

### Schedule Changes - November 4-7

Due to the team champs competition, the following schedule changes are in effect for seniors, 4A, 4B, 3A, and 3B:

Friday November 4	Saturday November 5	Sunday November 6	Monday November 7
<p>Evening practice is cancelled for 3A.</p> <p>3B/4B will still have dryland from 5:00-6:00pm at BBF.</p>	<p>Morning practice is cancelled for Seniors, 4A and 3A.</p> <p>A practice will be held for 2A and 2B at Dalbé-Viau from 7:30-9:00am (led by 2B coach Marina McDonald). 3A swimmers not attending team champs are free to attend this practice.</p>	<p>A practice will be held for 3B/4B from 7:30-8:30am at Pointe-Claire. It will be coached by Mia Scarpallegia.</p>	<p>Practices are cancelled for the following groups: Seniors 4A 3A</p> <p>(3B/4B practices will be held for those who did not attend Team Champs).</p>