



Tampa

Military Entrance Processing Station
3520 West Waters Avenue, Tampa, Florida
Phone: (813) 462-3100



Lieutenant Commander Tamarah Grant

United States Navy

Lieutenant Commander Tamarah Grant is the commander of the MEPS Military Entrance Processing Station and supports the USMEPCOM mission of evaluating applicants by applying Department of Defense standards in processing and determining eligibility for military service.

She received her commission through Officer Candidate School in Newport, Rhode Island in 2013.

She served as Operations Intelligence Division Officer, Main Propulsion Division Officer, and Engineering Training Officer aboard the USS Cole homeported in Norfolk, Virginia; Region Personnel Officer for Naval District Washington in Washington, D.C.; Enlisted/Officer Programs Officer, Operations Officer, Talent Acquisition Onboarding Center (TAOC)-Raleigh Officer-in-Charge, and Chief Staff Officer for Navy Talent Acquisition Group Raleigh in North Carolina; and Fleet Metrics Analyst at US Fleet Forces, in Norfolk, Virginia.

Her military education includes the Human Resources Introductory Course, Intermediate Leadership Course, Command Leadership Course, Senior Leader Legal Course, Professional in Human Resources Certificate from HRCI, and Joint Professional Military Education Phase One from the Naval Postgraduate School in Monterey, California. She obtained a Bachelor of Arts in communication from East Carolina University in Greenville, North Carolina and a Master of Science in human resources from Western Carolina University in Cullowhee, North Carolina.

Lieutenant Commander Tamarah Grant's awards include four Navy and Marine Corp Commendation Medals, a Navy and Marine Corps Achievement Medal and various service, unit and personal medals and ribbons.