

# KJFK

John F Kennedy Int'l

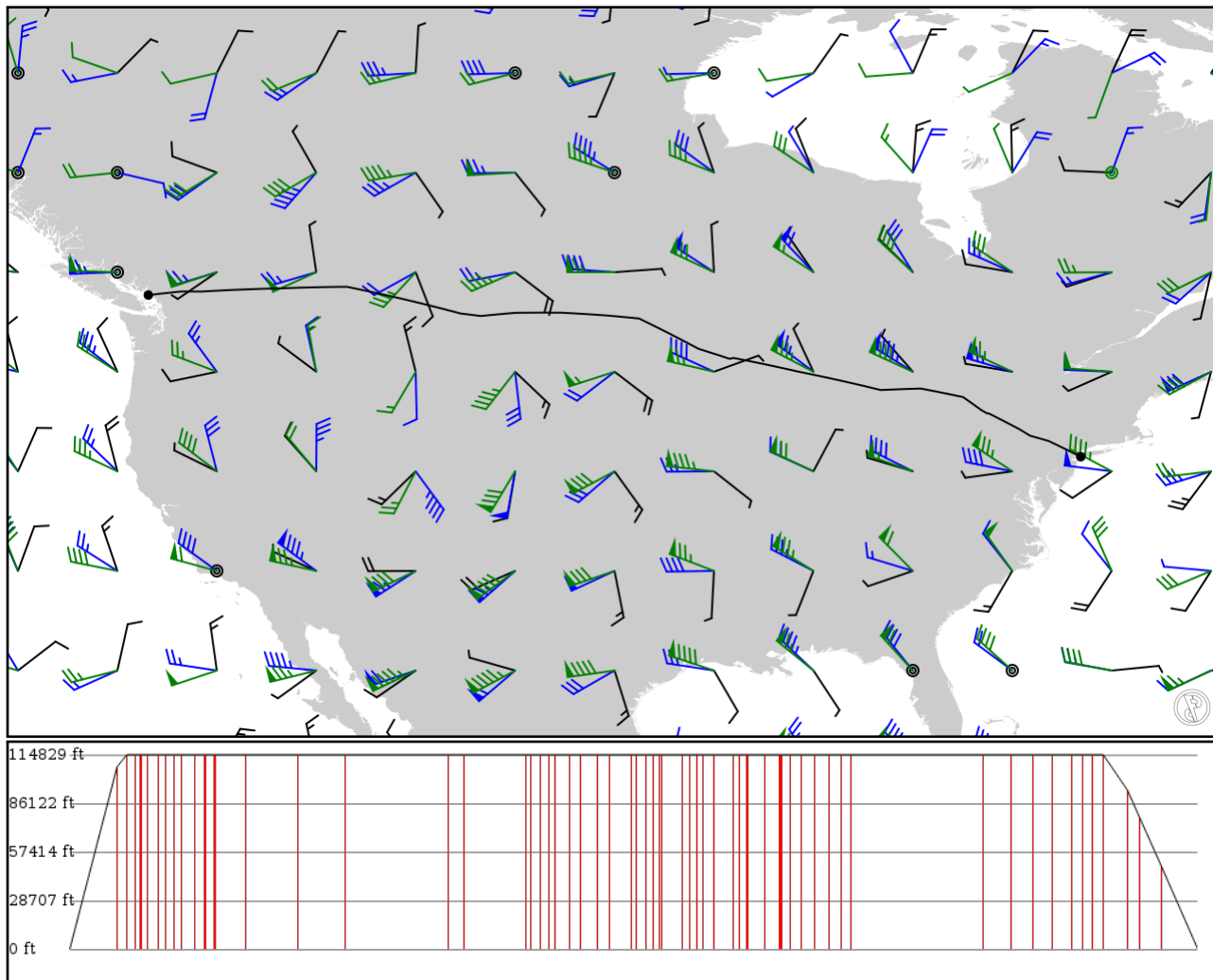
# CYVR

Vancouver Int'l

2024/05/13 0652Z

KJFK LAAYK **Q436** LHY45 TWIIN **V147** ULW **V36** BUF WOZEE **Q917** PEPLA **Q140** CESNA RZN **V55** GFK **V430** GGW  
**J478** YQL **V300** YXC **J500** HE CYVR

2168.86 nm / 4016.73 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
KJFK APT	-	40.63990 -73.77870	0 ft 0 m	-	John F Kennedy Int'l
LAAYK FIX	-	41.47570 -75.48260	32,800 ft 9,997 m	92	-
YYOST FIX	Q436 AWY-HI	41.58270 -75.85590	35,000 ft 10,668 m	17	-
DGRAF FIX	Q436 AWY-HI	41.68630 -76.22250	35,000 ft 10,668 m	17	-
LHY45 FIX	Q436 AWY-HI	41.74210 -76.42240	35,000 ft 10,668 m	9	-
TWIIN FIX	-	41.74940 -76.45700	35,000 ft 10,668 m	1	-
BIPOD FIX	V147 AWY-LO	41.87820 -76.66780	35,000 ft 10,668 m	12	-
ULW VOR	V147 AWY-LO	42.09420 -77.02480	35,000 ft 10,668 m	20	ELMIRA
THINK FIX	V36 AWY-LO	42.22870 -77.28030	35,000 ft 10,668 m	13	-
HORNE FIX	V36 AWY-LO	42.38920 -77.58780	35,000 ft 10,668 m	16	-
BURST FIX	V36 AWY-LO	42.52230 -77.84540	35,000 ft 10,668 m	13	-
DALEE FIX	V36 AWY-LO	42.75630 -78.30360	35,000 ft 10,668 m	24	-
BUF VOR	V36 AWY-LO	42.92900 -78.64630	35,000 ft 10,668 m	18	BUFFALO
WOZEE FIX	-	42.93380 -78.73880	35,000 ft 10,668 m	4	-
HOZIR FIX	Q917 AWY-HI	43.10100 -79.03480	35,000 ft 10,668 m	16	-
PIKSA FIX	Q917 AWY-HI	43.12890 -79.07320	35,000 ft 10,668 m	2	-
PEPLA FIX	Q917 AWY-HI	43.79750 -80.01490	35,000 ft 10,668 m	57	-
RUBKI FIX	Q140 AWY-HI	44.24890 -82.25720	35,000 ft 10,668 m	100	-
DAYYY FIX	Q140 AWY-HI	44.16940 -84.37310	35,000 ft 10,668 m	91	-
EEGEE FIX	Q140 AWY-HI	45.14810 -88.76610	35,000 ft 10,668 m	196	-
WISCN FIX	Q140 AWY-HI	45.30540 -89.46500	35,000 ft 10,668 m	31	-
CESNA FIX	Q140 AWY-HI	45.87060 -92.18310	35,000 ft 10,668 m	119	-
RZN VOR	-	45.82040 -92.37450	35,000 ft 10,668 m	8	SIREN
ZOVNA FIX	V55 AWY-LO	45.96180 -92.80670	35,000 ft 10,668 m	19	-
WENIB FIX	V55 AWY-LO	46.06770 -93.13500	35,000 ft 10,668 m	15	-
LINDR FIX	V55 AWY-LO	46.16180 -93.43020	35,000 ft 10,668 m	13	-
BRD	V55	46.34830	35,000 ft	27	BRAINERD VORTAC

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
DME	AWY-LO	-94.02600	10,668 m		
CUCAC	V55	46.56290	35,000 ft	21	-
FIX	AWY-LO	-94.42920	10,668 m		
PKD	V55	46.89820	35,000 ft	33	PARK RAPIDS
VOR	AWY-LO	-95.07090	10,668 m		
STRAW	V55	47.13380	35,000 ft	23	-
FIX	AWY-LO	-95.52850	10,668 m		
BETRA	V55	47.53910	35,000 ft	40	-
FIX	AWY-LO	-96.33400	10,668 m		
AKKIF	V55	47.62930	35,000 ft	9	-
FIX	AWY-LO	-96.51660	10,668 m		
JIXIR	V55	47.81490	35,000 ft	18	-
FIX	AWY-LO	-96.89580	10,668 m		
GFK	V55	47.95480	35,000 ft	14	GRAND FORKS
VOR	AWY-LO	-97.18540	10,668 m		
DITRE	V430	47.98410	35,000 ft	11	-
FIX	AWY-LO	-97.47980	10,668 m		
BISCA	V430	47.99600	35,000 ft	4	-
FIX	AWY-LO	-97.60260	10,668 m		
NERDE	V430	48.08310	35,000 ft	38	-
FIX	AWY-LO	-98.54260	10,668 m		
DVL	V430	48.11520	35,000 ft	14	DEVILS LAKE
VOR	AWY-LO	-98.91250	10,668 m		
SCULY	V430	48.13930	35,000 ft	13	-
FIX	AWY-LO	-99.25500	10,668 m		
CAREW	V430	48.15790	35,000 ft	11	-
FIX	AWY-LO	-99.53130	10,668 m		
BALTA	V430	48.19070	35,000 ft	20	-
FIX	AWY-LO	-100.04800	10,668 m		
ORMIE	V430	48.24350	35,000 ft	36	-
FIX	AWY-LO	-100.96400	10,668 m		
MOT	V430	48.26030	35,000 ft	12	MINOT
VOR	AWY-LO	-101.28700	10,668 m		
CUDRI	V430	48.26250	35,000 ft	12	-
FIX	AWY-LO	-101.61100	10,668 m		
WELOG	V430	48.26270	35,000 ft	2	-
FIX	AWY-LO	-101.67100	10,668 m		
ERUVE	V430	48.26350	35,000 ft	33	-
FIX	AWY-LO	-102.51900	10,668 m		
FONIA	V430	48.25970	35,000 ft	26	-
FIX	AWY-LO	-103.17700	10,668 m		
UNCUP	V430	48.25910	35,000 ft	2	-
FIX	AWY-LO	-103.25200	10,668 m		
OFBUF	V430	48.25860	35,000 ft	1	-
FIX	AWY-LO	-103.30200	10,668 m		
ISN	V430	48.25340	35,000 ft	17	WILLISTON
VOR	AWY-LO	-103.75100	10,668 m		
OFEGY	V430	48.21090	35,000 ft	19	-
FIX	AWY-LO	-104.24500	10,668 m		
RILMY	V430	48.15430	35,000 ft	25	-
FIX	AWY-LO	-104.86900	10,668 m		
DORIA	V430	48.08610	35,000 ft	28	-
FIX	AWY-LO	-105.57300	10,668 m		
NEGAE	V430	48.15640	35,000 ft	22	-
FIX	AWY-LO	-106.13500	10,668 m		
GGW	V430	48.21530	35,000 ft	19	GLASGOW

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
VOR	AWY-LO	-106.62500	10,668 m		
YQL	J478	49.63440	35,000 ft	253	LETHBRIDGE
VOR	AWY-HI	-112.66800	10,668 m		
COWLE	V300	49.61470	35,000 ft	53	-
FIX	AWY-LO	-114.03800	10,668 m		
FIRNI	V300	49.58670	35,000 ft	42	-
FIX	AWY-LO	-115.13900	10,668 m		
YXC	V300	49.55430	35,000 ft	37	CRANBROOK
VOR	AWY-LO	-116.08800	10,668 m		
ERVYN	J500	49.53000	35,000 ft	37	-
FIX	AWY-HI	-117.04200	10,668 m		
LOCAN	J500	49.51240	35,000 ft	19	-
FIX	AWY-HI	-117.55200	10,668 m		
DASBI	J500	49.49330	35,000 ft	19	-
FIX	AWY-HI	-118.06200	10,668 m		
SENSA	J500	49.47320	35,000 ft	20	-
FIX	AWY-HI	-118.59200	10,668 m		
EMETO	J500	49.41330	28,600 ft	46	-
FIX	AWY-HI	-119.79100	8,717 m		
YDC	J500	49.38150	23,700 ft	22	PRINCETON
VOR	AWY-HI	-120.37400	7,224 m		
HE	J500	49.38650	14,900 ft	41	HOPE
NDB	AWY-HI	-121.42400	4,542 m		
CYVR	-	49.19400	0 ft	69	Vancouver Intl
APT	-	-123.18500	0 m		

## KJFK

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 4

Elevation: 12 ft / 4 m  
Location: 40.640100 -73.776500  
Magnetic Var: 12.819 W

## METAR

KJFK 130551Z 25011KT 10SM FEW040 FEW250 10/07 A3004 RMK A02 SLP171 T01000072 10106 20100 53007

## TAF

TAF KJFK 130523Z 1306/1412 24007KT P6SM FEW040 SCT250 FM131400 21009KT P6SM SCT250 FM131700 18015G21KT P6SM SCT10

## Frequencies

REC - 115.40 MHz - D-ATIS	REC - 117.70 MHz - D-ATIS
REC - 128.72 MHz - D-ATIS	COM - 122.95 MHz - UNICOM
CLD - 135.05 MHz - CLEARANCE DELIVERY	GND - 121.90 MHz - KENNEDY GROUND
GND - 121.65 MHz - KENNEDY GROUND	TWR - 119.10 MHz - KENNEDY TOWER
TWR - 123.90 MHz - KENNEDY TOWER	APP - 125.70 MHz - NEW YORK APPROACH
APP - 128.12 MHz - NEW YORK APPROACH	APP - 118.40 MHz - NEW YORK APPROACH
APP - 123.70 MHz - NEW YORK APPROACH	APP - 126.80 MHz - NEW YORK APPROACH
APP - 132.40 MHz - NEW YORK APPROACH	APP - 134.35 MHz - NEW YORK APPROACH
DEP - 135.90 MHz - NEW YORK DEPARTURE	DEP - 123.70 MHz - NEW YORK DEPARTURE
DEP - 124.75 MHz - NEW YORK DEPARTURE	DEP - 134.35 MHz - NEW YORK DEPARTURE

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
13R	200 ft	14,526 ft	120.83	CONCRETE	2,057 ft	390 ft
	61 m	4,428 m	133.65		627 m	119 m
31L	200 ft	14,526 ft	300.86	CONCRETE	3,271 ft	495 ft
	61 m	4,428 m	313.68		997 m	151 m
13L	151 ft	10,010 ft	120.85	CONCRETE	912 ft	387 ft
	46 m	3,051 m	133.67		278 m	118 m
31R	151 ft	10,010 ft	300.87	CONCRETE	1,037 ft	177 ft
	46 m	3,051 m	313.69		316 m	54 m
04R	200 ft	8,407 ft	30.67	ASPHALT	0 ft	440 ft
	61 m	2,562 m	43.49		0 m	134 m
22L	200 ft	8,407 ft	210.68	ASPHALT	0 ft	505 ft
	61 m	2,562 m	223.50		0 m	154 m
04L	200 ft	12,091 ft	30.67	CONCRETE	459 ft	200 ft
	61 m	3,685 m	43.49		140 m	61 m
22R	200 ft	12,091 ft	210.68	CONCRETE	3,425 ft	407 ft
	61 m	3,685 m	223.50		1,044 m	124 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
04L	DME	IHIQ	110.90 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
04R	DME	IJFK	109.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
13L	DME	ITLK	111.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
22L	DME	IIWY	110.90 MHz	18 nm	-	-	13 ft
				33 km	-		13 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22R	DME	IJOC	109.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
31R	DME	IRTH	111.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
04L	LOC-ILS	IHIQ	110.90 MHz	18 nm	30.68	-	12 ft
				33 km	43.50		12 m
04R	LOC-ILS	IJFK	109.50 MHz	18 nm	30.67	-	12 ft
				33 km	43.49		12 m
13L	LOC-ILS	ITLK	111.50 MHz	18 nm	120.87	-	12 ft
				33 km	133.69		12 m
22L	LOC-ILS	IIWY	110.90 MHz	18 nm	210.67	-	12 ft
				33 km	223.49		12 m
22R	LOC-ILS	IJOC	109.50 MHz	18 nm	210.68	-	12 ft
				33 km	223.50		12 m
31L	LOC-ILS	IMOH	111.35 MHz	18 nm	300.84	-	12 ft
				33 km	313.66		12 m
31R	LOC-ILS	IRTH	111.50 MHz	18 nm	300.87	-	12 ft
				33 km	313.69		12 m
04L	GS	IHIQ	110.90 MHz	10 nm	30.68	3.00	12 ft
				19 km	43.50		12 m
04R	GS	IJFK	109.50 MHz	10 nm	30.67	3.00	12 ft
				19 km	43.49		12 m
13L	GS	ITLK	111.50 MHz	10 nm	120.87	3.00	12 ft
				19 km	133.69		12 m
22L	GS	IIWY	110.90 MHz	10 nm	210.67	3.00	12 ft
				19 km	223.49		12 m
22R	GS	IJOC	109.50 MHz	10 nm	210.68	3.00	12 ft
				19 km	223.50		12 m
31L	GS	IMOH	111.35 MHz	10 nm	300.84	3.00	12 ft
				19 km	313.66		12 m
31R	GS	IRTH	111.50 MHz	10 nm	300.87	3.00	12 ft
				19 km	313.69		12 m

## CYVR

Region: CANADA  
Timezone: AMERICA/VANCOUVER  
Runways: 3

Elevation: 13 ft / 4 m  
Location: 49.194000 -123.185000  
Magnetic Var: 15.267 E

## METAR

CYVR 130600Z 31014KT 20SM SCT066 BKN110 14/11 A2996 RMK AC4AC1 SLP149

## TAF

TAF CYVR 130540Z 1306/1412 29015KT P6SM SCT100 TEMPO 1306/1315 BKN100 BECMG 1309/1311 29010KT FM131500 27010KT P6

## Frequencies

REC - 124.60 MHz - ATIS	CLD - 121.40 MHz - CLEARANCE DELIVERY
GND - 121.70 MHz - VANCOUVER GROUND	GND - 127.50 MHz - VANCOUVER GROUND
TWR - 118.70 MHz - VANCOUVER TOWER	TWR - 119.55 MHz - VANCOUVER TOWER
APP - 128.60 MHz - VANCOUVER APPROACH	APP - 133.10 MHz - VANCOUVER APPROACH
DEP - 126.12 MHz - VANCOUVER DEPARTURE	DEP - 132.30 MHz - VANCOUVER DEPARTURE

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
08R	200 ft	10,777 ft	99.88	ASPHALT	0 ft	0 ft
	61 m	3,285 m	84.61		0 m	0 m
26L	200 ft	10,777 ft	279.91	ASPHALT	0 ft	0 ft
	61 m	3,285 m	264.64		0 m	0 m
13	200 ft	7,294 ft	141.92	ASPHALT	0 ft	0 ft
	61 m	2,223 m	126.65		0 m	0 m
31	200 ft	7,294 ft	321.93	ASPHALT	0 ft	0 ft
	61 m	2,223 m	306.67		0 m	0 m
08L	200 ft	9,916 ft	99.89	CONCRETE	0 ft	0 ft
	61 m	3,022 m	84.62		0 m	0 m
26R	200 ft	9,916 ft	279.92	CONCRETE	0 ft	0 ft
	61 m	3,022 m	264.65		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
08L	DME	ITL	110.55 MHz	18 nm	-	-	1 ft
				33 km	-		1 m
08R	DME	IVR	109.50 MHz	18 nm	-	-	4 ft
				33 km	-		4 m
26L	DME	IFZ	111.95 MHz	20 nm	-	-	10 ft
				37 km	-		10 m
26R	DME	IRD	110.70 MHz	20 nm	-	-	10 ft
				37 km	-		10 m
08L	LOC-ILS	ITL	110.55 MHz	18 nm	99.90	-	13 ft
				33 km	84.63		13 m
08R	LOC-ILS	IVR	109.50 MHz	18 nm	99.89	-	13 ft
				33 km	84.62		13 m
13	LOC-ILS	IMK	111.10 MHz	18 nm	141.93	-	13 ft
				33 km	126.66		13 m
26L	LOC-ILS	IFZ	110.70 MHz	18 nm	279.89	-	13 ft
				33 km	264.62		13 m
26R	LOC-ILS	IRD	111.95 MHz	18 nm	279.90	-	13 ft



Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
				33 km	264.63		13 m
08L	GS	ITL	110.55 MHz	10 nm	99.90	3.00	13 ft
				19 km	84.63		13 m
08R	GS	IVR	109.50 MHz	10 nm	99.89	3.00	13 ft
				19 km	84.62		13 m
13	GS	IMK	111.10 MHz	10 nm	141.93	3.00	13 ft
				19 km	126.66		13 m
26L	GS	IFZ	110.70 MHz	10 nm	279.89	3.00	13 ft
				19 km	264.62		13 m
26R	GS	IRD	111.95 MHz	10 nm	279.90	3.00	13 ft
				19 km	264.63		13 m