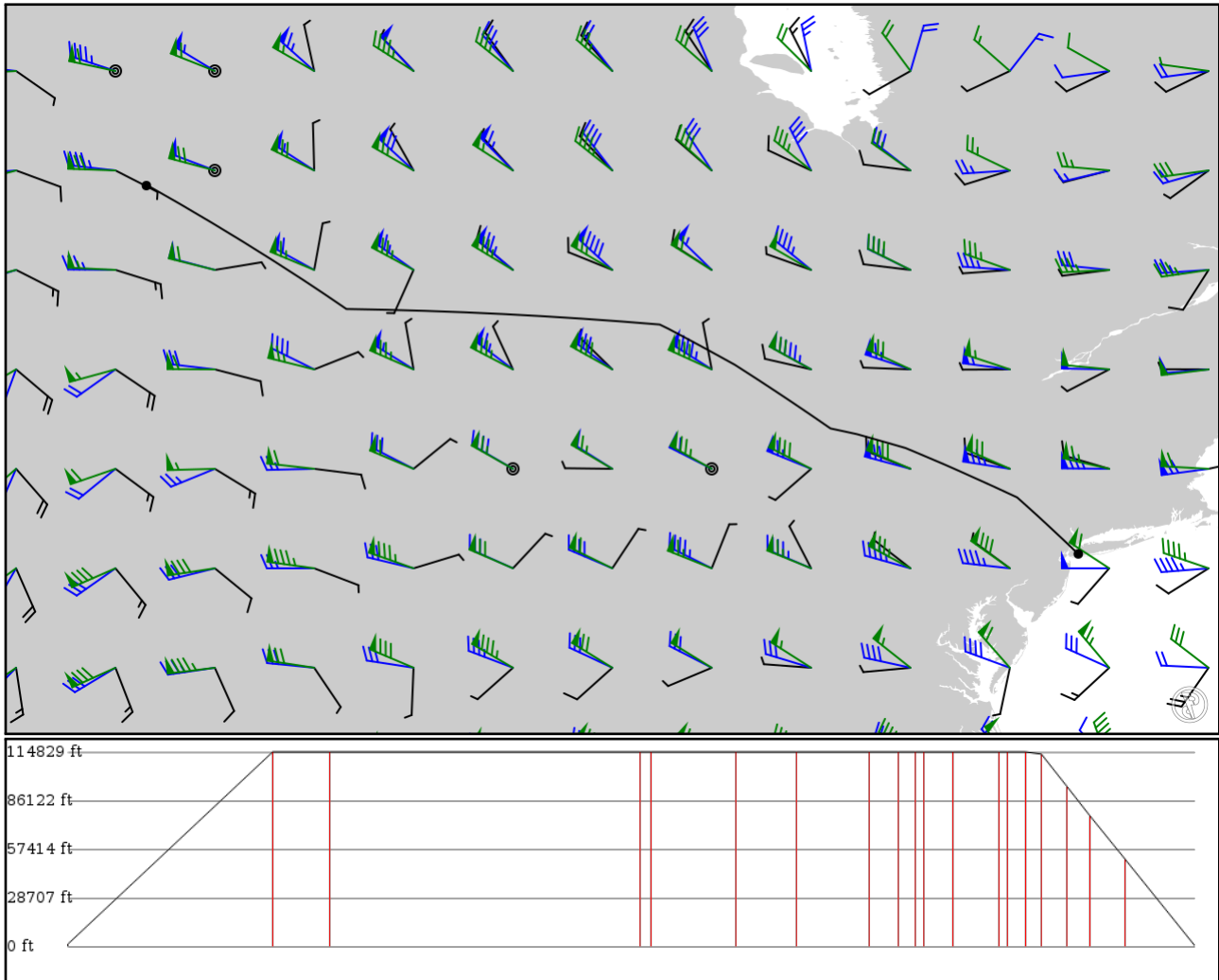


2024/05/10 1122Z

CYWG YWG **J89** DLH **J140** SSM **Q917** PEPLA **Q140** ARKKK **Q812** STOMP KJFK

1185.19 nm / 2194.98 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: no
- Use high airways: yes

Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
CYWG APT	-	49.90710 -97.23930	0 ft 0 m	-	WINNIPEG INTL
YWG VOR	-	49.92780 -97.23920	400 ft 122 m	1	WINNIPEG
WIEDS FIX	J89 AWY-HI	47.50420 -93.24580	35,000 ft 10,668 m	214	-
DLH VOR	J89 AWY-HI	46.80220 -92.20290	35,000 ft 10,668 m	59	DULUTH
SSM VOR	J140 AWY-HI	46.41210 -84.31490	35,000 ft 10,668 m	326	SAULT STE MARIE
ULUTO FIX	Q917 AWY-HI	46.30440 -84.09470	35,000 ft 10,668 m	11	-
VIGLO FIX	Q917 AWY-HI	45.39670 -82.41970	35,000 ft 10,668 m	88	-
DUTEL FIX	Q917 AWY-HI	44.66640 -81.29640	35,000 ft 10,668 m	64	-
PEPLA FIX	Q917 AWY-HI	43.79750 -80.01490	35,000 ft 10,668 m	75	-
SIKBO FIX	Q140 AWY-HI	43.65360 -79.34920	35,000 ft 10,668 m	30	-
RAGIX FIX	Q140 AWY-HI	43.54380 -78.95750	35,000 ft 10,668 m	18	-
MEDAV FIX	Q140 AWY-HI	43.48860 -78.76280	35,000 ft 10,668 m	9	-
AHPAH FIX	Q140 AWY-HI	43.30530 -78.12640	35,000 ft 10,668 m	29	-
HANKK FIX	Q140 AWY-HI	42.89500 -77.15420	35,000 ft 10,668 m	49	-
BEEPS FIX	Q140 AWY-HI	42.82040 -76.98470	35,000 ft 10,668 m	8	-
EXTOL FIX	Q140 AWY-HI	42.65770 -76.61840	35,000 ft 10,668 m	18	-
MEMMS FIX	Q140 AWY-HI	42.51660 -76.30430	34,600 ft 10,546 m	16	-
KODEY FIX	Q140 AWY-HI	42.27990 -75.78440	28,800 ft 8,778 m	27	-
ARKKK FIX	Q140 AWY-HI	42.06350 -75.31680	23,500 ft 7,163 m	24	-
STOMP FIX	Q812 AWY-HI	41.59630 -74.79660	15,700 ft 4,785 m	36	-
KJFK APT	-	40.64010 -73.77650	0 ft 0 m	73	John F. Kennedy Intl

CYWG

Region: CANADA
Timezone: AMERICA/WINNIPEG
Runways: 2

Elevation: 783 ft / 239 m
Location: 49.907100 -97.239300
Magnetic Var: 2.583 E

METAR

CYWG 101100Z 33006KT 15SM BKN120 08/08 A2989 RMK AC6 SLP127

TAF

TAF AMD CYWG 100953Z 1009/1106 VRB03KT P6SM OVC060 TEMPO 1009/1011 33015G25KT P6SM -SHRA FM101100 31010KT P6SM BKN120

Frequencies

REC - 120.20 MHz - ATIS	CLD - 121.30 MHz - CLNC DEL
GND - 121.90 MHz -	TWR - 126.90 MHz - INTL AIR
TWR - 118.30 MHz -	TWR - 125.40 MHz -
APP - 119.50 MHz - ARR	DEP - 119.90 MHz -

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
18	200 ft	11,010 ft	188.48	ASPHALT	0 ft	98 ft
	61 m	3,356 m	185.90		0 m	30 m
36	200 ft	11,010 ft	8.48	ASPHALT	0 ft	0 ft
	61 m	3,356 m	5.89		0 m	0 m
13	200 ft	8,696 ft	138.57	ASPHALT	0 ft	0 ft
	61 m	2,651 m	135.99		0 m	0 m
31	200 ft	8,696 ft	318.59	ASPHALT	0 ft	0 ft
	61 m	2,651 m	316.01		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
13	LOC-ILS	INP	109.50 MHz	18 nm	138.58	-	783 ft
				33 km	136.00		783 m
31	LOC-ILS	IHV	110.30 MHz	18 nm	318.58	-	783 ft
				33 km	316.00		783 m
36	LOC-ILS	IWG	109.90 MHz	18 nm	8.48	-	783 ft
				33 km	5.90		783 m
13	GS	INP	109.50 MHz	10 nm	138.58	3.00	783 ft
				19 km	136.00		783 m
31	GS	IHV	110.30 MHz	10 nm	318.58	3.00	783 ft
				19 km	316.00		783 m
36	GS	IWG	109.90 MHz	10 nm	8.48	3.00	783 ft
				19 km	5.90		783 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 101051Z 06010KT 10SM -RA SCT008 BKN011 OVC017 10/08 A2976 RMK A02 SLP076 P0000 T01000083 \$

TAF

TAF AMD KJFK 100830Z 1009/1112 09015G20KT 4SM SHRA OVC015 FM101100 08015G20KT 5SM -SHRA OVC008 FM101800 07014G19K

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