

## MyWhoosh Pre-Verification Guide

### Step 1: Why Pre-Verification is Required

The Pre-Verification Form ensures fair competition and integrity in MyWhoosh events, particularly the Sunday Race Club (SRC). All riders must submit accurate information before participating.

### Step 2: Required Submissions

When filling out the [Pre-Verification Form](#), you need to submit the following:

1. **Weigh-in Video:** Record a video showing your weight on a scale. ([tutorial](#))
2. **Height Video:** Measure and record your height. ([tutorial](#))
3. **Equipment Video:** Show your complete equipment setup.
4. **Primary & Secondary Power Source Video:** Demonstrate both power sources.
5. **Public Strava Profile Link:** Provide a link to your Strava profile.
6. **Race Selection:** Choose the correct option in the form.
  - **For Power Passport Test:** Select “Power Passport Test.”
  - **For Sunday Race Club:** Select the appropriate race category.
7. **Ensure Accuracy:** Make sure all submitted information matches your MyWhoosh profile.

### Step 3: Submission Protocol

- All videos must be uploaded as unlisted YouTube links.
- Submissions must follow MyWhoosh’s official ruleset and technical guide.
- **Category 1 riders must complete a weekly pre-race weigh-in (90 to 45 minutes before each event).**
- **Categories 2-6 must complete a monthly post-final weigh-in.**

### Step 4: Accuracy & Compliance

- Your weight and height in the MyWhoosh profile must match your videos.
- Follow MyWhoosh’s accepted protocols for weigh-in, height, and equipment videos.
- Incorrect or incomplete information may result in disqualification.

### Step 5: Need Help?

If you have any questions, reach out to [support@mywhoosh.com](mailto:support@mywhoosh.com)