



**DEPARTMENT OF THE NAVY**  
BUREAU OF NAVAL PERSONNEL  
5720 INTEGRITY DRIVE  
MILLINGTON, TN 38055-0000

11 Feb 25

**MEMORANDUM**

**From:** Director, Military Community Management (BUPERS-3)  
**To:** Commander, Naval Recruiting Command

**Subj:** TEMPORARY CHANGE TO THE NAVY EXPLOSIVE ORDNANCE DISPOSAL  
PHYSICAL SCREENING TEST STANDARDS FOR ENLISTED CANDIDATES

1. This Memorandum for the Record authorizes the temporary change to the Navy Explosive Ordnance Disposal (EOD) Physical Screening Test (PST) for enlisted candidates, in accordance with MILPERSMAN 1220-410.

Swim	12:30
Push-ups	50
Curl-ups	50
Pull-ups	6
Run	10:30

*Table 1. Temporary change to EOD PST minimum standards for initial entry contract*

Swim	12:30*
Push-ups	50
Curl-ups	50
Pull-ups	6
Run	12:30*

**Note:** Swim and Run times will be added together and must be equal to or less than 21 minutes and 46 seconds. Individually, the swim or run cannot be more than 12:30

*Table 2. Temporary change to EOD PST for Fleet conversion and program eligibility*

2. Initial entry enlisted Navy EOD candidates are required to meet the PST minimum scores outlined in Table 1 to receive a contract. Fleet conversion applicants are required to meet the PST minimum scores outlined in Table 2. All candidates are required to meet the PST minimum scores outlined in table 2 to maintain program eligibility throughout the initial pipeline.

3. This change will remain in effect until rescinded by BUPERS-3 or updates are made to MILPERSMAN 1220-410. This memo rescinds the previous Temporary Change to the Navy Explosive Ordnance Disposal Physical Screening Test Standards for Enlisted Candidates, dated 28 Jan 25.

4. Points of Contact: Naval Special Operations Enlisted Community Manager (ECM), [REDACTED]  
[REDACTED] BUPERS-329H, 901-874-4433 or EOD ECM Technical Advisor  
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