



DEPARTMENT OF THE NAVY

NAVY RECRUITING DISTRICT OHIO  
P.O. BOX 3990  
COLUMBUS, OHIO 43218-3990

Canc frp: Jul 14

NAVCRUITDISTOHIONOTE 6110

N00

3 MAY 2014

NAVCRUITDISTOHIO NOTICE 6110

Subj: CYCLE 1 2014 SEMI-ANNUAL COMMAND PHYSICAL FITNESS  
ASSESSMENT (PFA)

Ref: (a) OPNAVINST 6110.1J

1. Per reference (a), Navy Recruiting District Ohio's Semi-Annual PFA will be held on 13 June 2014 with a make-up on 20 June 2014.

a. Risk factor screenings are available on BUPERS On-Line <https://www.bol.navy.mil> under PRIMS and are required to be completed by 18 April 2014. Division Chiefs will verify the division is complete.

b. PARFQs with any "YES" answers must be printed and taken to PCM to be medically cleared to participate in the PFA and be forwarded to CFL.

c. Medical waivers (SF600 and doctor's note) shall be completed and provided to the CFL prior to 25 April 2014. The doctor's note must indicate any event waived (ie: push-ups, curl-ups, 1.5 mile run). Waivers must be accurate and signed/stamped by PCM, and include medical documents for reason of waiver. Medical waivers submitted after 25 April 2014 (except for last minute injuries) will result in a PFA failure.

2. PFA Dates:

02 May at 1000 - Columbus DSCC, CFL/ACFLs Early PFA

20 May at 1000 - NOSC Cincinnati, Divisions 7 and 9

(Bike/Elliptical ONLY)

21 May at 1000 - Sandusky High School, Divisions 1, 3, 6 and Cleveland MEPS (Bike/Elliptical ONLY under 3 hours from HQ)

22 May at 1000 - Columbus DSCC, HQ, Divisions 2, 4, 5  
Columbus MEPS (Bike/Elliptical ONLY)

13 June at 1000 - Columbus DSCC, Command PFA, all personnel for 1.5 mile run/swim. Division 8, 10, MEPS Louisville Bike/Elliptical as well.

20 June at 1000 - Makeup/FINAL PFA

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3. BCA DATES:

18 March - 01 May - Early BCA, CFL/ACFLs  
01 May - 12 June - Command PRT  
15 May - 19 June - Straggler/Final BCA

4. If the PFA cannot be completed on 13 June 2014 due to inclement weather, it will be conducted on the straggler date (20 June 2014) at the listed locations.



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<http://www.cnrc.navy.mil/Ohio/Latest-Info.htm>