

# CYOW

Ottawa Macdonald Cartier Intl

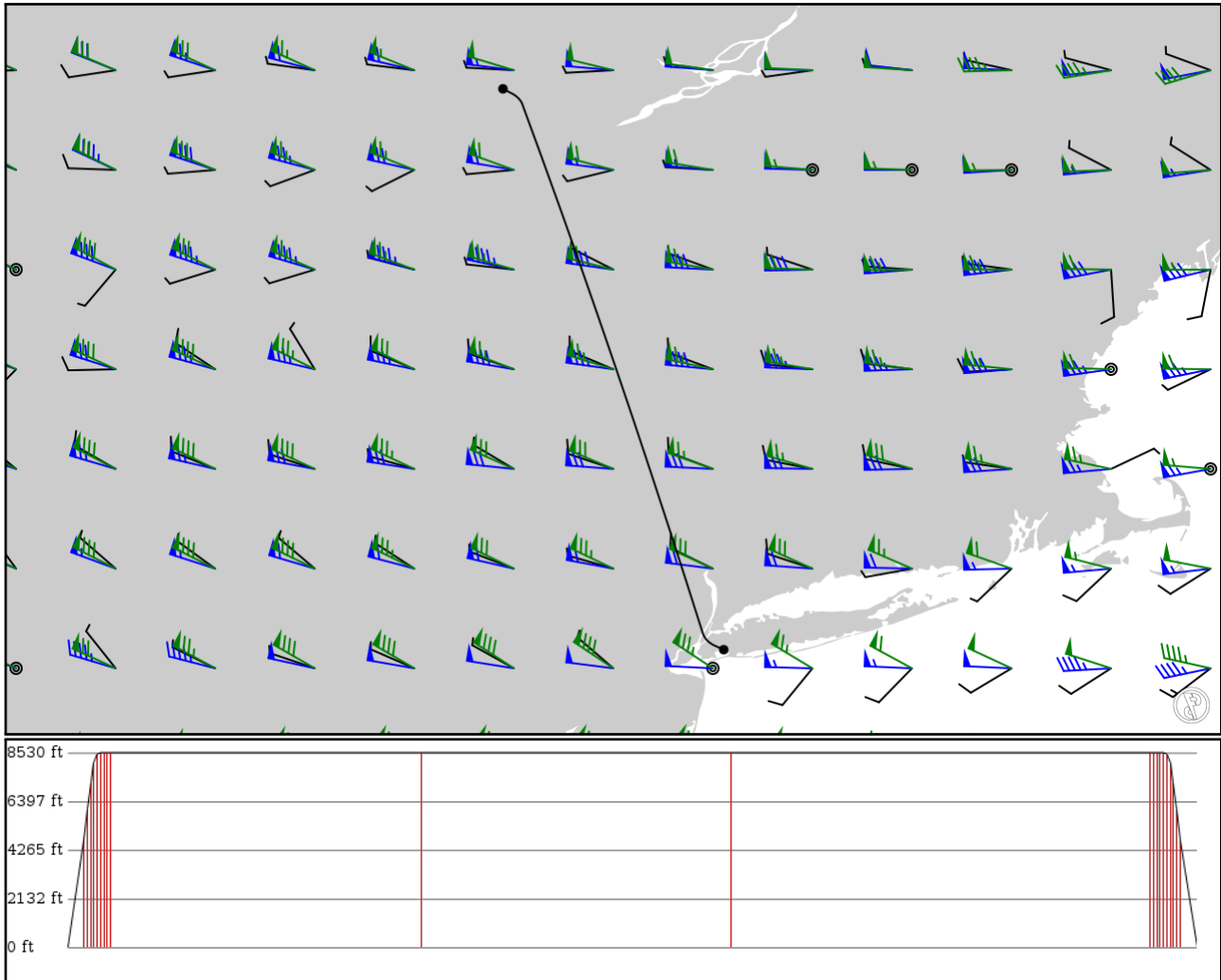
# KJFK

John F Kennedy Intl

2024/05/14 1200Z

CYOW +45.27\_-075.57 +45.26\_-075.56 +45.25\_-075.54 +45.24\_-075.53 +45.22\_-075.52 +45.21\_-075.51  
+45.20\_-075.50 +45.18\_-075.49 +45.17\_-075.49 +43.87\_-075.02 +42.56\_-074.57 +40.79\_-073.99  
+40.78\_-073.99 +40.76\_-073.98 +40.75\_-073.97 +40.74\_-073.96 +40.73\_-073.95 +40.71\_-073.94  
+40.70\_-073.93 +40.69\_-073.91 +40.69\_-073.90 KJFK

294.60 nm / 545.59 km



## Notes

Departing runway 12 CYOW. Arriving runway 12 KJFK.

## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
CYOW	-	45.31084	0 ft	-	-
APT	-	-75.65454	0 m		
+45.27_-075.57	-	45.26781	1,430 ft	4	-
LATLON	-	-75.57184	436 m		
+45.26_-075.56	-	45.25823	1,840 ft	0	-
LATLON	-	-75.55644	561 m		
+45.25_-075.54	-	45.24773	2,200 ft	0	-
LATLON	-	-75.54228	671 m		
+45.24_-075.53	-	45.23641	2,460 ft	0	-
LATLON	-	-75.52947	750 m		
+45.22_-075.52	-	45.22435	2,580 ft	0	-
LATLON	-	-75.51811	786 m		
+45.21_-075.51	-	45.21163	2,600 ft	0	-
LATLON	-	-75.50830	792 m		
+45.20_-075.50	-	45.19837	2,600 ft	0	-
LATLON	-	-75.50010	792 m		
+45.18_-075.49	-	45.18464	2,600 ft	0	-
LATLON	-	-75.49357	792 m		
+45.17_-075.49	-	45.17057	2,600 ft	0	-
LATLON	-	-75.48876	792 m		
+43.87_-075.02	-	43.86556	2,600 ft	80	-
LATLON	-	-75.01777	792 m		
+42.56_-074.57	-	42.56005	2,600 ft	80	-
LATLON	-	-74.56908	792 m		
+40.79_-073.99	-	40.79055	2,600 ft	109	-
LATLON	-	-73.99266	792 m		
+40.78_-073.99	-	40.77652	2,600 ft	0	-
LATLON	-	-73.98799	792 m		
+40.76_-073.98	-	40.76284	2,600 ft	0	-
LATLON	-	-73.98172	792 m		
+40.75_-073.97	-	40.74963	2,600 ft	0	-
LATLON	-	-73.97391	792 m		
+40.74_-073.96	-	40.73699	2,600 ft	0	-
LATLON	-	-73.96461	792 m		
+40.73_-073.95	-	40.72501	2,580 ft	0	-
LATLON	-	-73.95389	786 m		
+40.71_-073.94	-	40.71379	2,460 ft	0	-
LATLON	-	-73.94184	750 m		
+40.70_-073.93	-	40.70340	2,200 ft	0	-
LATLON	-	-73.92854	671 m		
+40.69_-073.91	-	40.69393	1,840 ft	0	-
LATLON	-	-73.91410	561 m		
+40.69_-073.90	-	40.68545	1,430 ft	0	-
LATLON	-	-73.89863	436 m		
KJFK	-	40.64836	0 ft	4	-
APT	-	-73.81671	0 m		

## CYOW

Region: CANADA  
Timezone: AMERICA/TORONTO  
Runways: 3

Elevation: 374 ft / 114 m  
Location: 45.322700 -75.671800  
Magnetic Var: 12.920 W

## METAR

CYOW 141129Z 21004KT 190V290 15SM BKN007 OVC040 14/14 A2980 RMK SF6SC2 SLP096 DENSITY ALT 600FT

## TAF

TAF CYOW 140840Z 1409/1506 20008KT P6SM -RA SCT015 OVC070 TEMPO 1409/1416 4SM -SHRA BR SCT008 OVC015 FM141600 2201

## Frequencies

REC - 121.15 MHz - ATIS  
GND - 121.90 MHz -  
APP - 135.15 MHz - TRML

CLD - 119.40 MHz - CLNC DEL  
TWR - 120.10 MHz -

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
14	200 ft	9,973 ft	126.40	ASPHALT	0 ft	171 ft
	61 m	3,040 m	139.32		0 m	52 m
32	200 ft	9,973 ft	306.42	ASPHALT	0 ft	151 ft
	61 m	3,040 m	319.34		0 m	46 m
07	200 ft	7,981 ft	57.38	ASPHALT	0 ft	161 ft
	61 m	2,433 m	70.30		0 m	49 m
25	200 ft	7,981 ft	237.40	ASPHALT	0 ft	161 ft
	61 m	2,433 m	250.32		0 m	49 m
04	75 ft	3,300 ft	25.31	ASPHALT	253 ft	0 ft
	23 m	1,006 m	38.23		77 m	0 m
22	75 ft	3,300 ft	205.31	ASPHALT	0 ft	0 ft
	23 m	1,006 m	218.23		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07	LOC-ILS	IOW	109.50 MHz	18 nm	57.39	-	374 ft
				33 km	70.31		374 m
32	LOC-ILS	IRP	110.30 MHz	18 nm	306.41	-	374 ft
				33 km	319.33		374 m
07	GS	IOW	109.50 MHz	10 nm	57.39	3.00	374 ft
				19 km	70.31		374 m
32	GS	IRP	110.30 MHz	10 nm	306.41	3.00	374 ft
				19 km	319.33		374 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 141051Z 19007KT 10SM FEW200 BKN250 14/12 A3002 RMK A02 SLP166 T01390122

## TAF

TAF AMD KJFK 140836Z 1409/1512 18007KT P6SM BKN120 FM141400 19010KT P6SM FEW150 BKN200 FM141800 19014KT P6SM SCT0

## 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 33 km	- -	-	13 ft 13 m
31R	DME	IRTH	111.50 MHz	18 nm 33 km	- -	-	13 ft 13 m
04L	LOC-ILS	IHIQ	110.90 MHz	18 nm 33 km	30.68 43.50	-	12 ft 12 m
04R	LOC-ILS	IJFK	109.50 MHz	18 nm 33 km	30.67 43.49	-	12 ft 12 m
13L	LOC-ILS	ITLK	111.50 MHz	18 nm 33 km	120.87 133.69	-	12 ft 12 m
22L	LOC-ILS	IIWY	110.90 MHz	18 nm 33 km	210.67 223.49	-	12 ft 12 m
22R	LOC-ILS	IJOC	109.50 MHz	18 nm 33 km	210.68 223.50	-	12 ft 12 m
31L	LOC-ILS	IMOH	111.35 MHz	18 nm 33 km	300.84 313.66	-	12 ft 12 m
31R	LOC-ILS	IRTH	111.50 MHz	18 nm 33 km	300.87 313.69	-	12 ft 12 m
04L	GS	IHIQ	110.90 MHz	10 nm 19 km	30.68 43.50	3.00	12 ft 12 m
04R	GS	IJFK	109.50 MHz	10 nm 19 km	30.67 43.49	3.00	12 ft 12 m
13L	GS	ITLK	111.50 MHz	10 nm 19 km	120.87 133.69	3.00	12 ft 12 m
22L	GS	IIWY	110.90 MHz	10 nm 19 km	210.67 223.49	3.00	12 ft 12 m
22R	GS	IJOC	109.50 MHz	10 nm 19 km	210.68 223.50	3.00	12 ft 12 m
31L	GS	IMOH	111.35 MHz	10 nm 19 km	300.84 313.66	3.00	12 ft 12 m
31R	GS	IRTH	111.50 MHz	10 nm 19 km	300.87 313.69	3.00	12 ft 12 m