



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 Critical Skills Operator or Special Operations Officer. The focus for this letter will be the standards needed for successful completion of Assessment and Selection. 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 after your arrival here; you must arrive prepared to perform on demand. The first and most important part of the assessment *is* your individual preparation.

Assessment and Selection will be broken into two elements, 1. Screening/Training and 2. Assessment and Selection. You should plan on approximately 4.5 weeks of events to complete Assessment and Selection.

You will be tested and assessed 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 to the Marine Raider Course (MRC).

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 train for this assignment, they include:

- The Train Heroic App
- 10-Week Training Guide

Either resource can be used and is highly encouraged to be used in your fitness preparation for attending A&S. It is imperative to reiterate that you need to be prepared prior to check-in and should plan to conduct a training program geared toward least 10 weeks of training.

Your preparation should go beyond physical and include honing your land navigation skills and swimming skills. The links below are a couple short MarineNet courses 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, A&S recommends acquiring the WSI qualification prior to your arrival. This qualification is the aquatic qualification you will be assessed on during A&S screening. You are also encouraged to conduct swims using the breast or side stroke while wearing the utility uniform for distances that exceed 500 meters in your training regimen.

Phase I, or Screening, of Assessment and Selection is not a 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. **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 screening events and the minimum physical standards you will be assessed on:

Screening Week

- Marine Corps Standard Height and Weight / BF Composition (failure to meet HT/WT standards will result in dismissal)
- PFT – Minimums: of 6-Pull ups, 24:51-Run, 1:10-Plank. **HOWEVER, YOU MUST** achieve a 1st Class PFT for **YOUR** age and gender to remain in the course.
- Swim 300-meter in utilities (no boots) in 13 minutes or less.
- High Tower pool entry
- 25-meter underwater crossover
- 15-foot rifle retrieval
- Water Survival Intermediate (WSI)
- 8-mile movement under load (45lbs dry) in 2 hours or less
- CFT – minimums: 60 ammo can lifts, 3:26 movement to contact, 3:12 movement under fire. **YOU MUST** achieve a 2nd class for **YOUR** age and gender to remain in the course.
- 5-mile run in 40 minutes or less
- 500-meter swim in 12:30 or less (slick – shorts and T-shirt)
- 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 under load of 45 LBS (dry weight).
*Dry weight does not include camel back and 2 quart canteen which will also be carried along with 2 MRE's.

The list above outlines the MINIMUM standards. Training just to the minimum standard is NOT recommended. Competitive candidates have the following: at least a 260-PFT or higher with 17-Pullups and 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 2:30:00 on the 10-mile ruck.

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

While at Assessment and Selection, you are going to be continually assessed on the following attributes:

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

Lastly, 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 and requires notification and coordination with your recruiter on missing gear issues prior to your arrival at A&S.

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 prepare prior to reporting and your desire to become a Marine Raider.

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

V/R

Marine Raider Training Center

Assessment and Selection Branch