

PST/INTERVIEWS FOR JAPAN

The PST coordinator schedules all PST Times and Location. Visit: http://www.seal.navy.mil/seal/pst_request.asp to request a PST/interviews. All applicants request will be processed with other applicants in your geographic location. AGE/ASVAB wavier request are processed during the interview.

***Note:** You will experience a delay in the processing of your PST request if you have not followed the Step-by-Step Guideline. Please read and follow the [PST Request-
http://www.seal.navy.mil/pdf/pstrequest.pdf](http://www.seal.navy.mil/pdf/pstrequest.pdf) PST's are scheduled NLT 72hours prior to test time and date.

Time 1300

Candidates are required to arrive 15 minutes early with the items listed below:

LOCATION

Fleet Recreation Center. 5th floor aerobics room

DIRECTIONS

Located in building 2053. Enter through the main gate straight for 1/4 mile, as the road turns to the right, take the major branch to the left and look at the large fenced compound, 27' Monark boat with EOD painted on the wheelhouse...take the outside stairs to the second deck (next to trucks).

Gear List

A copy your PST Confirmation email

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL candidates**

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, *IAW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Completed NC worksheet
(<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>)
 - (2) Uniform of the day
 - (3) Original special request chit
 - (4) Military ID
 - (5) Service record
 - (6) Wavier(s) (See Waivers)
- * No exceptions

NOTE:

Cancellations ASAP

<mailto:motivators@navsoc.navy.mil>