In dynamic matching markets where individuals arrive over time there is a tradeoff between matching as many agents as possible and the average quality of matches. We investigate this tradeoff in a search-and-matching market with random meetings between agents. In our model, optimally requires to match as many agents as possible when frictions are high and to only realize high quality matches when frictions are low. Equilibria are either optimal or deviate from optimality by inducing too many matches. We characterize the circumstances in which equilibria are inefficient. In particular, when good matching opportunities are scarce, inefficient equilibria exist no matter how low the search frictions are.