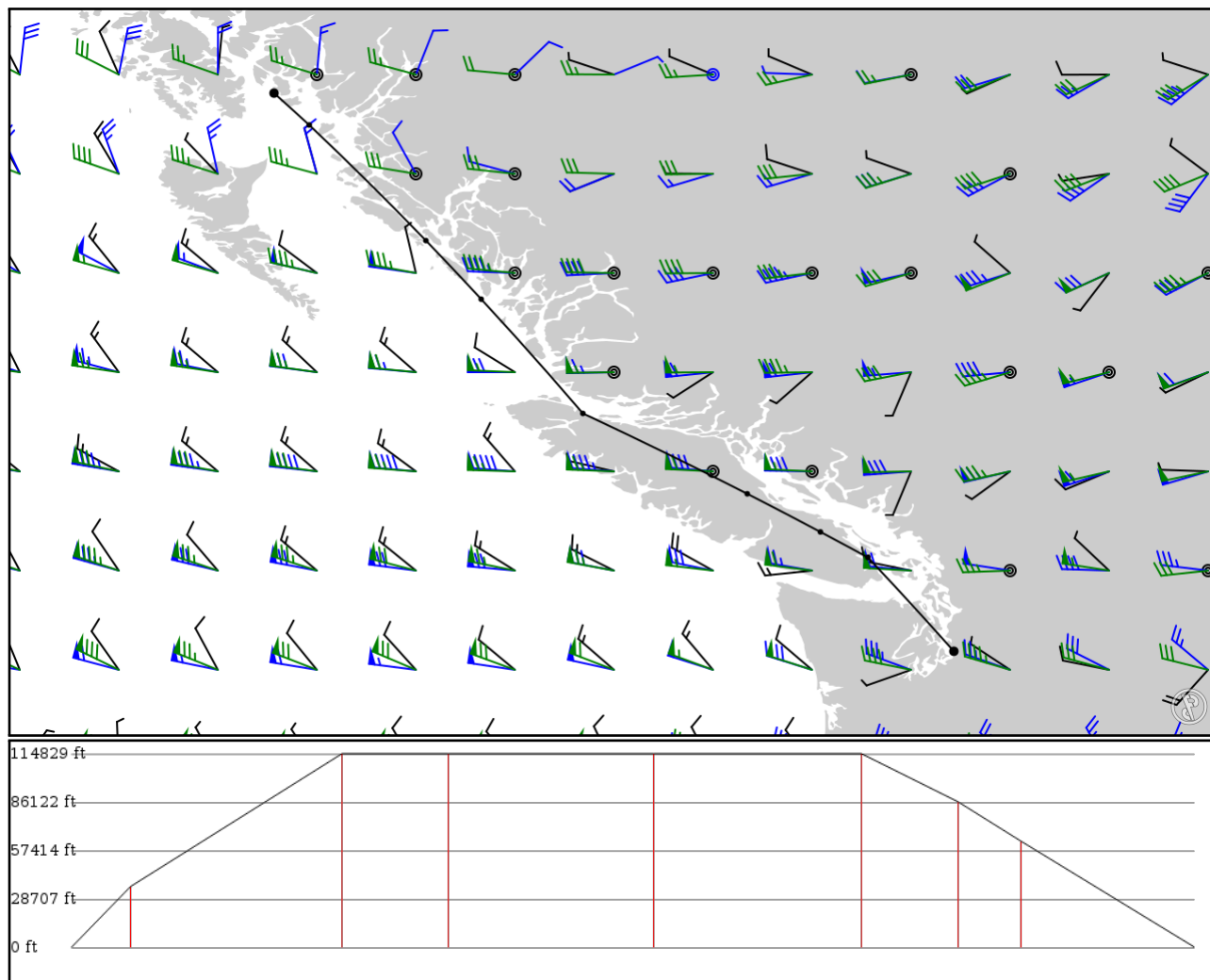


2024/05/19 1408Z

PANT HANRY **J502** YYJ KSEA

583.73 nm / 1081.07 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
PANT APT	-	55.03950 -131.57200	0 ft 0 m	-	ANNETTE ISLAND
HANRY FIX	-	54.60640 -131.09300	11,000 ft 3,353 m	30	-
DUGGS FIX	J502 AWY-HI	53.03470 -129.50300	35,000 ft 10,668 m	109	-
PRYCE FIX	J502 AWY-HI	52.23810 -128.75000	35,000 ft 10,668 m	55	-
YZT VOR	J502 AWY-HI	50.68410 -127.36500	35,000 ft 10,668 m	106	PORT HARDY
ROYST FIX	J502 AWY-HI	49.59140 -125.12600	35,000 ft 10,668 m	108	-
ARRUE FIX	J502 AWY-HI	49.07310 -124.13000	26,300 ft 8,016 m	49	-
YYJ VOR	J502 AWY-HI	48.72710 -123.48400	19,200 ft 5,852 m	32	VICTORIA
KSEA APT	-	47.45020 -122.31200	0 ft 0 m	89	Seattle-Tacoma Intl

KSEA

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

Elevation: 432 ft / 132 m
Location: 47.450200 -122.312000
Magnetic Var: 14.771 E

METAR

KSEA 191253Z 16003KT 10SM OVC009 07/05 A3019 RMK A02 SLP231 T00720050

TAF

TAF KSEA 191120Z 1912/2018 17004KT P6SM VCSH SCT025 BKN050 TEMPO 1912/1915 -SHRA BKN015 BKN025 FM191500 VRB05KT 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	165.58		0 m	122 m
34R	151 ft	11,904 ft	0.35	CONCRETE	0 ft	400 ft
	46 m	3,628 m	345.58		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	165.57		0 m	61 m
34L	151 ft	8,502 ft	0.34	CONCRETE	0 ft	197 ft
	46 m	2,591 m	345.57		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	IBEJ	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	165.57		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	165.57		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	345.57		422 m
34L	LOC-ILS	IBEJ	110.75 MHz	18 nm	0.34	-	433 ft
				33 km	345.57		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	165.92		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	345.92		355 m