

**EXHIBIT 1****PHYSICAL SCREENING TEST: DIVER/EOD/SEAL/UCT**

Minimum standards only.

	<b>Exercise</b>	<b>No.</b>	<b>SEAL Time</b>	<b>Diver/ EOD/UCT Time</b>
1	<b>MASK/FIN/SNORKEL SWIM (EOD/Divers ONLY):</b> Applicant will swim 50 meters with mask, fins, and snorkel to show waterborne confidence. No time limit.			
2	<b>SWIM:</b> In swimwear, swim nonstop 500 yards utilizing the side or breaststroke. Applicant may push off pool sides during turns.		12 MIN 30 SEC	14 MIN
3	10-minute rest period			
4	<b>PUSH-UPS:</b> The exercise will be performed in accordance with OPNAVINST 6110.1F.	42	2 MIN	2 MIN
5	2-minute rest period			
6	<b>CURL-UPS:</b> The exercise will be performed in accordance with OPNAVINST 6110.1F.	50	2 MIN	2 MIN
7	2-minute rest period			
8	<b>PULL-UPS:</b> The exercise will be performed by grasping the pull-up bar and hanging straight down. Hands should be placed on the bar with palms away, at shoulder width. Repetitions will be counted aloud by applicants each time they pull their chin over the bar. Applicants shall not swing or bicycle their feet and must maintain a vertical position during exercise.	6	N/A	N/A
9	10-minute rest period			
10	<b>RUN 1.5 MILES:</b> SEAL candidates must wear full-length trousers and either combat boots or high top boondocker shoes. EOD/Diver candidates wear sneakers and shorts.		11 MIN 30 SEC	12 MIN 45 SEC

**Note:** Applicants for Special Operations Officer training must complete the physical screening test for EOD.