

PST/INTERVIEWS FOR GREAT NECK, NY

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 1115

Arrive min 15 early to ensure you have time to warm-up. BE READY TO START THE PST @ 1115

LOCATION

Ohara Hall, Just inside main gate on left-hand side

DIRECTIONS

From GW Bridge: Take Cross Bronx Expressway to Throgs Neck Bridge. Stay right onto Cross Island Parkway South. Take Northern Blvd. exit East (2nd exit). Travel about 3 miles and take left fork onto Great Neck Road. Follow this road over railroad bridge and continue on along Bayview Ave. and Kings Point Rd. (the road changes names) to Steamboat Rd. (entire distance is approx. 3 miles). Turn left onto Steamboat Rd. and proceed to Academy main gate. Inform the guard that you are there for the physical screening test in Ohara Hall (which is the gym, located just inside the main gate to your left).

From Verrazano Bridge: Get off bridge onto Brooklyn-Queens Expressway (BQE). Follow BQE to the Long Island Expressway (48th St.). Take Long Island Expressway East to Little Neck Parkway. Exit expressway and turn left at traffic light onto Little Neck Parkway. Follow for one mile to Northern Blvd. Turn right onto Northern Blvd. and go 5 blocks to Great Neck Rd. See from Great Neck Rd. above for final directions to Academy.

From Eastern Long Island: Take Long Island Expressway West to Exit 33 (Community Drive). Follow Community Drive to East Shore Rd. to Hicks Lane (from Community to Hicks is the same road it just changes names) to Middle Neck Rd. Go right onto Middle Neck Rd. to Steamboat Rd. (very next light). Turn left onto Steamboat and follow straight into Academy main gate

Gear List

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

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, *AW 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