

KOAK

Metro Oakland Intl

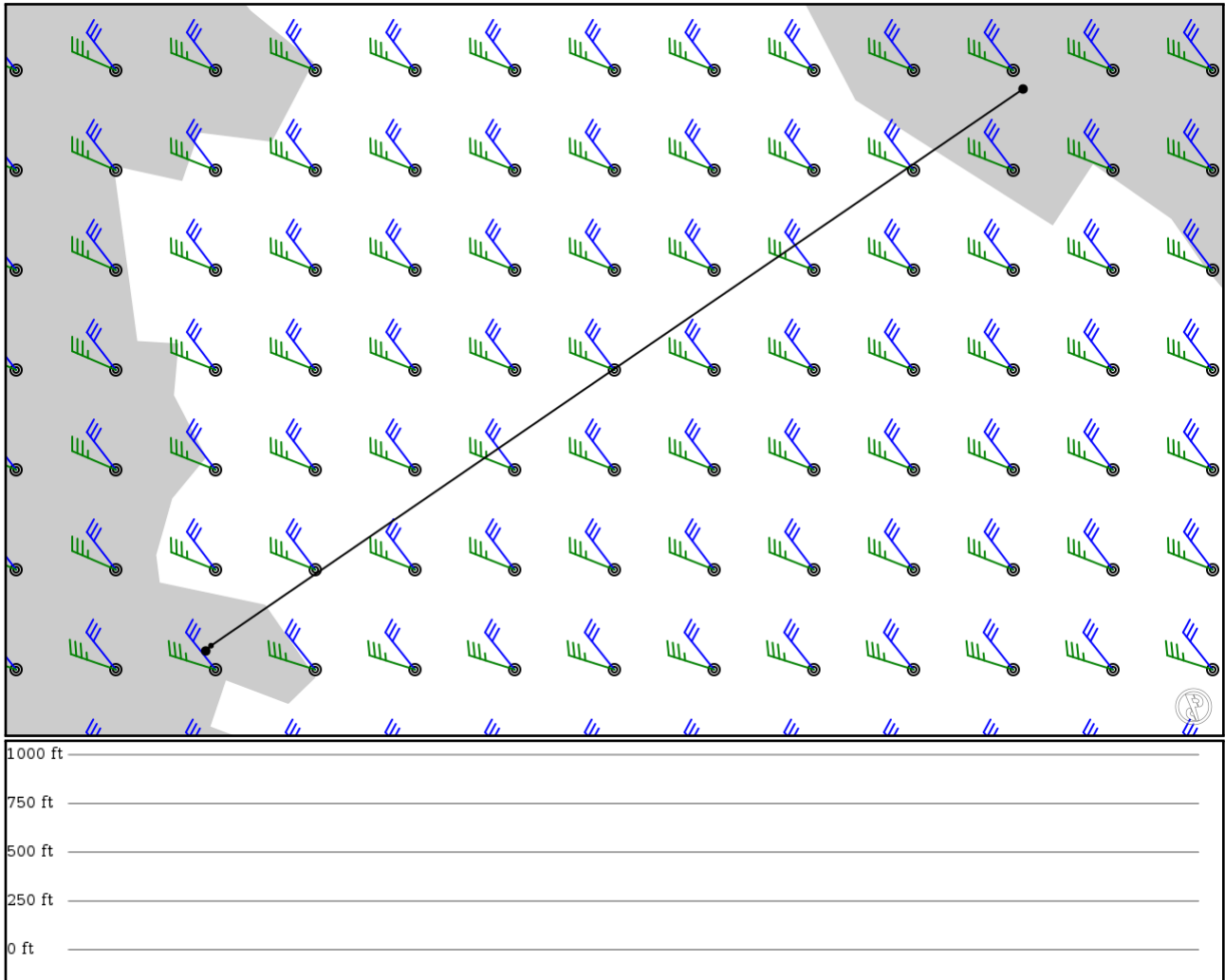
KSFO

San Francisco Intl

2024/05/08 2228Z

KOAK SFO KSFO

9.75 nm / 18.07 km



Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 35000ft
- Cruise Speed: 420kts
- Descent Rate: 1500ft/min
- Descent Speed: 250kts

Options:

- Use NATs: yes
- Use PACOTS: yes
- Use low airways: yes
- Use high airways: yes

Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
KOAK	-	37.72490	0 ft	-	Metro Oakland Intl
APT	-	-122.22000	0 m		
SFO	-	37.61950	0 ft	9	SAN FRANCISCO
VOR	-	-122.37400	0 m		
KSFO	-	37.61850	0 ft	0	San Francisco Intl
APT	-	-122.37500	0 m		

KOAK

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 4

Elevation: 8 ft / 2 m
Location: 37.725000 -122.220000
Magnetic Var: 12.841 E

METAR

KOAK 082153Z 33015G20KT 10SM CLR 27/M01 A2991 RMK A02 SLP129 T02671006

TAF

TAF KOAK 081738Z 0818/0924 35015G20KT P6SM SKC FM090300 32011KT P6SM SKC WS020/01035KT FM090700 35006KT P6SM SKC V

Frequencies

REC - 133.77 MHz - OAKLAND ATIS	COM - 122.95 MHz - OAKLAND UNICOM
CLD - 121.10 MHz - OAKLAND CLEARANCE DELIVERY	GND - 121.90 MHz - OAKLAND GROUND NORTH
GND - 121.75 MHz - OAKLAND GROUND SOUTH	TWR - 118.30 MHz - OAKLAND TOWER NORTH
TWR - 127.20 MHz - OAKLAND TOWER SOUTH	TWR - 124.90 MHz - OAKLAND TOWER SOUTH
APP - 125.35 MHz - NORCAL APPROACH	APP - 128.32 MHz - NORCAL APPROACH EAST
APP - 135.10 MHz - NORCAL APPROACH EAST	APP - 133.95 MHz - NORCAL APPROACH WEST
APP - 134.50 MHz - NORCAL APPROACH WEST	DEP - 120.90 MHz - NORCAL DEPARTURE NORTH WEST
DEP - 135.10 MHz - NORCAL DEPARTURE WEST	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12	150 ft	10,530 ft	130.11	ASPHALT	0 ft	397 ft
	46 m	3,210 m	117.27		0 m	121 m
30	150 ft	10,530 ft	310.13	ASPHALT	128 ft	397 ft
	46 m	3,210 m	297.29		39 m	121 m
10R	150 ft	6,219 ft	112.25	ASPHALT	0 ft	774 ft
	46 m	1,896 m	99.41		0 m	236 m
28L	150 ft	6,219 ft	292.27	ASPHALT	0 ft	390 ft
	46 m	1,896 m	279.43		0 m	119 m
10L	150 ft	5,463 ft	112.24	ASPHALT	0 ft	390 ft
	46 m	1,665 m	99.40		0 m	119 m
28R	150 ft	5,463 ft	292.25	ASPHALT	0 ft	259 ft
	46 m	1,665 m	279.41		0 m	79 m
15	75 ft	3,379 ft	164.48	ASPHALT	0 ft	0 ft
	23 m	1,030 m	151.64		0 m	0 m
33	75 ft	3,379 ft	344.48	ASPHALT	0 ft	0 ft
	23 m	1,030 m	331.64		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
12	LOC-ILS	IAAZ	111.90 MHz	18 nm	130.11	-	8 ft
				33 km	117.27		8 m
28R	LOC-ILS	IOAK	109.90 MHz	18 nm	292.25	-	8 ft
				33 km	279.41		8 m
30	LOC-ILS	IINB	108.70 MHz	18 nm	310.11	-	8 ft
				33 km	297.27		8 m
12	GS	IAAZ	111.90 MHz	10 nm	130.11	2.75	8 ft
				19 km	117.27		8 m
28R	GS	IOAK	109.90 MHz	10 nm	292.25	3.00	8 ft
				19 km	279.41		8 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
30	GS	IINB	108.70 MHz	10 nm	310.11	3.00	8 ft
				19 km	297.27		8 m

KSFO

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 4

Elevation: 13 ft / 4 m
Location: 37.618500 -122.375000
Magnetic Var: 12.844 E

METAR

KSFO 082156Z 29015G20KT 10SM CLR 24/05 A2991 RMK AO2 PK WND 01030/2120 SLP128 T02440050 \$

TAF

KSFO 082128Z 0821/0924 01015G20KT P6SM SKC FM082300 35015G25KT P6SM SKC FM090300 33013KT P6SM SKC FM090800 34007KT

Frequencies

REC - 113.70 MHz - D-ATIS	REC - 115.80 MHz - D-ATIS
REC - 118.85 MHz - D-ATIS	COM - 122.95 MHz - UNICOM
CLD - 118.20 MHz -	GND - 121.80 MHz - SAN FRANCISCO GROUND
SAN FRANCISCO CLEARANCE DELIVERY	APP - 134.50 MHz - NORCAL APPROACH
TWR - 120.50 MHz - SAN FRANCISCO TOWER	APP - 128.57 MHz - NORCAL APPROACH
APP - 128.32 MHz - NORCAL APPROACH	DEP - 120.90 MHz - NORCAL DEPARTURE
APP - 133.95 MHz - NORCAL APPROACH	
DEP - 135.10 MHz - NORCAL DEPARTURE	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
10L	200 ft	11,859 ft	117.90	ASPHALT	0 ft	876 ft
	61 m	3,615 m	105.05		0 m	267 m
28R	200 ft	11,859 ft	297.92	ASPHALT	302 ft	318 ft
	61 m	3,615 m	285.08		92 m	97 m
10R	200 ft	11,371 ft	117.90	ASPHALT	0 ft	748 ft
	61 m	3,466 m	105.05		0 m	228 m
28L	200 ft	11,371 ft	297.92	ASPHALT	305 ft	322 ft
	61 m	3,466 m	285.07		93 m	98 m
01R	200 ft	8,665 ft	27.71	ASPHALT	564 ft	404 ft
	61 m	2,641 m	14.87		172 m	123 m
19L	200 ft	8,665 ft	207.72	ASPHALT	0 ft	443 ft
	61 m	2,641 m	194.88		0 m	135 m
01L	200 ft	7,664 ft	27.71	ASPHALT	643 ft	469 ft
	61 m	2,336 m	14.87		196 m	143 m
19R	200 ft	7,664 ft	207.72	ASPHALT	0 ft	446 ft
	61 m	2,336 m	194.87		0 m	136 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
19L	DME	ISIA	108.90 MHz	18 nm	-	-	24 ft
				33 km	-		24 m
28L	DME	ISFO	109.55 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
28R	DME	IGWQ	111.70 MHz	18 nm	-	-	17 ft
				33 km	-		17 m
28R	DME	IFNP	110.75 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
19L	LOC-ILS	ISIA	108.90 MHz	18 nm	207.72	-	13 ft
				33 km	194.88		13 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
28L	LOC-ILS	ISFO	109.55 MHz	18 nm	297.91	-	13 ft
				33 km	285.07		13 m
28R	LOC-ILS	IGWQ	111.70 MHz	18 nm	297.91	-	13 ft
				33 km	285.07		13 m
19L	GS	ISIA	108.90 MHz	10 nm	207.72	3.00	13 ft
				19 km	194.88		13 m
28L	GS	ISFO	109.55 MHz	10 nm	297.91	2.85	13 ft
				19 km	285.07		13 m
28R	GS	IGWQ	111.70 MHz	10 nm	297.91	3.00	13 ft
				19 km	285.07		13 m