
- // Free WiFi
- // Event streaming capabilities
- // On-site parking (paid)
- // Two Level 2 EV charging stations (free)

## HOSTED EVENTS

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- 👉 OCAA Women's Basketball Championship
- 👉 Ontario ParaSport Games
- 👉 Wheelchair Basketball Canada training site



# drive



# 05 FORT HENRY *(east end)*

1 Fort Henry Drive

[forthenry.com](http://forthenry.com)

A UNESCO World Heritage Site, Fort Henry is also a specialized facility for cross-country running. Fort Henry Hill is a well-groomed trail overlooking Fort Henry, Royal Military College, and the city of Kingston. The racecourse is 2.5 km in length, with small rolling, grass-covered hills.



Fort Henry Hill offers a well-groomed trail, perfect for cross-country running.

## HOSTED EVENTS

- ⌚ U SPORTS Cross Country National Championships
- ⌚ Athletics Canada Cross Country Championships
- ⌚ Athletics Ontario Cross Country Championships

SPORTS

- // Cross-country running
- // Obstacle-course competitions

## FACILITIES

- // 2.5 km cross-country track
- // Washroom facilities
- // Picnic tables
- // Seating
- // Canteen
- // Banquet room for 140 – 190 guests
- // Boardroom with projector/screen
- // Accessible
- // WiFi available
- // A/V services (internal/external)
- // Catering available
- // Parking (included with rental)



# 06 KINGSTON MILITARY COMMUNITY SPORTS CENTRE (east end)

11 Navy Way

[cfmws.ca/kingston/facilities](http://cfmws.ca/kingston/facilities)

SPORTS

- // Badminton
- // Basketball
- // Pickle ball
- // Ball hockey
- // Volleyball
- // Cross fitness
- // Soccer
- // Rugby
- // Lacross

## FACILITIES

### SAM Gym

- // Two hardwood floors (basketball, volleyball, badminton)
- // One hardwood floor (badminton and volleyball)

### Anderson Fieldhouse

- // Two multipurpose courts (volleyball, basketball, badminton, pickle ball, ball hockey, etc.)
- // Two limited multipurpose courts (volleyball, basketball, ball hockey, etc.)
- // Indoor 200m track
- // Punching bags
- // Combat Fitness Corner (TRK, squat racks, power racks, free weights, kettlebells, etc.)

### Pool

#### Large

- // 25-metre lap pool (eight lanes) with diving board
- // 1.05m shallow end / 3.10m deep end
- // Temperature average: 80-82 degrees

#### Small leisure

- // Shallow step entry 0.28m to 1.05 depth
- // Temperature average: 82-84 degrees
- // Waterslide (only for pool parties usage)
- // Portable aquatic lift available

### Sports Dome

- // 75- x 100-metre synthetic turf that meets the requirements of FIFA and the Standard Rugby Union





# 07 PORTSMOUTH OLYMPIC HARBOUR (mid-town)

53 Yonge Street

[cityofkingston.ca/marinas](http://cityofkingston.ca/marinas)

Built as the sailing venue for the 1976 Summer Olympics, Portsmouth Olympic Harbour hosts provincial, national, and international sailing events. Every year, Kingston plays host to more than 1,000 sail boats during the annual CORK regattas. The facility features 250 slip finger docks, large meeting and event rooms, and secure storage areas.



Portsmouth Olympic Harbour welcomes more than 1,000 sailboats at CORK every summer.

## SPORTS

- // Boating
- // Fishing (sport, recreational)
- // Foiling
- // Sailing (including ice sailing)
- // Wind surfing

## FACILITIES

- // 250 slips
- // Launching services
  - Two launch areas
  - Free launching
- // Electrical/water
- // Coast Guard office and boats
- // Nighttime security
- // Dock hands and marina staff
- // Washrooms and showers
- // Free WiFi
- // Fuel dock and pump-out services
- // 214 parking spaces
- // Overflow parking options
- // Two Level 2 EV charging stations (paid)
- // Manual jib crane (600 lb. limit)
- // Meeting and event spaces for 15 to 884 people

## PAST SPORT EVENTS

- ⊙ 1976 Summer Olympic Games (Sailing)
- ⊙ ISAF World Youth Sailing Championships
- ⊙ Canadian Olympic Regatta Kingston (CORK)
- ⊙ Laser (Olympic Class) World Championships
- ⊙ 49er and 49erFX (Olympic Classes)
- ⊙ World Championships
- ⊙ Sail Canada Youth Championships
- ⊙ Sail Canada Senior Championships

# KINGSTON MARINAS



## MUNICIPAL MARINA

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**01** (downtown)

### *Confederation Basin*

6 Clarence Street | [cityofkingston.ca/marinas](http://cityofkingston.ca/marinas)

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- // 350 slips
- // Marina office with visitor information
- // Electrical and water available
- // Washrooms and showers
- // Laundry facilities
- // 24-hour security
- // Dock hands and marina staff
- // Surface and garage parking nearby (paid)
- // Sailing
- // Boating
- // Fishing

## FEDERAL MARINA

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**02** (east end)

### *CFB Kingston Yacht Club*

4 Yacht Club Lane | [cfbkyc.com](http://cfbkyc.com)

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- // 60 slips
- // Free parking
- // Sailing
- // Sailing school



## PRIVATE MARINAS

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**03** (downtown)

### *Kingston Yacht Club*

**1 Maitland Street** | [kingstonyachtclub.com](http://kingstonyachtclub.com)

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- // 70 slips
- // Full-service fuel facilities
- // 25 parking spaces (free)
- // Sailing
- // Ice sailing
- // Sailing school

**04** (west end)

### *Collins Bay Yacht Club*

**1270 Coverdale Drive** | [collinsbaymarina.com/cbyc](http://collinsbaymarina.com/cbyc)

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- // 300 slips
- // Fuel dock and pump-out services
- // Launching services
- // Power and water
- // Dock hands and marina staff
- // Washrooms and showers
- // Free WiFi
- // Free parking
- // Sailing
- // Boating
- // Sailing school

**05** (downtown)

### *Kingston Marina*

**349 Wellington Street** | [metalcraftmarine.com](http://metalcraftmarine.com)

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- // 105 slips
- // Launching ramp
- // Fuel and pump-out services
- // Repair services
- // Washrooms, showers, and laundry services
- // On-site customs check-in
- // Night security watch
- // Free WiFi
- // Parking (paid)
- // Sailing
- // Boating
- // Fishing

**06** (east end)

### *Treasure Island Marina*

**1753 Highway 2** | [treasureislandmarina.com](http://treasureislandmarina.com)

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- // 170 slips
- // Fuel and pump-out services
- // Washrooms, showers, and laundry service
- // Free parking
- // On-site mechanical services
- // Sailing
- // Boating
- // Fishing

# SPORTS FIELDS & FACILITIES



Kingston features more than 50 sports fields, from stadiums and large multiplexes to neighbourhood fields.

## MUNICIPAL PARKS

[cityofkingston.ca/residents/parks-trails](http://cityofkingston.ca/residents/parks-trails)

**01** (mid-town)

### Breakwater Park

200 King Street West

- // Gord Edgar Downie Pier
- // Pedestrian bridge
- // Headlands and pebble beaches
- // Upland sand beach
- // Accessible beach at pier
- // Picnic amenities (tables, benches, and BBQs)
- // Pathway lighting
- // Temporary seasonal washrooms

**02** (west end)

### Cloverdale Park

1030 Sunnyside Road | next to Cat-Kin Arena

- // Four diamonds
- // Three meeting rooms
- // Washroom facilities
- // Bleachers
- // Lighting
- // Canteen
- // Free parking
- // Two Level 2 EV charging stations (paid)
- // Washroom facilities
- // Softball/baseball

**03** (downtown)

## **Cricket Field**

**32 Bagot Street** | next to City Park

- // Baseball diamond with backstop, fencing
- // Covered players' benches
- // Bleachers
- // Street parking (paid)
- // Parking lots (paid) nearby
- // Baseball
- // Softball
- // Seasonal washroom facilities

**04** (east end)

## **Grass Creek Park**

**2991 Highway 2**

- // 95-acre rural park (close to downtown)
- // Large sandy beach with cordoned-off swimming area
- // Picnic tables and shelter
- // Seasonal washroom facilities
- // Free parking
- // Two Level 2 EV charging stations (paid)
- // Dog sports
- // Disc golf

**05** (east end)

## **John Machin Park**

**1307 John Marks Avenue**

- // One International turf field
- // Two international soccer fields
- // Bleachers
- // Lighting
- // Three mid fields
- // Four mini fields
- // Washrooms
- // Free parking
- // Two Level 2 EV charging stations (paid)
- // Soccer

**06** (mid-town)

## **Lake Ontario Park**

**920 King Street West**

- // Kingston's largest urban waterfront park
- // Splash pad
- // Playground equipment
- // Accessible walkways to waterfront
- // Cobble beach
- // Waterfront sand play areas
- // Performance area
- // Seasonal washroom facilities
- // Boat launch
- // Beach volleyball court
- // Free parking
- // Two Level 2 EV charging stations (paid)

# trails

Lake Ontario Park



**07** (west end)

## Woodbine Park

**1180 Woodbine Road** |

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- // Five full-sized soccer fields
- // One mini field
- // Four beach volleyball courts
- // Batting cage
- // Four diamonds
- // Two BMX tracks
- // Lighting
- // Canteen
- // Washroom facilities
- // Bleacher seating
- // Soccer
- // BMX
- // Baseball
- // Beach volleyball
- // Touch football
- // Ultimate

## MUNICIPAL FACILITIES

[cityofkingston.ca/residents/recreation/facilities](http://cityofkingston.ca/residents/recreation/facilities)

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**08** (east end)

## Kingston East Community Centre

**779 Highway 15** |

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- // One multi-sport convertible gymnasium
- // Fully accessible facility
- // Wheelchair court sport-friendly floor
- // Bleachers
- // Electronic scoreboard
- // Tennis/pickleball courts
- // Community kitchen
- // Fitness centre
- // Three meeting rooms

// Indoor two-lane walking track

// Splash pad

// Community outdoor rink

// Skateboard park

// Free parking

// Five Level 2 EV charging stations (paid)

// Pickleball

// Badminton

// Basketball

**09** (mid-town)

## Kingston Memorial Centre

**303 York Street** |

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- // Three diamonds
- // Two meeting rooms
- // 0.5 mile track
- // Outdoor water park with 25 m pool (four lanes)
- // Bleachers
- // Canteen
- // Free parking
- // Two Level 2 EV charging stations (paid)
- // Softball/baseball
- // Triathlon

**10** (north end)

## Rideau Heights Community Centre

**85 MacCauley Street** |

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- // One multi-sport convertible gymnasium
- // Program and meeting rooms
- // Community kitchen
- // Community office space
- // Sound room

// Skate park

// Fully accessible facility

// Two Level 2 EV charging stations

## FEDERAL FACILITY

[rmc-cmr.ca/en/athletic-facilities](http://rmc-cmr.ca/en/athletic-facilities)

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**11** (east end)

## Navy Bay Fields (CFB Kingston)

**1307 John Marks Ave** |

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- // Four full-sized fields
- // Field lighting
- // Bleacher seating
- // Soccer
- // Rugby
- // Touch football
- // Ultimate
- // Disc golf

## SECONDARY SCHOOL FACILITIES

**12** (west end)

## Frontenac Secondary School

**789 Bath Road** | [frontenacss.limestone.on.ca](http://frontenacss.limestone.on.ca)

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- // Full-sized natural grass field
- // Outdoor electronic scoreboard
- // Full-sized gymnasium
- // Locker rooms
- // Bleacher seating
- // Free parking
- // Football
- // Soccer
- // Rugby
- // Basketball
- // Court sports

**13** (north end)

## **Kingston Secondary School**

**145 Kirkpatrick Street** | [kss.limestone.on.ca](http://kss.limestone.on.ca)

- // Two competition-sized gyms
- // Health and fitness space with weight room
- // Sports field with rubberized track

**14** (west end)

## **Holy Cross Secondary School**

**1085 Woodbine Road** | [alcdsb.on.ca/school/hcss](http://alcdsb.on.ca/school/hcss)

- // Full-sized natural grass field
- // Outdoor electronic scoreboard
- // Full-sized gymnasium
- // Locker rooms
- // Bleacher seating
- // Free parking
- // Football
- // Soccer
- // Rugby
- // Basketball
- // Court sports

**15** (east end)

## **La Salle Secondary School**

**733 Highway 15** | [lasalle.limestone.on.ca](http://lasalle.limestone.on.ca)

- // Four full-sized natural grass fields
- // One mid field
- // One mini field
- // Outdoor electronic scoreboard
- // Full-sized gymnasium
- // Locker rooms
- // Bleacher seating
- // Free parking
- // Football
- // Soccer
- // Rugby
- // Basketball
- // Court sports

**16** (west end)

## **Loyalist Collegiate & Vocational Institute**

**153 Van Order Drive** | [lcv.limestone.on.ca](http://lcv.limestone.on.ca)

- // Full-sized natural grass field
- // Outdoor electronic scoreboard
- // Full-sized gymnasium
- // Locker rooms
- // Bleacher seating
- // Free parking
- // Football
- // Soccer
- // Rugby
- // Basketball
- // Court sports

**17** (downtown)

## **Regiopolis-Notre Dame Catholic High School**

**130 Russell Street** | [alcdsb.on.ca/school/regi](http://alcdsb.on.ca/school/regi)

- // Full-sized natural grass field
- // Outdoor electronic scoreboard
- // Two full-sized gymnasiums
- // Locker rooms
- // Bleacher seating
- // Free parking
- // Football
- // Soccer
- // Rugby
- // Basketball
- // Court sports
- // Volleyball
- // Badminton

## **POST-SECONDARY FACILITIES**

**18** (downtown)

## **KCVI/Queen's University**

**284 Earl Street** | [rec.gogaelsgo.com](http://rec.gogaelsgo.com)

- // Indoor turf – NexField
- // 110' x 60' surface
- // Field hockey
- // Lacrosse
- // Baseball
- // Softball
- // Training

18 (mid-town)

## Miklas/McCarney Field

Queen's University | [rec.gogaelsgo.com](http://rec.gogaelsgo.com)  
west campus

- // Artificial turf
- // Football uprights
- // Stadium lighting
- // 350-person capacity (250 seated, 100 standing)
- // Football
- // Lacrosse
- // Rugby
- // Soccer

19 (mid-town)

## Richardson Stadium

Queen's University | [rec.gogaelsgo.com](http://rec.gogaelsgo.com)  
west campus

- // Football uprights
- // Stadium lighting
- // International Rugby Board (IRB)-approved
- // Can be lined for a variety of sports
- // Seating for 8,000
- // Two adjacent grass fields available for recreational activities
- // Football
- // Soccer
- // Rugby
- // Lacrosse

20 (mid-town)

## St. Lawrence College

100 Portsmouth Avenue | [stlawrencecollege.ca](http://stlawrencecollege.ca)

- // One FIFA-regulation soccer field with lights and two bleachers seating 200
- // One rugby field with multiple bleachers (no lighting)
- // Two beach volleyball courts (no lighting or bleachers)
- // Beach volleyball
- // Rugby
- // Soccer
- // Ultimate

21 (mid-town)

## Tindall Field/ Nixon Field

Queen's University | [rec.gogaelsgo.com](http://rec.gogaelsgo.com)  
main campus

### Tindall Field

- // Artificial turf
- // Football uprights
- // Built-in seating (north end)
- // Stadium lighting
- // Pay & display parking adjacent to field
- // Rubberized track (inside lane: 362.8 m; middle lane: 369.7 m; outside lane: 376.3 m)
- // Close to Athletics & Recreation Centre
- // Field hockey
- // Football
- // Lacrosse
- // Rugby
- // Soccer
- // Track

### Nixon Field

- // Artificial turf
- // Rugby uprights
- // Capacity for 1,000 spectators
- // Stadium lighting
- // Built to IRB standards
- // Close to Athletics & Recreation Centre
- // Rugby
- // Can be lined for a variety of field sports

Breakwater Park



# REGIONAL ARENAS



Kingston is home to eight arenas, with 10 ice pads, including the INVISTA Centre (page 5) and the Slush Puppie Place (page 7). You are never more than a 15-minute drive between arenas.

## MUNICIPAL ARENAS

### **01** *Cataraqui Community Centre and Kinsmen Arena (Cat-Kin)* (west end)

1030 Sunnyside Road

[cityofkingston.ca/arenas](http://cityofkingston.ca/arenas)

#### **Sports**

- // Figure skating
- // Ice hockey/ball hockey
- // Lacrosse
- // Ringette
- // Speed skating

#### **Facilities**

- // One 85' x 200' ice surface (NHL-sized)
- // One 100' x 200' ice surface (Olympic-sized)
- // Six dressing rooms per pad
- // Three meeting rooms
- // Canteen
- // Fully accessible
- // Dry floor (April–August)
- // Seating capacity (Cataraqui Arena) 500
- // Seating capacity (Kinsmen Arena) 300
- // Free parking
- // Two Level 2 EV charging stations (paid)

02 (west end)

## Centre 70 Arena

100 Days Road

[cityofkingston.ca/arenas](http://cityofkingston.ca/arenas)

### Sports

- // Figure skating
- // Ice hockey
- // Lacrosse
- // Ringette

### Facilities

- // 85' x 200' ice surface (NHL-sized)
- // Dressing rooms
- // Meeting room
- // Canteen
- // Dry floor (April – August)
- // Seating capacity 400
- // Free parking
- // Two Level 2 EV charging stations (paid)

03 (mid-town)

## Kingston Memorial Centre

303 York Street

[cityofkingston.ca/arenas](http://cityofkingston.ca/arenas)

### Sports

- // Figure skating
- // Ice hockey/  
ball hockey
- // Lacrosse
- // Ringette
- // Roller derby
- // Triathlon

### Facilities

- // One 90' x 200' ice surface
- // Dressing rooms
- // Officials' rooms
- // Two meeting rooms
- // Media centre
- // Concessions
- // Dry floor (April – August)
- // Seating capacity 2,500

04 (west of Kingston)

## W.J. Henderson Recreation Centre

322 Amherst Drive, Amherstview

[loyalist.ca/en/explore-and-play/arena-rental.aspx](http://loyalist.ca/en/explore-and-play/arena-rental.aspx)

### Sports

- // Figure skating
- // Ice hockey/  
ball hockey
- // Lacrosse
- // Ringette
- // Soccer
- // Swimming

### Facilities

- // One 85' x 200' ice surface (NHL-sized)
- // Full-sized lit soccer field
- // Dressing rooms
- // Seating for 1,000

05 (west of Kingston)

## Best & Bash Arena

13 McPherson Drive, Napanee

[greaternapanee.com/live/facilities/arena-best-bash-arena/](http://greaternapanee.com/live/facilities/arena-best-bash-arena/)

### Sports

- // Figure skating
- // Ice hockey
- // Lacrosse
- // Ringette

### Facilities

- // Two 85' x 200' ice surfaces (NHL-sized)
- // Fixed seating for 1,000 and 200
- // Five dressing rooms per pad
- // 300-person banquet room, with full kitchen
- // Two lounges (25 capacity)

## FEDERAL ARENA

06 (east end)

## Constantine Arena (CFB Kingston)

7 Navy Way

[rmc-cmr.ca/en/athletic-department/constantine-arena](http://rmc-cmr.ca/en/athletic-department/constantine-arena)

### Sports

- // Broomball
- // Figure skating
- // Ice hockey
- // Lacrosse
- // Ringette

### Facilities

- // One 85' x 200' ice surface (NHL-sized)
- // Dressing rooms
- // Dry floor (April – August)
- // Space to support seating for 1,500





# RACQUET SPORTS, CURLING & GOLF

Future



2022 Pickleball Canada National Championship at the INVISTA Centre

Kingston offers a number of dedicated pickleball courts as well as tennis courts lined for pickleball. Kingston hosted the Eastern Canadian Regional Pickleball Championships in 2017 and 2018 and the Pickleball Canada National Championship in 2019 and 2022 at the INVISTA Centre.

Kingston is home to one of Canada's oldest curling clubs, the Royal Kingston Curling Club. Kingston has a vibrant curling community and hosts several bonspiels and curling events annually.

There are 14 golf courses in the Kingston area and more than 25 courses within an hour's drive. The area boasts several challenging courses, all offering pro shops, equipment rentals, food services, and lessons.

## PRIVATE FACILITIES

### 01 *Kingston Racquet Centre* (east end)

**1025 Innovation Drive**

- // 70,000 square-foot year-round facility
- // Six-court tennis dome
- // 12-court pickleball dome
- // Pro shop

**[tennisclubs.ca/kingston](https://tennisclubs.ca/kingston)**

- // Private gym and fitness facility
- // Premier lounge and viewing area
- // Tennis/pickleball
- // Parking available

## PRIVATE FACILITIES

02 (west end)

### *Kingston Pickleball Club*

1150 Gardiners Road | [kingstonpickleballclub.com](http://kingstonpickleballclub.com)

- // Seven individually separated courts (minimum 30'x 60' each)
- // Professional hard-court surface
- // Lighting
- // Walls painted to enhance ball visibility
- // Permanent fixed nets
- // Championship court with viewing area
- // Easy access to changing rooms and washrooms

03 (mid-town)

### *Cataraqui Golf & Country Club*

961 King Street West | [cataraqui.com](http://cataraqui.com)

- // Private 18-hole championship course
- // Driving range
- // Pro shop
- // Clubhouse & banquet facility (for up to 125 people)
- // Six curling sheets
- // Event and tournament services available
- // Catering services

04 (east of Kingston)

### *Colonnade Golf & Country Club*

2789 Woodburn Road | [colonnadegolf.ca](http://colonnadegolf.ca)

- // 18-hole course
- // Two large practice greens
- // Driving range
- // Pro shop
- // Clubhouse & banquet facility
- // Event and tournament services available
- // Catering services
- // Free parking

05 (west end)

### *Landings Golf Course & Teaching Centre*

1060 Len Birchall Way | [thelandings.ca](http://thelandings.ca)

- // 18-hole course
- // Driving range
- // Pro shop
- // Clubhouse & banquet facility
- // Catering services
- // Free parking

06 (35 min. west of Kingston)

### *Loyalist Golf & Country Club*

1 Loyalist Boulevard, Bath | [loyalistcc.com](http://loyalistcc.com)

- // 18-hole course
- // Driving range
- // Pro shop
- // Clubhouse & banquet facility
- // Catering services
- // Free parking

07 (west end)

### *Royal Kingston Curling Club*

130 Days Road | [royalkingston.com](http://royalkingston.com)

- // Six curling sheets (Sept. – April)
- // Six indoor pickleball courts (May – August)
- // Four beach volleyball courts
- // Banquet lounge and bar (20 to 160+ people)
- // Full kitchen (no catering services)
- // Pro shop
- // Conference room
- // Fully accessible
- // Free parking

08 (30 min. east of Kingston)

### *Smuggler's Glen Golf Course*

418 1000 Islands Parkway, Lansdowne | [smugglersglen.com](http://smugglersglen.com)

- // 18-hole course
- // Club house
- // Pro shop
- // Dining room and lounge
- // Event and tournament services available
- // Accommodations available on-site at Glen House Resort
- // Catering services
- // Free parking

09 (west end)

### *YGK Sports Factory*

1325 Centennial Dr. #17, Kingston | [ygksportsfactory.ca](http://ygksportsfactory.ca)

- // Indoor baseball
- // Indoor hockey training
- // Golf simulators

## FEDERAL FACILITY

10 (east end)

### *Garrison Golf Club*

12 Red Patch Avenue | [ggcc.on.ca](http://ggcc.on.ca)

- // Private 18-hole course
- // Driving range
- // Pro shop
- // Clubhouse & banquet facility
- // Cross-country skiing on mechanically groomed trails
- // Snowshoeing
- // Fat biking
- // Free parking
- // Locker rooms
- // Conference room with A/V (50 people)
- // Event and tournament services available
- // Catering services

## MUNICIPAL FACILITY

11 (east end)

### *Kingston East Community Centre*

779 Highway 15

[cityofkingston.ca/residents/recreation/facilities/community/kingston-east](http://cityofkingston.ca/residents/recreation/facilities/community/kingston-east)

- // Three indoor pickleball courts
- // Three meeting rooms
- // Community kitchen
- // Washroom facilities
- // Free parking
- // Five Level 2 EV charging stations

Cataraqi Golf Course - hole 9



Kingston  
Avenue

# GAME IN KINGSTON

Bring your Esport tournament or event to Kingston. We have a variety of venues with game-ready technology, on-site support, and amenities.



**01** (downtown)

## *Broom Factory*

[broomfactory.ca](http://broomfactory.ca)

- // Accessible venue with stage
- // Full A/V
- // Capacity: 110 seated; 240 standing
- // On-site café

**02** (west end)

## *INVISTA Centre*

[cityofkingston.ca/facilities](http://cityofkingston.ca/facilities)

- // Accessible venue with four event spaces (seasonal) with seating for 250 (x three) and 725
- // Upper viewing gallery
- // Canteen
- // Free parking

**03** (east end)

## *Kingston East Community Centre*

[cityofkingston.ca/facilities](http://cityofkingston.ca/facilities)

- // Accessible gymnasium with seating for up to 700 people
- // Community kitchen
- // Free parking

**04** (downtown)

## *Kingston Grand Theatre*

[kingstongrand.ca](http://kingstongrand.ca)

- // Accessible venue with full stage and A/V
- // Seating for up to 755
- // Two lounges and concessions
- // Loading dock
- // Nearby parking

**05** (mid-town)

## *Kingston Memorial Centre*

[cityofkingston.ca/facilities](http://cityofkingston.ca/facilities)

- // Accessible venue with dry floor space (April – September)
- // Bleacher seating for up to 1,000
- // Canteen
- // Free parking

**06** (mid-town)

## *Queen's University Athletics and Recreation Centre*

[gogaelsgo.com](http://gogaelsgo.com)

- // Gymnasium with seating for up to 1,904
- // Concessions
- // Nearby summer accommodations

**07** (mid-town)

## *St. Lawrence College*

[stlawrencecollege.ca](http://stlawrencecollege.ca)

- // Double gymnasium with seating for 1,442
- // A/V and streaming capacity
- // On-site parking and nearby summer accommodations.

**08** (downtown)

## *Slush Puppie Place*

[slushpuppieplace.com](http://slushpuppieplace.com)

- // Accessible venue with seating for 6,700, A/V with video scoreboard, media centre, concessions
- // Loading dock
- // Nearby parking



# STAY IN KINGSTON



Holiday Inn Kingston Waterfront

Let Tourism Kingston help you find the perfect accommodation for your group. We will assist with site tours, RFPs, and negotiations. We will secure the best rate for you. Our dedicated Business Events Specialist can also help you find meeting spaces for your group, for strategic plannings, AGMs, technical meetings, or coaches' conferences.

## Downtown

### // Confederation Place Hotel

96 guest rooms  
Outdoor pool  
[confederationplace.com](http://confederationplace.com)

### // Delta Hotels by Marriott Kingston Waterfront

126 guest rooms  
Indoor pool  
[marriott.com/ygkdk](http://marriott.com/ygkdk)

### // Holiday Inn Kingston-Waterfront

197 guest rooms  
Indoor pool  
[lhg.com/holidayinn](http://lhg.com/holidayinn)

### // Kingston Marriott

169 guest rooms  
[marriott.com/ygkfp](http://marriott.com/ygkfp)

### // Residence Inn by Marriott Kingston Water's Edge

141 guest rooms  
Indoor pool  
[marriott.com/ygkri](http://marriott.com/ygkri)

## Mid-town

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// **Best Western Fireside Inn**

74 guest rooms  
Outdoor pool  
bestwesternkingston.ca

// **Donald Gordon Hotel & Conference Centre**

80 guest rooms  
queensu.ca/donaldgordoncentre

// **Econo Lodge City Centre**

43 guest rooms  
choicehotels.ca

// **Howard Johnson by Wyndham Kingston**

64 guest rooms  
wyndhamhotels.com

// **Maple Crest Inn**

56 guest rooms  
maplecrestinn.ca

// **Queen's University Residences**

(seasonal)  
947 units (1553 bedrooms)  
eventservices.queensu.ca/accommodations

// **Strata Hotel**

74 rooms; three suites  
stratahotel.com

// **St. Lawrence College Residence**

(seasonal)  
306 guest rooms  
stlawrencecollege.ca/events

## East end

---

// **Hampton Inn by Hilton Kingston**

115 guest rooms  
Indoor pool  
hampton.com

// **Super 8 by Wyndham Kingston**

40 guest rooms  
Outdoor pool  
wyndhamhotels.com

## West end

---

// **Candlewood Suites**

**Kingston West**  
55 guest rooms  
Indoor pool  
cwskingstonwest.ca

// **Comfort Inn & Suites Princess**

62 guest rooms  
choicehotels.com

// **DoubleTree and Home2**

**Suites by Hilton**  
129 guest rooms/127 guest rooms  
Indoor pool  
hilton.com

// **Embassy Motel**

27 guest rooms

// **Green Acres Inn**

31 guest rooms  
Outdoor pool  
greenacresinn.com

// **Holiday Inn Express**

**Kingston West**  
65 guest rooms  
Indoor pool  
hiexkingstonwest.ca

// **Motel 6 Kingston**

75 guest rooms  
motel6.com

// **Quality Inn & Suites**

74 guest rooms  
qualitysuteskingston.com

// **Travelodge Hotel by Wyndham Kingston La Salle**

103 guest rooms  
Indoor pool  
travelodge.ca

// **Welcome Traveller Motel**

22 guest rooms

## North end

---

// **Comfort Inn Highway 401**

100 guest rooms  
choicehotels.com

// **Courtyard by Marriott Kingston**

128 guest rooms  
Indoor pool  
marriott.com/ygkcy

// **Days Inn by Wyndham Kingston**

76 guest rooms  
Indoor pool  
wyndhamhotels.com

// **Holiday Inn Express & Suites Kingston**

88 guest rooms  
Indoor pool  
hiexpress.com/kingstonon

// **Quality Inn & Conference Centre Kingston Central/Comfort Suites Kingston Central**

159 guest rooms  
Indoor pool  
qualitykingston.com

# TEAM EXPERIENCES

Kingston offers a number of unique venues and activities to host your post-game get-together, conference, or award ceremony. Contact us for an extensive list of venues and experiences for your group. We can also arrange for team bonding experiences to come to you.

**// Ahoy Rentals**

[ahoyrentals.com](http://ahoyrentals.com)

**// Boiler Room Climbing Gym**

[boilerroom.ca](http://boilerroom.ca)

**// Daft Brewing**

[daftbrewing.com](http://daftbrewing.com)

**// Improbable Escapes**

[improbableescapes.com](http://improbableescapes.com)

**// Kingston Bike Tours**

[kingstonbiketours.com](http://kingstonbiketours.com)

**// Kingston Brewing Co.**

[kingstonbrewing.ca](http://kingstonbrewing.ca)

**// Kingston By Bike**

[ahoyrentals.com/  
kingston-bike-tours/](http://ahoyrentals.com/kingston-bike-tours/)

**// Kingston Food Tours**

[kingstonfoodtours.ca](http://kingstonfoodtours.ca)

**// Kingston Trolley Tours**

[kingstontrolley.ca](http://kingstontrolley.ca)

**// Modern Fuel Art Gallery**

[modernfuel.org](http://modernfuel.org)

**// Norm's Golf & Social**

[normskingston.ca](http://normskingston.ca)

**// Samatva Yoga**

[yogasamatva.com](http://yogasamatva.com)

**// Spearhead Brewing Co.**

[spearheadbeer.com](http://spearheadbeer.com)

**// Splitsville Bowling**

[splitsville.ca](http://splitsville.ca)

**// Studio 330**

[studio330.ca](http://studio330.ca)

**// Tett Centre for Creativity  
and Learning**

[tettcentre.org](http://tettcentre.org)

**// The Bunker mini-putt &  
sports simulator**

[bgcsoutheast.ca/parties-events/  
the-bunker/](http://bgcsoutheast.ca/parties-events/the-bunker/)

**// The Fun Zone**

[thefunzonekingston.com](http://thefunzonekingston.com)

**// The Haunted Walk**

[hauntedwalk.com](http://hauntedwalk.com)

**// Xtreme Trampoline Park**

[kingston.xtpark.com](http://kingston.xtpark.com)



Rent kayaks, standup paddleboards, and more from Ahoy Rentals.



Take a guided tour of some of Kingston's best downtown restaurants with Kingston Food Tours.

# BANQUET IN KINGSTON



## Medium (50-250)

// **Delta Hotels Kingston Waterfront**  
[marriott.com/en-us/hotels](http://marriott.com/en-us/hotels)

// **Donald Gordon Conference Centre**  
[queensu.ca/donaldgordoncentre](http://queensu.ca/donaldgordoncentre)

// **Fort Henry Great Hall**  
[forthenry.com/facility-rental](http://forthenry.com/facility-rental)

// **Holiday Inn Kingston - Waterfront**  
[ihg.com/holidayinn/hotels](http://ihg.com/holidayinn/hotels)

// **Kingston 1000 Islands Cruises**  
[1000islandscruises.com](http://1000islandscruises.com)

// **Renaissance Supper Club**  
[foodandheritage.com](http://foodandheritage.com)

// **Residence Inn Kingston Water's Edge**  
[marriott.com/en-us/hotels/lygk](http://marriott.com/en-us/hotels/lygk)

// **Tett Centre for Creativity and Learning**  
[tettcentre.org](http://tettcentre.org)

## Large (250-1,200)

// **Ban Righ Hall (Queen's University)**  
[eventservices.queensu.ca](http://eventservices.queensu.ca)

// **DoubleTree by Hilton Kingston**  
[hilton.com/en/hotels/lygk](http://hilton.com/en/hotels/lygk)

// **Isabel Bader Centre for the Performing Arts**  
[queensu.ca/theisabel](http://queensu.ca/theisabel)

// **Kingston Grand Theatre**  
[kingstongrand.ca](http://kingstongrand.ca)

// **Kingston Marriott**  
[marriott.com/en-us/hotels/lygk](http://marriott.com/en-us/hotels/lygk)

// **Quality Inn Conference Centre**  
[qualitykingston.com](http://qualitykingston.com)

// **Queen's Athletics & Recreation Centre**  
[rec.gogaelsgo.com](http://rec.gogaelsgo.com)

// **Slush Puppie Place**  
[slushpuppieplace.com](http://slushpuppieplace.com)

// **St. Lawrence College**  
[stlawrencecollege.ca](http://stlawrencecollege.ca)



The Great Hall at Fort Henry boasts a magnificent waterfront view.



# TRAVEL TO KINGSTON

## Getting to Kingston is really easy.

**By car:** Kingston is centrally located just off Highway 401, just 2 hours from Ottawa, 2.5 hours from Toronto, and 3 hours from Montreal.

**By rail:** Kingston's VIA Rail station provides service to and from Montreal, Ottawa, and Toronto. For a detailed listing of fares and schedules, visit the VIA Rail website, [viarail.ca](http://viarail.ca) or call 1.888.VIA-RAIL.

**By bus:** Local charter bus company McCoy Bus Service can bring your team or group to Kingston with airport pickup or custom travel itinerary. Visit [gomccoy.com](http://gomccoy.com) to arrange your coach bus travel.

Flixbus offers service to Kingston from Windsor, Chatham, Toronto, Hamilton, Oshawa, and Ottawa. For more information on bus schedules and fares, visit [flixbus.com](http://flixbus.com)

Travelling by team bus? Kingston has more than 20 bus-friendly accommodations.

# journey



Dedicated motor coach parking in downtown Kingston (seasonal).



vibrant

# *Book your sport event in Kingston.*

—> *visitkingston.ca/sport-tourism*



**Contact:**

**Emma Lambert**

MANAGER, SPORT PARTNERSHIPS,  
WELLNESS, AND CULTURE

emma@tourismkingston.com  
613-331-2321

**Ted Robinson**

BUSINESS EVENTS SPECIALIST

ted@tourismkingston.com  
613-532-3495

**KINGSTON**