CYYC
CALGARY INTL

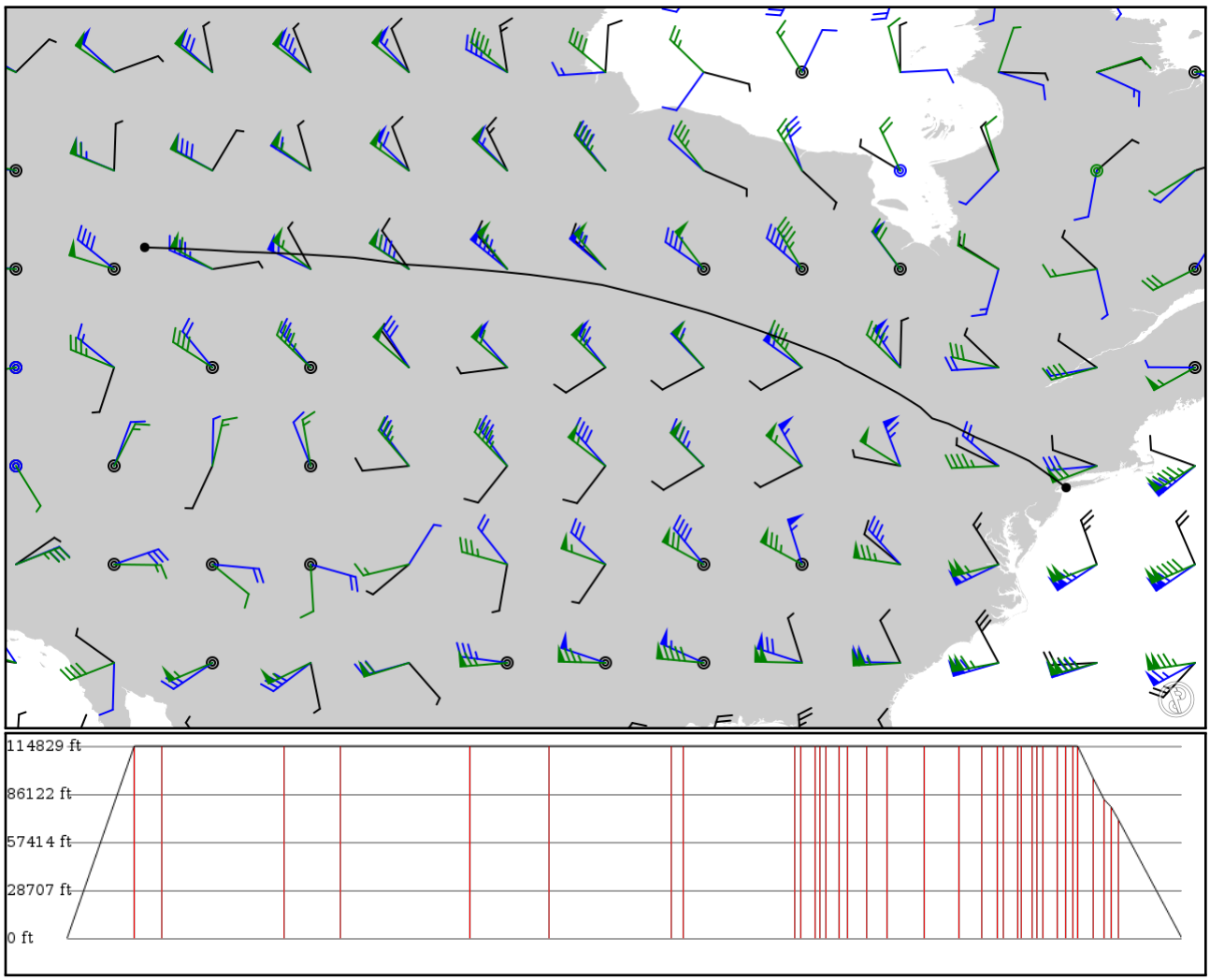
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KJFK
John F Kennedy Intl

2024/03/19 0554Z

CYYC ROLKO **V304** YEA **J504** VLN **V300** YDR **5T2** YWG **V300** SSM **J531** APNEL **V300** YVV **J531** YMS **J525** YYZ **V164** BULGE **V252** ORSON KJFK

1781.79 nm / 3299.87 km



Notes

Basic altitude profile:
- Ascent Rate: 1800ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 35000ft
- Cruise Speed: 300kts
- Descent Rate: 1800ft/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
CYYC APT	–	51.11320 -114.02004	0 ft 0 m	–	CALGARY INTL
ROLKO FIX	–	50.99806 -111.16944	35,000 ft 10,668 m	107	–
YEA VOR	V304 AWY-LO	50.92644 -109.98914	35,000 ft 10,668 m	44	EMPRESS VOR-DME
VLN VOR	J504 AWY-HI	50.66700 -104.89031	35,000 ft 10,668 m	194	LUMSDEN VORTAC
YDR VOR	V300 AWY-LO	50.36294 -102.54031	35,000 ft 10,668 m	91	BROADVIEW VOR-DME
YWG VOR	5T2 AWY-HI	49.92778 -97.23922	35,000 ft 10,668 m	205	WINNIPEG VORTAC
VBI VOR	V300 AWY-LO	49.47692 -94.04672	35,000 ft 10,668 m	126	SIOUX NARROWS VOR-DME
YQT VOR	V300 AWY-LO	48.25378 -89.43731	35,000 ft 10,668 m	196	THUNDER BAY VOR-DME
KJNGG FIX	V300 AWY-LO	48.11160 -89.00397	35,000 ft 10,668 m	19	–
AVALE FIX	V300 AWY-LO	46.73402 -85.13332	35,000 ft 10,668 m	177	–
SRADE FIX	V300 AWY-LO	46.65816 -84.94527	35,000 ft 10,668 m	8	–
CATGA FIX	V300 AWY-LO	46.47209 -84.46709	35,000 ft 10,668 m	22	–
SSM DME	V300 AWY-LO	46.41211 -84.31487	35,000 ft 10,668 m	7	SAULT STE MARIE VOR-DME
SSM10 FIX	J531 AWY-HI	46.32372 -84.11069	35,000 ft 10,668 m	9	–
SSM31 FIX	J531 AWY-HI	46.13707 -83.68426	35,000 ft 10,668 m	20	–
SSM44 FIX	J531 AWY-HI	45.98801 -83.45265	35,000 ft 10,668 m	13	–
SSM75 FIX	J531 AWY-HI	45.68538 -82.85317	35,000 ft 10,668 m	30	–
APNEL FIX	J531 AWY-HI	45.34981 -82.22842	35,000 ft 10,668 m	33	–
YVV VOR	V300 AWY-LO	44.74483 -81.10497	35,000 ft 10,668 m	59	WIARTON VOR-DME
YMS VOR	J531 AWY-HI	44.14317 -80.14642	35,000 ft 10,668 m	54	MANS VOR-DME
YYZ VOR	J525 AWY-HI	43.65822 -79.63153	35,000 ft 10,668 m	36	TORONTO VOR-DME
RCRCP FIX	V164 AWY-LO	43.48587 -79.10142	35,000 ft 10,668 m	25	–
BULGE FIX	V164 AWY-LO	43.42839 -78.92674	35,000 ft 10,668 m	8	–
AIRCO FIX	V252 AWY-LO	43.21018 -78.48250	35,000 ft 10,668 m	23	–
EHMAN FIX	V252 AWY-LO	43.14211 -78.35482	35,000 ft 10,668 m	6	–
FIXUS FIX	V252 AWY-LO	42.98677 -78.02996	35,000 ft 10,668 m	17	–
WELTI	V252	42.91333	35,000 ft	7	–

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-LO	-77.88868	10,668 m		
GEE VOR	V252 AWY-LO	42.83439 -77.73275	35,000 ft 10,668 m	8	GENESEO VOR-DME
RITCH FIX	V252 AWY-LO	42.63292 -77.24844	35,000 ft 10,668 m	24	-
GIBBE FIX	V252 AWY-LO	42.52866 -77.00094	35,000 ft 10,668 m	12	-
XUCCO FIX	V252 AWY-LO	42.43046 -76.76974	35,000 ft 10,668 m	11	-
VILCU FIX	V252 AWY-LO	42.37242 -76.63397	35,000 ft 10,668 m	6	-
CFB VOR	V252 AWY-LO	42.15750 -76.13647	29,100 ft 8,870 m	25	BINGHAMTON VORTAC
LATTY FIX	V252 AWY-LO	42.00092 -75.80618	25,300 ft 7,711 m	17	-
HUGIE FIX	V252 AWY-LO	41.89816 -75.59172	23,900 ft 7,285 m	11	-
ORSON FIX	V252 AWY-LO	41.80124 -75.39065	21,600 ft 6,584 m	10	-
KJFK APT	- -	40.63990 -73.77666	0 ft 0 m	100	John F Kennedy Intl

CYYC

Region: CANADA
Timezone: AMERICA/EDMONTON
Runways: 4

Elevation: 3,557 ft / 1,084 m
Location: 51.117200 -114.013000
Magnetic Var: 13.159 E

METAR

CYYC 190500Z 01005KT 15SM SKC 06/M01 A3002 RMK SLP189

TAF

TAF CYYC 190259Z 1903/1924 15007KT P6SM FEW120 FEW260 BECMG 1905/1907 01012KT FM190700 01015KT P6SM FEW260 BECMG 1

Frequencies

REC - 128.22 MHz - CALGARY ATIS
GND - 121.35 MHz - CALGARY GROUND
TWR - 118.70 MHz - CALGARY TOWER
APP - 125.90 MHz - CALGARY APPROACH
DEP - 124.52 MHz - CALGARY DEPARTURE

CLD - 121.30 MHz - CLEARANCE DELIVERY
GND - 121.90 MHz - CALGARY GROUND
TWR - 118.40 MHz - CALGARY TOWER
APP - 123.85 MHz - CALGARY APPROACH
DEP - 119.80 MHz - CALGARY DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
17R	200 ft 61 m	12,668 ft 3,861 m	180.03 166.87	ASPHALT	0 ft 0 m	0 ft 0 m
35L	200 ft 61 m	12,668 ft 3,861 m	0.03 346.87	ASPHALT	0 ft 0 m	210 ft 64 m
17L	200 ft 61 m	13,996 ft 4,266 m	180.04 166.88	CONCRETE	0 ft 0 m	0 ft 0 m
35R	200 ft 61 m	13,996 ft 4,266 m	0.04 346.88	CONCRETE	0 ft 0 m	0 ft 0 m
11	200 ft 61 m	7,979 ft 2,432 m	120.09 106.93	ASPHALT	0 ft 0 m	0 ft 0 m
29	200 ft 61 m	7,979 ft 2,432 m	300.11 286.95	ASPHALT	0 ft 0 m	0 ft 0 m
08	151 ft 46 m	6,194 ft 1,888 m	90.02 76.86	ASPHALT	0 ft 0 m	0 ft 0 m
26	151 ft 46 m	6,194 ft 1,888 m	270.04 256.88	ASPHALT	0 ft 0 m	0 ft 0 m

Approach Navaids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
11	LOC-ILS	IGY	110.55 MHz	18 nm 33 km	120.10 106.94	-	3,557 ft 3,557 m
17L	LOC-ILS	ILG	109.15 MHz	18 nm 33 km	180.04 166.88	-	3,557 ft 3,557 m
17R	LOC-ILS	IEM	109.30 MHz	18 nm 33 km	180.03 166.87	-	3,557 ft 3,557 m
29	LOC-ILS	IAQ	110.90 MHz	18 nm 33 km	300.10 286.94	-	3,557 ft 3,557 m
35L	LOC-ILS	IYC	111.50 MHz	18 nm 33 km	0.03 346.87	-	3,557 ft 3,557 m
35R	LOC-ILS	IRF	110.75 MHz	18 nm 33 km	0.04 346.88	-	3,557 ft 3,557 m
11	GS	IGY	110.55 MHz	10 nm	120.10	3.00	3,557 ft

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
				19 km	106.94		3,557 m
17L	GS	ILG	109.15 MHz	10 nm	180.04	3.00	3,557 ft
				19 km	166.88		3,557 m
17R	GS	IEM	109.30 MHz	10 nm	180.03	3.00	3,557 ft
				19 km	166.87		3,557 m
29	GS	IAQ	110.90 MHz	10 nm	300.10	3.00	3,557 ft
				19 km	286.94		3,557 m
35L	GS	IYC	111.50 MHz	10 nm	0.03	3.00	3,557 ft
				19 km	346.87		3,557 m
35R	GS	IRF	110.75 MHz	10 nm	0.04	3.00	3,557 ft
				19 km	346.88		3,557 m

KJFK

Region: UNITED STATES
Timezone: AMERICA/NEW_YORK
Runways: 4
Elevation: 12 ft / 4 m
Location: 40.640100 -73.776500
Magnetic Var: 12.823 W

METAR

KJFK 190451Z 29015KT 10SM FEW065 FEW250 03/M07 A2976 RMK AO2 PK WND 30026/0401A77 T00331067 401170033

TAF

TAF AMD KJFK 190241Z 1903/2006 32016G25KT P6SM BKN060 BKN250 FM190600 30014G21KT P6SM SCT060 SCT250 FM191300 3001

Frequencies

REC - 115.40 MHz - D-ATIS
REC - 128.72 MHz - D-ATIS
CLD - 135.05 MHz - CLEARANCE DELIVERY
GND - 121.65 MHz - KENNEDY GROUND
TWR - 123.90 MHz - KENNEDY TOWER
APP - 128.12 MHz - NEW YORK APPROACH
APP - 123.70 MHz - NEW YORK APPROACH
APP - 132.40 MHz - NEW YORK APPROACH
DEP - 135.90 MHz - NEW YORK DEPARTURE
DEP - 124.75 MHz - NEW YORK DEPARTURE
REC - 117.70 MHz - D-ATIS
COM - 122.95 MHz - UNICOM
GND - 121.90 MHz - KENNEDY GROUND
TWR - 119.10 MHz - KENNEDY TOWER
APP - 125.70 MHz - NEW YORK APPROACH
APP - 118.40 MHz - NEW YORK APPROACH
APP - 126.80 MHz - NEW YORK APPROACH
APP - 134.35 MHz - NEW YORK APPROACH
DEP - 123.70 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 61 m	14,526 ft 4,428 m	120.83 133.65	CONCRETE	2,057 ft 627 m	390 ft 119 m
31L	200 ft 61 m	14,526 ft 4,428 m	300.86 313.68	CONCRETE	3,271 ft 997 m	495 ft 151 m
13L	151 ft 46 m	10,010 ft 3,051 m	120.85 133.68	CONCRETE	912 ft 278 m	387 ft 118 m
31R	151 ft 46 m	10,010 ft 3,051 m	300.87 313.70	CONCRETE	1,037 ft 316 m	177 ft 54 m
04R	200 ft 61 m	8,407 ft 2,562 m	30.67 43.49	ASPHALT	0 ft 0 m	440 ft 134 m
22L	200 ft 61 m	8,407 ft 2,562 m	210.68 223.50	ASPHALT	0 ft 0 m	505 ft 154 m
04L	200 ft 61 m	12,091 ft 3,685 m	30.67 43.49	CONCRETE	459 ft 140 m	200 ft 61 m
22R	200 ft 61 m	12,091 ft 3,685 m	210.68 223.50	CONCRETE	3,425 ft 1,044 m	407 ft 124 m

Approach Navaids

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