



US Marine Raiders: “Today Will Be Different” – Image obtained from YouTube at:
<https://youtu.be/gDWjw1Acq1s?si=qQiA9LDjyz8yFrG0>

Marines,

The Assessment and Selection Staff are reaching out to you today with the intent of reducing the ambiguity for your hopeful assignment as a Marine Raider or Marine Raider Officer . The focus for this letter will be the standards needed for successful completion of Assessment and Selection. Believe it or not, we want you to succeed! Obviously, we cannot tell you everything about A&S, particularly the events in Phase II, but there are some things you should prepare for, so you show up in the proper physical condition to complete A&S. The intent of this letter is general awareness so you can adequately train for Assessment and Selection prior to checking in. You should not expect to be trained or to be physically ‘built up’ to complete A&S. The first and most important part of *the* assessment *is* your individual preparation.

Assessment and Selection is broken into two phases, Screening or Phase I and Phase II. Each will need to be completed consecutively for you to be selected. You should plan for approximately 4.5 weeks of events to complete both phases.

Both Phases will test you physically and mentally. Your assessment will begin on the first day you check in and remain constant. You should expect to be continuously evaluated for physical and mental fitness for your potential assignment.

Prior to check-in, you must be physically prepared for the course. Fortunately, MARSOC understands this and has created several resources you can use to physically to train for this assignment, they include:

- The Train Heroic App
- 10-Week Training Guide

Either resource can be used, and honestly, there are several others out there. But for the purposes of this letter, we recommend these resources. It is imperative and cannot be stated enough times, you need to be prepared prior to check-in and should probably plan at least 10 weeks to do so.

Your preparation should go beyond physical and include honing your Land Navigation skills and swimming. The links below are a couple of quick MarineNet Links on land navigation. There are YouTube sources out there, but most are trying to make money, so we are not going to recommend them as a source.

- <https://www.marinenet.usmc.mil/mvs/watchVideo.aspx?Id=54643008D1D9>
- <https://www.marinenet.usmc.mil/mvs/watchVideo.aspx?Id=5465BF959B00>

For swimming, while not required, we recommend WSP prior to arrival. This will give you the best chance at passing the aquatic standards for MARSOC, with WSA being the requirement at the Marine Raider Course (MRC) following selection.

Screening or Phase I, of Assessment and Selection is really no secret. If you contact a recruiter, you will be provided with the entire schedule of physical events. There are some MINIMUM physical standards you need to be aware of, but these are MINIMUM standards and meeting these will not necessarily make you competitive for selection. Consider this your warning! **Also, you are not competing against other candidates for an MRC seat. There is no maximum number of selects per course. BE PREPARED AND GET SELECTED.** The following is a list of the minimum physical standards you will be assessed on:

Screening Week

- Marine Corps Standard Height and Weight (failure to meet standards will result in dismissal)
- PFT – YOU MUST achieve a 1st Class PFT for YOUR age on the male scale regardless of gender.
- Swim 300-meter in MARPAT (no boots) in 13 minutes or less.
- Tower Entry
- 25-meter underwater crossover
- 15-foot rifle retrieval
- Water Survival Proficient (WSP)
- 8-mile movement underload (45lbs dry) in 2 hours or less
- CFT- YOU MUST achieve a 2nd class for YOUR age on the male scale regardless of gender.
- 5-mile run in 40 minutes or less
- 500-meter swim in 12:30 or less (slick) (Highly encouraged however, not a pass/fail)
- Maintain a ruck pace of 15 min/mile for up to 10-miles (2.5 hours or less). For optimal performance, you are encouraged to train beyond 12-miles at the 15 min/mile pace.

Again, this cannot be stressed enough, the list above are the MINIMUM standards. Training to the minimum standard is NOT recommended. To be competitive you should have: **at least a 260-PFT or higher, with 17-Pullups, 20:50 on the 3-mile run, 9 minutes or less on the 300-meter swim, 1:42:00 on the 8-mile ruck, 35:00 5-mile run, and a 2:05:00 for enlisted Marines and 1:59:00 for Marine officers on the 10-mile ruck.**

In addition to passing the above physical standards, you should be prepared to conduct pool PT sessions which include: rifle retrieval, brick passes, 25-meter underwater crossovers, treads, and simulated rescues.

These are the physical standards on which you will be evaluated. In addition, while at Assessment and Selection, you are also going to be assessed on the following attributes:

- Integrity
- Effective Intelligence
- Physical Ability
- Adaptability
- Initiative
- Determination
- Dependability
- Teamwork
- Interpersonal Skills
- Stress Tolerance

Furthermore, report to A&S with all the items on the required gear list! The A&S staff does not have the ability to provide every candidate with gear. Gear is issued on a case-by-case basis with prior notification by recruiting.

It sounds like Herculean task, and it is, but a little advice for those who believe you have what it takes, Assessment and Selection is conducted one event at a time, one day at time. Others have made it, so it is not an impossible task. Your ability to finish and be selected will largely be dependent on how much you prepared prior to reporting. Again, the intent of this letter is to cut through the noise and reduce the ambiguity of what it takes to be a Raider. So, lets wrap this up with a motivational video...

<https://youtu.be/gDWjw1Acq1s?si=qQiA9LDjyz8yFrG0>

V/R

Marine Raider Training Center Staff at Assessment and Selection