

Canada's Tournament Capital

# City of Kamloops Canada's Tournament Capital Facilities Guide



# Kamloops – Canada's Tournament Capital

Kamloops is Canada's premier location for tournaments, high-performance training camps, provincial, national and international competitions and cultural events.

Whether you have 30 competitors – or 3,000, Kamloops has the facilities, services and volunteers ready to help you host a successful and memorable event.

## COMMITMENT

Canada's Tournament Capital is proud to be home to world class sport facilities. Our team of sport staff is dedicated to providing red carpet hosting standards to ensure your event exceeds expectations. We are committed to providing a first-class sport experience for every participant from the grassroots performer to international athletes going for gold.

## CONVENIENCE

As Canada's Tournament Capital, we know that finding the right accommodation for teams, families and officials is critical to hosting a successful event. That is why we boast more than 3,000 hotel and motel rooms located in over 50 properties within the community.

With choices from economy to ultra-luxury, it's easy to find the ideal accommodation for your needs – and your budget. No matter where you choose to stay, our accommodations are conveniently located within 15 minutes drive of our tournament facilities.

With more than 200 restaurants, Kamloops offers something for every diet and dining preference. Many restaurants are able to accommodate large teams and can help you celebrate your events success.

## CENTRAL LOCATION

Kamloops is ideally located in the heart of British Columbia's sunny Southern Interior and is easily accessed by road, air and rail. Driving from major centres like Vancouver, Calgary, Edmonton or Seattle is quick and convenient with three major highways passing through our city. Daily flights from Vancouver and Calgary to the newly renovated Kamloops Airport are offered by Air Canada and WestJet. Or choose a memorable experience and travel to Kamloops by rail with Rocky Mountaineer Vacations or Via Rail.

**3,000 hotel rooms**

**200 restaurants**





Kristina Benson

## SPORT SUPPORT

### Media

The Kamloops media reaches 160,000 people throughout BC's Southern Interior – by television, radio and newspaper. Canada's Tournament Capital sport reporters are enthusiastic supporters of sport events, and will help you put your event - and your athletes - in the spotlight.

Most Tournament Capital facilities have wireless high-speed internet service.

### Medical

There are several options for expert medical care in Kamloops. Located a short distance from Tournament Capital facilities, the Royal Inland Hospital is a tertiary care facility providing the latest diagnostic and rehabilitation equipment, as well as a full range of medical, surgical and emergency services.

The Sage Sport Institute provides medical and physiotherapy services at the Tournament Capital Centre and is operated by internationally accredited sports medicine physicians and therapists.

St John Ambulance attendants provide superb on-the-spot first aid services for many local sport events. More than 60 volunteers log over 11,000 hours at almost 300 events each year.



Keith Anderson, The Daily News, Kamloops

**60** volunteers log over  
**11,000** hours at **300** events

### Volunteers

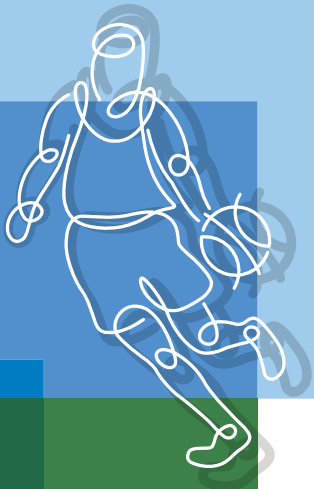
Every event's success is due in a large part to the dedication of its volunteers – and our community prides itself in offering the best volunteer support available. In acknowledgement of this extraordinary group, the City of Kamloops is developing a Tournament Capital Volunteer Club to ensure continued quality sport hosting by supporting, organizing and recognizing volunteer efforts.



Kristina Benson

# Tournament Capital Facilities

With our outstanding facilities, knowledgeable and enthusiastic volunteers, and strong audience participation, Kamloops offers a world-class setting for sports training and events.



## TOURNAMENT CAPITAL CENTRE

The Tournament Capital Centre is the showpiece of Canada's Tournament Capital. With an Olympic length pool, FIFA-certified field, internationally acclaimed track and field facilities, modern training centre and well equipped gymnastics centre, the Tournament Capital Centre is ready to host your event.

### Tournament Capital Field House

- Canada's National Throws Centre
- 60m, 8-lane sprint track
- 200m, 6-lane indoor track
- Custom-designed indoor throws room
- 15,000 sq ft gymnastics facility
- 2 hardwood courts (basketball, volleyball, badminton)
- Rubber floor for hardwood or dry land training
- Hospitality and meeting rooms (3,000 sq ft)
- Training and conditioning facilities
- 6 indoor and 8 outdoor dressing rooms

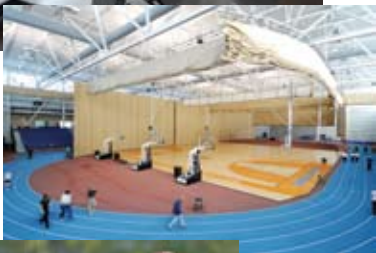
### Hillside Stadium

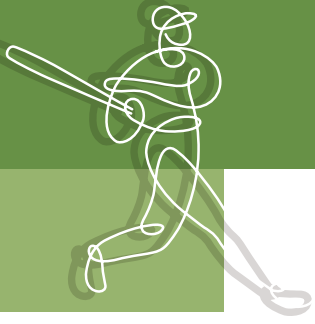
- FIFA-certified turf (soccer/football/field hockey/lacrosse)
- 400m, 8-lane outdoor track
- Seating for 1,800
- Dedicated jumps area/throws areas
- Media booth and filming deck
- Two grass fields

### Canada Games Pool

- 8-lane, 50m pool
- 1m/3m/5m diving boards
- Leisure pool including waterslide
- Hot tub, sauna

**\$50 million**  
in new and  
renovated  
facilities





## MCARTHUR ISLAND PARK

Recent upgrades to McArthur Island Park make it the perfect location for soccer, baseball and hockey tournaments as well as skating and curling competitions.

### McArthur Island Sports and Events Centre

- 1 Olympic ice surface (100 ft x 200 ft), seating for 1,000
- 1 National Hockey League ice surface (90 ft x 190 ft), seating for 1,500
- 6 curling sheets, with viewing lounge accommodating 250
- Spacious lobby, lockers, and 10 dressing rooms
- Office space for event coordination and sport associations

### McArthur Island Sports Fields

- 14 ball diamonds
- 9 full-sized soccer fields, 1 mini-field

### Norbrock Stadium

- Regulation-sized baseball diamond
- Covered seating for 1,000 (plus an additional 500)
- Lighting for evening play
- 70 ft dugouts
- 4 dressing rooms
- Spacious umpire's room

### Additional facilities at McArthur Island Park

- Skateboard park
- Lawn bowling
- BMX track

## EXHIBITION PARK

Exhibition Park provides a more intimate setting for your sporting competitions.

### Charles Anderson Stadium

- 2 lit diamonds with seating for 375 each
- 2 additional full-size diamonds
- Announcers building/media centre
- Concession/storage/dressing room facilities

### Fields and Courts

- Soccer field
- 3 outdoor tennis courts



## INTERIOR SAVINGS CENTRE

As the largest indoor venue in Kamloops, Interior Savings Centre can host your skating, hockey, curling or basketball competition and provides an outstanding location for large celebrations.

- Seating capacity 5,150
- Main Floor 17,000 ft
- 4 Dressing rooms
- Sports Action Lounge Meeting Room/ Media Centre – 4,150 ft
- Rivers Room Meeting Room/Media Centre 3,300 ft

# Sport and Training Facility Guide

With more than \$50 million spent in new and renovated facilities, Kamloops offers the perfect training and competition sites for events of every size.

EVENT	SPORT	FACILITY
Aquatics	<b>Diving, Swimming, Synchronized Swimming, Water Polo</b>	Canada Games Pool, Brock Pool, Westsyde Pool
Athletics	<b>Track events</b> – all distances <b>Field events</b> – jumps and throws <b>Road races</b> – flat and hilly	Hillside Stadium, Tournament Capital Centre, Cross country trails
Badminton	<b>Badminton</b>	Tournament Capital Centre, 5 gymnasiums
Baseball/Softball	<b>Baseball/Softball</b>	75 diamonds: McArthur Island Park, Norbrock Stadium
Basketball	<b>Basketball</b>	Tournament Capital Centre, Interior Savings Centre, Thompson Rivers University, 5 gymnasiums
Biking/Cycling	<b>Road, Mountain Biking, BMX</b>	Sun Peaks Mountain Bike Park, National Championship Road Course, BMX tracks, Mountain Bike Ranch, Cross-country, downhill and Intermontagne courses
Equestrian	<b>Dressage, Events, Jumping</b>	Kamloops Exhibition Association
Football	<b>Football</b>	Hillside Stadium, McArthur Island, Centennial Park
Golf	<b>Golf</b>	10 courses
Gymnastics	<b>Artistic, Rhythmic, Trampoline</b>	Tournament Capital Centre
Field Hockey	<b>Field Hockey</b>	Hillside Stadium, Cottonwood Field
Lacrosse	<b>Lacrosse/Field Lacrosse</b>	2 indoor and 1 outdoor rink, Hillside Stadium
Martial Arts	<b>Judo/Taekwondo</b>	Tournament Capital Centre, Interior Savings Centre, Judo Club, Taekwondo Club, 5 gymnasiums
Paddling	<b>Canoe/Kayak Flatwater</b>	Shumway Lake, Pioneer Park
Rowing	<b>Rowing</b>	Shumway Lake
Rugby	<b>Rugby</b>	Kamloops Rugby Club (3 fields)
Sailing	<b>Sailing</b>	Nicola Lake, Shuswap Lake
Target Sports	<b>Trap and Skeet Range, Shooting, Archery</b>	Kamloops Target Sports
Soccer	<b>Soccer</b>	78 outdoor and 1 indoor field: Hillside Stadium, McArthur Island, Singh Bowl
Tennis	<b>Tennis</b>	Kamloops Rotary Tennis Centre, 27 outdoor courts
Triathlon	<b>Swimming, Cycling, Running</b>	Tournament Capital Centre
Volleyball	<b>Volleyball</b>	Tournament Capital Centre, Thompson Rivers University, Interior Savings Centre, 5 gymnasiums
Weightlifting	<b>Weightlifting</b>	Tournament Capital Centre, Interior Savings Centre, McArthur Island Sport & Event Centre
Wrestling	<b>Wrestling</b>	Tournament Capital Centre, Interior Savings Centre, McArthur Island Sport & Event Centre





EVENT	SPORT	FACILITY
Cross-Country Skiing	<b>Skiing, Biathlon</b>	Stake Lake Nordic Centre: 48.7 km tracks set for skating and classic skiing Sun Peaks Resort: 28 km groomed x-country trails, 12 km ungroomed backtrails
Curling	<b>Curling</b>	Interior Savings Centre, McArthur Island Sport & Event Centre, Kamloops Curling Club
Ice Hockey	<b>Ice Hockey</b>	Interior Savings Centre, McArthur Island Sport & Event Centre, 3 community arenas
Skating	<b>Figure, Short Track Speed skating</b>	Interior Savings Centre, McArthur Island Sport & Event Centre, Valleyview Arena
Alpine Skiing	<b>Alpine, Snowboarding, Freestyle, Speed Skiing</b>	Sun Peaks Resort: 2,891ft vertical ft, 3,678 acres of terrain accessed by 11 lifts, Beginner to advanced Terrain Park

## ADDITIONAL SPORTS AND FACILITIES

Are you planning an event not listed here?

Kamloops has the facilities and the resources to host many other competitions including:

- Beach volleyball**
- Boxing**
- Disk golf**
- Fencing**
- Handball**
- In-line hockey**
- Lawn bowling**
- Modern pentathlon**
- Rodeo**
- Table tennis**
- Waterpolo**
- Waterskiing**



*Kamloops hosts more than **100** tournaments each year*





Tourism Kamloops

Discover our world-class facilities and a community committed to your success

Learn more about Canada's Tournament Capital at [www.kamloops.ca](http://www.kamloops.ca)

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