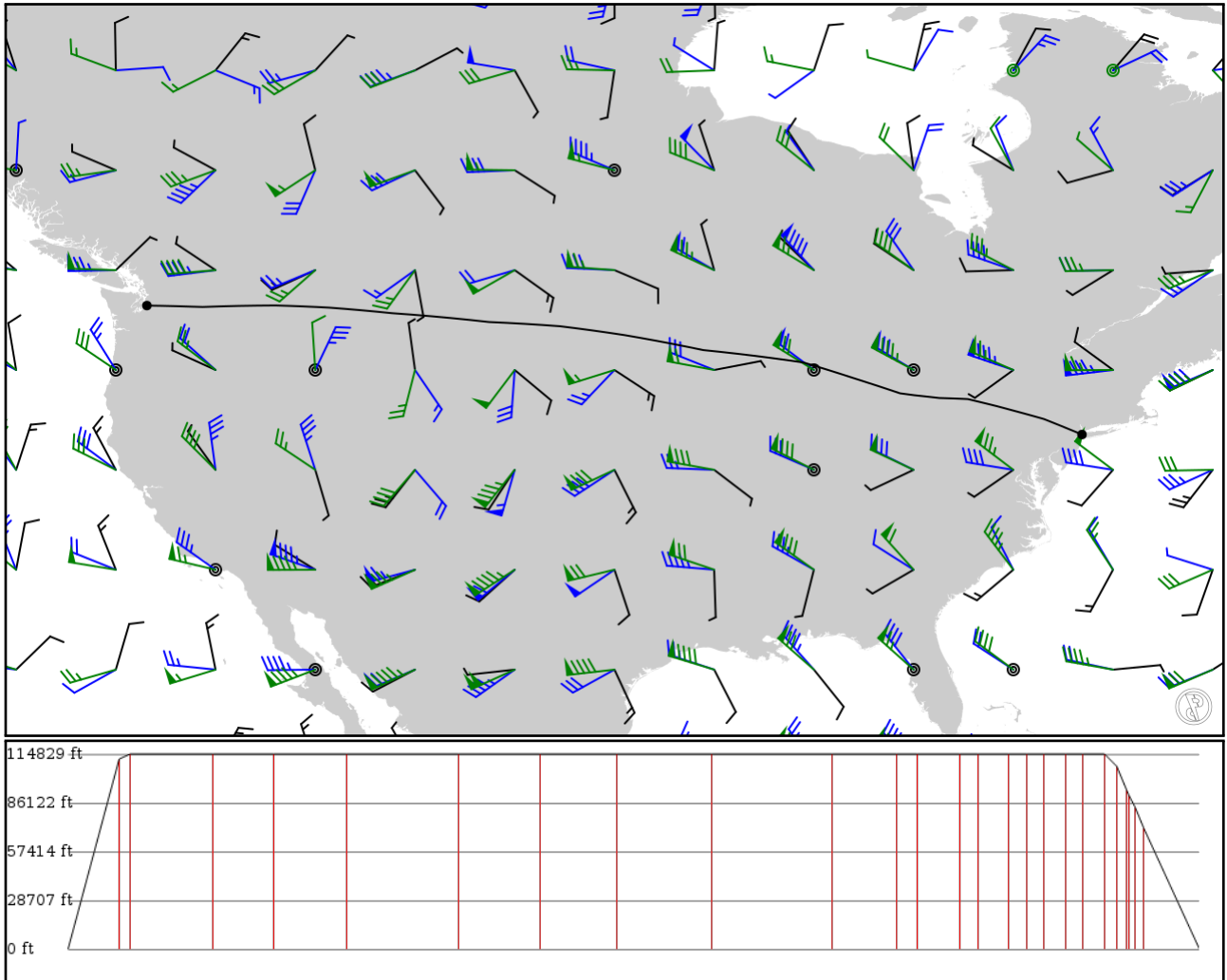


2024/05/03 0533Z

KSEA OZALI V120 EPH J70 MLP Q142 KIXCO Q146 HUFFR Q440 BERYS Q438 RAAKK Q436 YYOST KLGA

2103.94 nm / 3896.50 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
KSEA APT	-	47.45020 -122.31200	0 ft 0 m	-	Seattle Tacoma Intl
OZALI FIX	-	47.39340 -119.96300	34,100 ft 10,394 m	95	-
EPH VOR	V120 AWY-LO	47.37790 -119.42400	35,000 ft 10,668 m	21	EPHRATA
MLP VOR	J70 AWY-HI	47.45690 -115.64600	35,000 ft 10,668 m	153	MULLAN PASS
KEETA FIX	Q142 AWY-HI	47.34420 -112.88100	35,000 ft 10,668 m	112	-
OKVUJ FIX	Q142 AWY-HI	47.05300 -109.59400	35,000 ft 10,668 m	135	-
KIXCO FIX	Q142 AWY-HI	46.59880 -104.59100	35,000 ft 10,668 m	207	-
TIMMR FIX	Q146 AWY-HI	46.38040 -100.90800	35,000 ft 10,668 m	152	-
SMERF FIX	Q146 AWY-HI	45.92110 -97.56900	35,000 ft 10,668 m	141	-
HUFFR FIX	Q146 AWY-HI	45.14680 -93.49160	35,000 ft 10,668 m	177	-
IDIOM FIX	Q440 AWY-HI	44.50500 -88.29920	35,000 ft 10,668 m	224	-
DEANI FIX	Q440 AWY-HI	43.71870 -85.77480	35,000 ft 10,668 m	118	-
SLLAP FIX	Q440 AWY-HI	43.45010 -84.93880	35,000 ft 10,668 m	39	-
BERYS FIX	Q440 AWY-HI	42.90940 -83.29990	35,000 ft 10,668 m	78	-
TWIGS FIX	Q438 AWY-HI	42.80950 -82.55290	35,000 ft 10,668 m	33	-
JAAJA FIX	Q438 AWY-HI	42.66670 -81.26670	35,000 ft 10,668 m	57	-
ICHOL FIX	Q438 AWY-HI	42.64210 -80.50390	35,000 ft 10,668 m	33	-
FARGN FIX	Q438 AWY-HI	42.61170 -79.78850	35,000 ft 10,668 m	31	-
RAAKK FIX	Q438 AWY-HI	42.39970 -78.91080	35,000 ft 10,668 m	40	-
HERBA FIX	Q436 AWY-HI	42.24310 -78.27440	35,000 ft 10,668 m	29	-
REXXY FIX	Q436 AWY-HI	42.01110 -77.40970	35,000 ft 10,668 m	40	-
REBBL FIX	Q436 AWY-HI	41.88270 -76.93280	32,800 ft 9,997 m	22	-
MTCAF FIX	Q436 AWY-HI	41.76980 -76.52240	28,600 ft 8,717 m	19	-
LHY45 FIX	Q436 AWY-HI	41.74210 -76.42240	27,600 ft 8,412 m	4	-
DGRAF FIX	Q436 AWY-HI	41.68630 -76.22250	25,500 ft 7,772 m	9	-
YYOST FIX	Q436 AWY-HI	41.58270 -75.85590	21,800 ft 6,645 m	17	-
KLGA APT	-	40.77720 -73.87260	0 ft 0 m	101	La Guardia

KSEA

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 3

Elevation: 432 ft / 132 m
Location: 47.450200 -122.312000
Magnetic Var: 14.777 E

METAR

KSEA 030453Z 00000KT 10SM CLR 12/04 A3003 RMK A02 SLP175 T01170044

TAF

KSEA 030257Z 0303/0406 32005KT P6SM SKC FM030800 16004KT P6SM SKC FM031500 17004KT P6SM BKN200 FM031800 23008KT P

Frequencies

REC - 118.00 MHz - SEATTLE ATIS
GND - 121.70 MHz - SEATTLE GROUND
TWR - 120.95 MHz - SEATTLE TOWER
DEP - 120.10 MHz - SEATTLE DEPARTURE
CLD - 128.00 MHz - SEATTLE CLEARANCE
TWR - 119.90 MHz - SEATTLE TOWER
APP - 133.65 MHz - SEATTLE APPROACH

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
16L	151 ft	11,904 ft	180.35	CONCRETE	0 ft	400 ft
	46 m	3,628 m	165.57		0 m	122 m
34R	151 ft	11,904 ft	0.35	CONCRETE	0 ft	400 ft
	46 m	3,628 m	345.57		0 m	122 m
16C	151 ft	9,428 ft	180.34	CONCRETE	0 ft	400 ft
	46 m	2,874 m	165.57		0 m	122 m
34C	151 ft	9,428 ft	0.34	CONCRETE	0 ft	397 ft
	46 m	2,874 m	345.57		0 m	121 m
16R	151 ft	8,502 ft	180.34	CONCRETE	0 ft	200 ft
	46 m	2,591 m	165.56		0 m	61 m
34L	151 ft	8,502 ft	0.34	CONCRETE	0 ft	197 ft
	46 m	2,591 m	345.56		0 m	60 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
16C	DME	ISZI	111.70 MHz	18 nm	-	-	470 ft
				33 km	-		470 m
16L	DME	ISNQ	110.30 MHz	18 nm	-	-	369 ft
				33 km	-		369 m
16R	DME	ICJL	110.75 MHz	18 nm	-	-	410 ft
				33 km	-		410 m
34C	DME	ITUC	111.70 MHz	18 nm	-	-	470 ft
				33 km	-		470 m
34L	DME	IB EJ	110.75 MHz	18 nm	-	-	410 ft
				33 km	-		410 m
34R	DME	ISEA	110.30 MHz	18 nm	-	-	469 ft
				33 km	-		469 m
16C	LOC-ILS	ISZI	111.70 MHz	18 nm	180.34	-	355 ft
				33 km	165.56		355 m
16L	LOC-ILS	ISNQ	110.30 MHz	18 nm	180.34	-	338 ft
				33 km	165.57		338 m
16R	LOC-ILS	ICJL	110.75 MHz	18 nm	180.34	-	410 ft
				33 km	165.56		410 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
34C	LOC-ILS	ITUC	111.70 MHz	18 nm	0.34	-	422 ft
				33 km	345.56		422 m
34L	LOC-ILS	IBEJ	110.75 MHz	18 nm	0.34	-	433 ft
				33 km	345.56		433 m
34R	LOC-ILS	ISEA	110.30 MHz	18 nm	0.34	-	428 ft
				33 km	345.57		428 m
16C	GS	ISZI	111.70 MHz	10 nm	180.67	3.00	418 ft
				19 km	165.90		418 m
16L	GS	ISNQ	110.30 MHz	10 nm	180.69	3.00	425 ft
				19 km	165.91		425 m
16R	GS	ICJL	110.75 MHz	10 nm	180.67	3.00	410 ft
				19 km	165.89		410 m
34C	GS	ITUC	111.70 MHz	10 nm	0.67	3.00	367 ft
				19 km	345.90		367 m
34L	GS	IBEJ	110.75 MHz	10 nm	0.67	3.00	360 ft
				19 km	345.89		360 m
34R	GS	ISEA	110.30 MHz	10 nm	0.69	2.75	355 ft
				19 km	345.91		355 m

KLGA

Region: UNITED STATES
Timezone: AMERICA/NEW_YORK
Runways: 2

Elevation: 21 ft / 6 m
Location: 40.777200 -73.872600
Magnetic Var: 12.803 W

METAR

KLGA 030451Z 06014G21KT 10SM CLR 18/07 A3002 RMK A02 SLP165 T01780067 402440106

TAF

KLGA 030224Z 0302/0406 04008KT P6SM FEW250 FM030600 05010G16KT P6SM SCT025 SCT250 FM031200 05012G18KT P6SM BKN025

Frequencies

REC - 125.95 MHz - ATIS ARRIVAL	REC - 127.05 MHz - ATIS DEPARTURE
TWR - 118.70 MHz - LAGUARDIA TOWER	GND - 121.70 MHz - LAGUARDIA GROUND
GND - 121.85 MHz - LAGUARDIA GROUND	GND - 127.67 MHz - LAGUARDIA GROUND
CLD - 121.87 MHz - LAGUARDIA CLEARANCE	CLD - 135.20 MHz - LAGUARDIA CLEARANCE
COM - 122.95 MHz - LAGUARDIA UNICOM	APP - 132.70 MHz - NEW YORK APPROACH
APP - 120.05 MHz - NEW YORK APPROACH	APP - 120.80 MHz - NEW YORK APPROACH
APP - 124.95 MHz - NEW YORK APPROACH	APP - 127.30 MHz - NEW YORK APPROACH
APP - 128.80 MHz - NEW YORK APPROACH	DEP - 120.40 MHz - NEW YORK DEPARTURE
DEP - 124.45 MHz - NEW YORK DEPARTURE	DEP - 127.05 MHz - NEW YORK DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04	150 ft	7,006 ft	32.03	ASPHALT	0 ft	322 ft
	46 m	2,135 m	44.83		0 m	98 m
22	150 ft	7,006 ft	212.04	ASPHALT	0 ft	98 ft
	46 m	2,135 m	224.84		0 m	30 m
13	150 ft	6,994 ft	122.24	ASPHALT	0 ft	95 ft
	46 m	2,132 m	135.04		0 m	29 m
31	150 ft	6,994 ft	302.25	ASPHALT	0 ft	374 ft
	46 m	2,132 m	315.06		0 m	114 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
13	DME	IGDI	108.50 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
31	DME	IPZV	108.50 MHz	18 nm	-	-	22 ft
				33 km	-		22 m
04	LOC-ILS	ILGA	110.50 MHz	18 nm	32.04	-	21 ft
				33 km	44.84		21 m
13	LOC-ILS	IGDI	108.50 MHz	18 nm	122.25	-	21 ft
				33 km	135.05		21 m
22	LOC-ILS	IURD	110.50 MHz	18 nm	212.04	-	21 ft
				33 km	224.84		21 m
31	LOC-LOC	IPZV	108.50 MHz	18 nm	302.25	-	21 ft
				33 km	315.05		21 m
04	GS	ILGA	110.50 MHz	10 nm	32.04	3.10	21 ft
				19 km	44.84		21 m
13	GS	IGDI	108.50 MHz	10 nm	122.25	3.10	21 ft
				19 km	135.05		21 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22	GS	IURD	110.50 MHz	10 nm	212.04	3.00	21 ft
				19 km	224.84		21 m