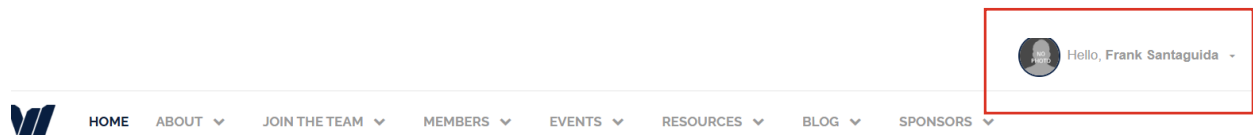
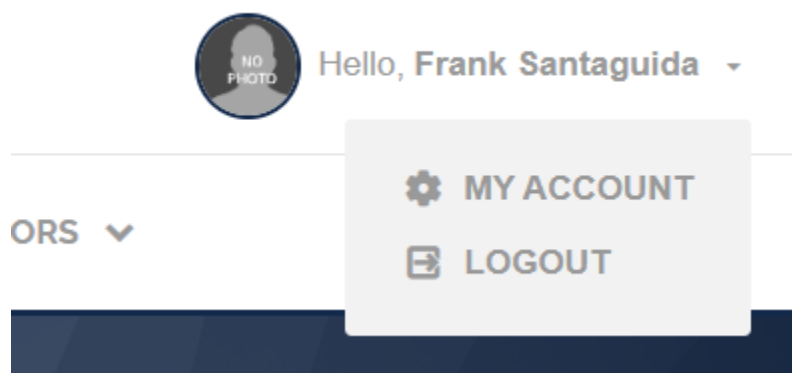


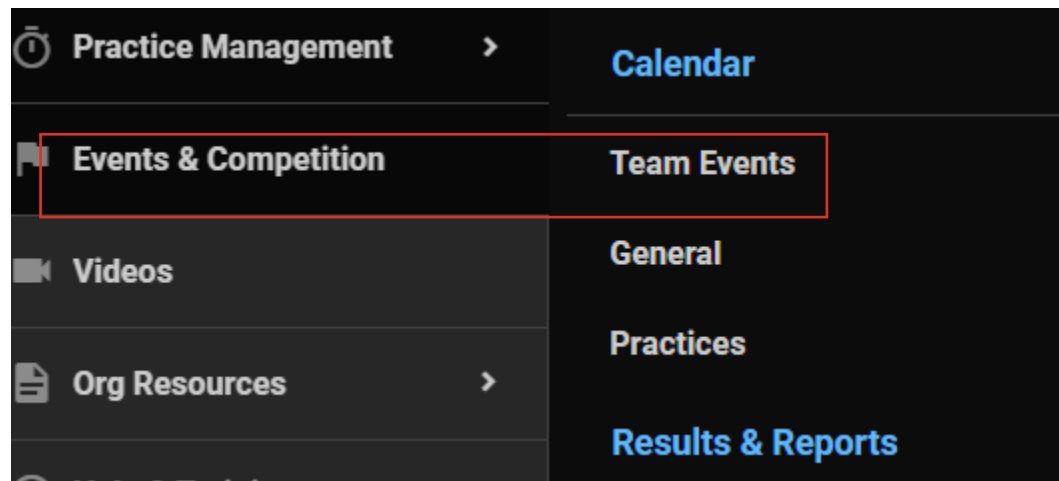
Navigate to www.whitbyswimming.ca . In the upper right corner of the homepage there will be your login.



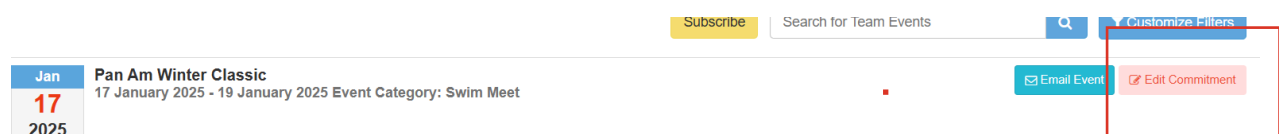
Hover over the login and either login (if you aren't already logged in) or choose "my account."



This will take you to the member section of the website. On the left hand side menu, hover over events and competitions and then click team events on the sub menu



Click on the pink "edit commitment button" to the right of the meet name.



Scroll down and you will see entries for your swimmer. Please note that the screenshot below is of test entries. Actual entries that are confirmed will have the word “approved” in red beside the event.

Click on member name to go to the swimmer's profile

Member Name	Member Commitment	Coach Approved	Last Updated
Josie Santaguida *Active	✔ Committed	# 1D (d1/s1): G 16 & Over 200 Medley (2:25.00L) # 9D (d2/s2): G 16 & Over 200 Back (2:30.00L) # 3TD (d3/s5): G 16 & Over 200 Free (2:15.00L)	12/19/24 7:48 AM

In this example, d1 means the first day of the meet (Friday), d2 means the second day (Saturday) and so on. S1 means session 1.