

Signing up for TOSA meets:

To run a typical USA swimming meet online signup, swim teams must subscribe to a meet manager computer program that TOSA does not currently need or have. Our next best option when running our TOSA meets is to use team unify to sign our athletes up. The instructions below will break down how to sign your swimmer up:

- 1- Log in to your account on team unify
- 2- Go to the events tab → find the appropriate TOSA meet
- 3- Click "list of events" link
- 4- Make note of which events your swimmer wants (*event #, NOT stroke*)
- 5- Go back to the TOSA Intrasquad event
 - click on edit commitment (in the top right corner)
- 6- Click on your swimmers name
 - Under Declaration, pick "Yes, please sign [] up for this event"
- 7- Under the notes section, list the three events your swimmer picked in step 4
- 8- Click "Save Changes" and you're all set
- 9- Come to the pool by 5:30 and check-in at the table next to the pool's entrance
 - At the check-in table, we will confirm that you are present to race and will give you a heat sheet with your races.
 - You must find your events, heat & lane and write this down on your arm. (see example)
- 10- Warm up with your club, practice some dives and then get ready to RACE!

Don't forget to have FUN—these meets are not supposed to be heavy with pressure. We are practicing racing each other and understanding what to do in a real meet.

Example of "Event/Heat/Lane/Stroke" Tattoo

