



## 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	-	47.45020	0 ft	-	Seattle-Tacoma Intl
APT	-	-122.31200	0 m		
OLM	-	46.97160	0 ft	37	OLYMPIA
VOR	-	-122.90200	0 m		
KOLM	-	46.96950	0 ft	0	OLYMPIA
APT	-	-122.90200	0 m		

## KSEA

Region: UNITED STATES  
Timezone: AMERICA/LOS\_ANGELES  
Runways: 3

Elevation: 432 ft / 132 m  
Location: 47.450200 -122.312000  
Magnetic Var: 14.775 E

## METAR

KSEA 081953Z 00000KT 10SM SCT033 14/06 A3044 RMK AO2 SLP313 T01440056

## TAF

TAF KSEA 081720Z 0818/0924 02007KT P6SM FEW020 FEW250 FM082000 36012KT P6SM FEW250 FM090500 02008KT P6SM SKC FM09

## 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	165.90		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	345.90		360 m
34R	GS	ISEA	110.30 MHz	10 nm	0.69	2.75	355 ft
				19 km	345.91		355 m

## KOLM

Region: UNITED STATES  
Timezone: AMERICA/LOS\_ANGELES  
Runways: 2

Elevation: 208 ft / 63 m  
Location: 46.969500 -122.902000  
Magnetic Var: 14.779 E

## METAR

KOLM 081954Z 03012G17KT 10SM CLR 16/04 A3043 RMK A02 SLP306 T01610044

## TAF

TAF KOLM 081720Z 0818/0918 03008KT P6SM FEW250 FM090600 02003KT P6SM SKC FM091500 04007KT P6SM SKC

## Frequencies

REC - 135.72 MHz - ASOS  
COM - 124.40 MHz - CTAF  
GND - 121.60 MHz -  
APP - 121.10 MHz - SEATTLE APP/DEP

REC - 135.37 MHz - ATIS  
COM - 122.95 MHz - UNICOM  
TWR - 124.40 MHz -

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
17	151 ft	5,503 ft	191.27	ASPHALT	0 ft	659 ft
	46 m	1,677 m	176.49		0 m	201 m
35	151 ft	5,503 ft	11.27	ASPHALT	0 ft	0 ft
	46 m	1,677 m	356.49		0 m	0 m
08	151 ft	4,147 ft	103.71	ASPHALT	0 ft	0 ft
	46 m	1,264 m	88.93		0 m	0 m
26	151 ft	4,147 ft	283.72	ASPHALT	0 ft	0 ft
	46 m	1,264 m	268.94		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
17	LOC-ILS	IOLM	111.90 MHz	18 nm	191.27	-	208 ft
				33 km	176.49		208 m
17	GS	IOLM	111.90 MHz	10 nm	191.27	3.00	208 ft
				19 km	176.49		208 m