

# POPULATION REFERENCE GUIDE

*This is an example list and not exhaustive*



## POPULATION OVER 500,000

### ONTARIO

Brampton, ON  
Hamilton, ON  
Mississauga, ON  
Ottawa, ON  
Toronto, ON

### BRITISH COLUMBIA

Vancouver, BC

### QUEBEC

Montreal, QC  
Quebec City, QC

### ALBERTA

Calgary, AB  
Edmonton, AB

### MANITOBA

Winnipeg, MB

## POPULATION BETWEEN 100,001 & 500,000

### ONTARIO

Ajax, ON  
Burlington, ON  
Cambridge, ON  
Chatham-Kent, ON  
Greater Sudbury, ON  
Guelph, ON  
Kingston, ON  
Kitchener, ON  
London, ON  
Markham, ON  
Oakville, ON  
Richmond Hill, ON  
St. Catharines, ON  
Thunder Bay, ON  
Vaughan, ON  
Windsor, ON  
Whitby, ON

### BRITISH COLUMBIA

Abbotsford, BC  
Burnaby, BC  
Coquitlam, BC  
Kelowna, BC  
Langley, BC  
Richmond, BC  
Surrey, BC  
Saanich, BC

### QUEBEC

Laval, QC  
Gatineau, QC  
Longueuil, QC  
Sherbrooke, QC  
Saguenay, QC  
Lévis, QC  
Trois-Rivières, QC  
Terrebonne, QC

### SASKATCHEWAN

Regina, SK  
Saskatoon, SK

### NEWFOUNDLAND

St. John's, NL

### NOVA SCOTIA

Halifax, NS

## POPULATION LESS THAN 100,000

### ONTARIO

Aurora, ON  
Belleville, ON  
Brantford, ON  
Caledon, ON  
Clarington, ON  
Halton Hills, ON  
Kawartha Lakes, ON  
Milton, ON  
Niagara Falls, ON  
Newmarket, ON  
Norfolk County, ON  
North Bay, ON  
Peterborough, ON  
Pickering, ON  
Sarnia, ON  
Sault Ste. Marie, ON  
Waterloo, ON  
Welland, ON

### BRITISH COLUMBIA

Chilliwack, BC  
Delta, BC  
Kamloops, BC  
Maple Ridge, BC  
Nanaimo, BC  
New Westminster, BC  
North Vancouver, BC  
Port Coquitlam, BC  
Prince George, BC  
Victoria, BC

### QUEBEC

Blainville, QC  
Brossard, QC  
Dollard-des-Ormeaux, QC  
Drummondville, QC  
Granby, QC  
Repentigny, QC  
Saint-Jean-sur-Richelieu, QC  
Saint-Jérôme, QC  
Shawinigan, QC

### ALBERTA

Grande Prairie, AB  
Lethbridge, AB  
Medicine Hat, AB  
Red Deer, AB  
St. Albert, AB  
Strathcona County, AB  
Wood Buffalo, AB

### NEW BRUNSWICK

Fredericton, NB  
Moncton, NB  
Saint John, NB

### NOVA SCOTIA

Cape Breton, NS