



SYNC 2023
Bus & Meal Schedule Information

Bus Shuttle Schedule

Stock Transportation will be running two bus routes between the Hilton Toronto/Markham Suites and the Markham Pan Am Centre. To be mindful of other participants, we ask that provinces and clubs choose a bus trip which aligns with the competition schedule of each day.

For example: Adapted athletes and 11-12 teams competing in the first event of the day on Thursday should plan to travel on the first half of bus departures. Youth teams competing in the second event of the day should plan to travel on the second half of bus departures.

Please note that bus transportation will not be available on Wednesday, July 19th. Bus transportation will be available for SYNC participants on Thursday, July 20, Friday, July 21, and Saturday, July 22 (AM only).

Morning Shuttle Schedule:

Bus #	Departure from Hilton Toronto/Markham Suites	Arrival at Markham Pan Am Centre
Bus #1	7:45 AM	8:00 AM
Bus #2	8:00 AM	8:15 AM
Bus #1	8:15 AM	8:30 AM
Bus #2	8:30 AM	8:45 AM
Bus #1	8:45 AM	9:00 AM
Bus #2	9:15 AM	9:30 AM



Evening Shuttle Schedule:

Bus #	Departure from Markham Pan Am Centre	Arrival at Hilton Toronto/Markham Suites
Bus #1	5:15 PM	5:30 PM
Bus #2	5:30 PM	5:45 PM
Bus #1	5:45 PM	6:00 PM
Bus #2	6:00 PM	6:15 PM
Bus #1	6:15 PM	6:30 PM
Bus #2	6:30 PM	6:45 PM

Provided Meals & Meal Schedule

The meals listed below have been included in each participant's entry fees. Breakfast will be served at the Hilton Toronto/Markham Suites each morning, while dinner will be served at the Markham Pan Am Centre.

Meals Included:

Date	Breakfast	Lunch	Dinner
Tuesday, July 18	Included <i>Breakfast vouchers will be given to hotel guests</i>	Not Included	Not Included
Wednesday, July 19	Included <i>Breakfast vouchers will be given to hotel guests</i>	Not Included	Not Included
Thursday, July 20	Included <i>Hilton Markham Meeting Room & Hospitality Room</i>	Not Included	Included <i>Markham Pan Am Centre</i>
Friday, July 21	Included <i>Hilton Markham Meeting Room & Hospitality Room</i>	Not Included	Included <i>Markham Pan Am Centre</i>
Saturday, July 22	Included <i>Hilton Markham Meeting Room & Hospitality Room</i>	*Included for SYNC Camp Athletes Only <i>Markham Pan Am Centre</i>	*Included for SYNC Camp Athletes Only <i>Markham Pan Am Centre</i>
Sunday, July 23	Included <i>Hilton Markham Meeting Room & Hospitality Room</i>	*Included for SYNC Camp Athletes Only <i>Markham Pan Am Centre</i>	Not Included



Breakfasts from Thursday on will be held in the Meeting & Hospitality rooms at the Hilton Toronto/Markham Suites. These rooms are on the level below the main lobby and can be accessed by using the stairs to the right of the main elevators.

Dinner will be served in Room 1 & 2 on the second floor of the Markham Pan Am Centre, across from the stands. Signs will be displayed on the doors to guide participants. A reminder that dinner will be served in two seatings, and to please make room for incoming participants as you finish dinner.

Meal Schedule

Date	Breakfast	Lunch	Dinner
Thursday, July 20	6:30 AM - 8:30 AM	N/A	11-12 & Adapted Athletes: 4:30 PM - 5:30 PM Youth Athletes: 5:30 PM - 6:30 PM
Friday, July 21	6:30 AM - 8:30 AM	N/A	11-12 & Adapted Athletes: 4:30 PM - 5:30 PM Youth Athletes: 5:30 PM - 6:30 PM
Saturday, July 22	6:30 AM - 8:30 AM	*12:15 PM - 1:00 PM <i>(for SYNC camp athletes only)</i>	*5:30 PM - 6:15 PM <i>(for SYNC camp athletes only)</i>
Sunday, July 23	6:30 AM - 8:30 AM	*1:00 PM - 1:30 PM <i>(for SYNC camp athletes only)</i>	N/A