



Winter Waves Classic

Family, Athlete & Coach Information

LOCATION

NEPEAN SPORTSPLEX
1701 Woodroffe Avenue
Ottawa, ON
K2G 1W2

ARRIVAL & PARKING

DROP-OFF: Roundabout at front entrance

PARKING: Lot in front of building or lot in back of building.

PLEASE NOTE: Other events may cause parking congestion

GEL GUIDELINES:

When possible, athletes should apply gel at home or at their hotel/accommodation.

Please do not gel in hallways or open centers at the complex.

REMOVING GEL & BOBBY PINS:

There is to be no de-gelling at the pool apart from on Sunday, January 11th. Please follow signage posted.

CHANGE ROOM ETIQUETTE:

Please ensure showers and change rooms are left clean and tidy.

TICKET INFORMATION

Tickets will be available outside the entrance to the pool stands.

PRICING:

Daily Admission: \$10.00

Children under 10: Free

JOLYN POP UP:

Jolyn will be running a pop up on **Saturday afternoon** in the main entrance way.

WHAT'S NEAR BY

Grocery Stores: Farm Boy 5 km & Loblaws Baseline Road 3.8 km

Coffee Shops: Starbucks 3.5 km & Tim Hortons 3 km & Second Cup Café 5.4 km

Restaurants: Boston Pizza 2.3 km & East Side Mario's 2.3 km & Lone Star Texas Grill 7.5 km

ON SITE CONCESSIONS

Maple Café: Serving hot and cold drinks, hot dogs, hamburgers, french fries ect