

KOAK

Metro Oakland Intl

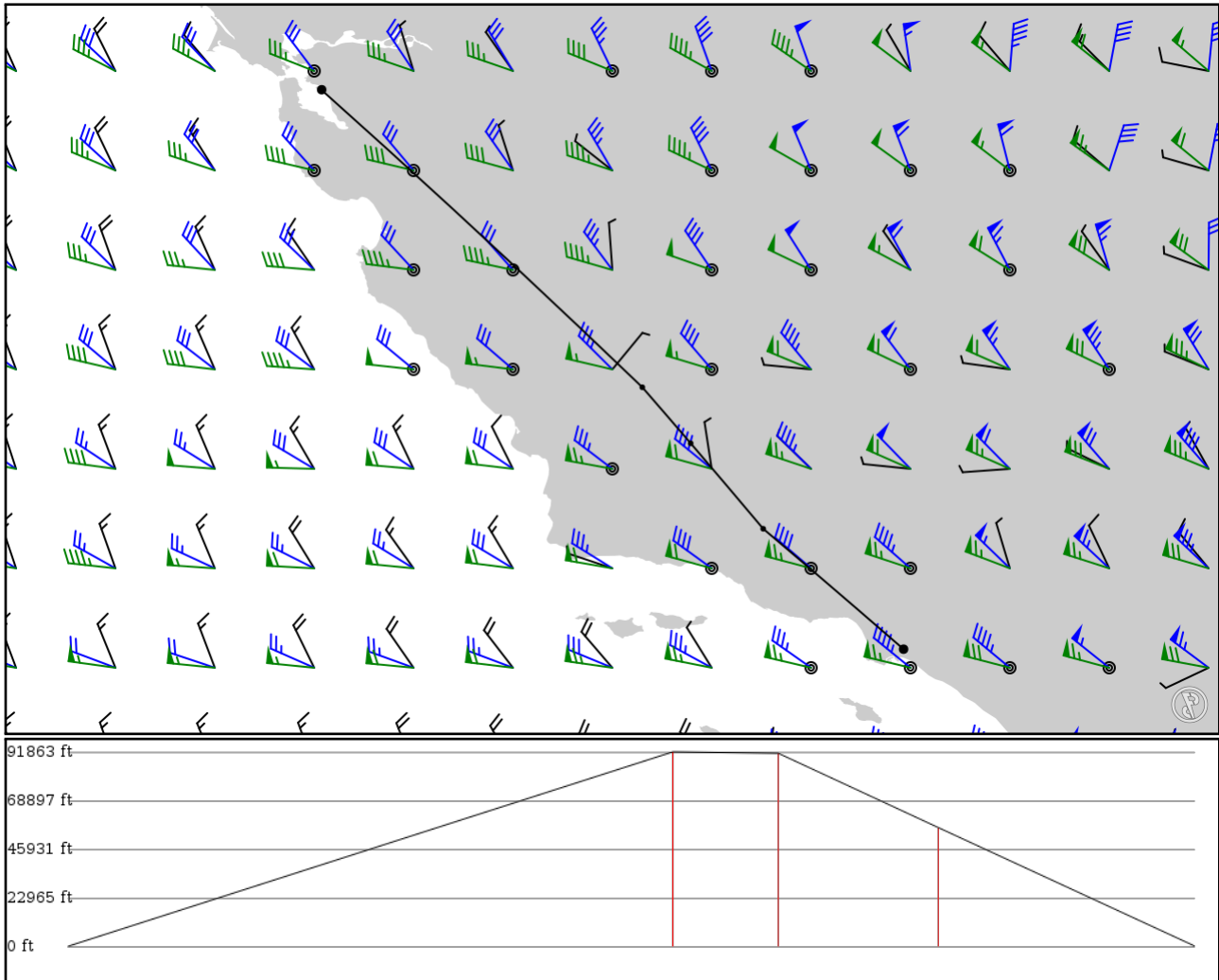
KLGB

Long Beach/Daugherty Field

2024/05/10 1908Z

KOAK OAK J1 REYES KLGB

307.93 nm / 570.29 km



Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 28000ft
- Cruise Speed: 466kts
- Descent Rate: 1900ft/min
- Descent Speed: 290kts

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
KOAK	-	37.72500	0 ft	-	Metro Oakland Intl
APT	-	-122.22000	0 m		
OAK	-	37.72590	0 ft	0	OAKLAND
VOR	-	-122.22400	0 m		
AVE	J1	35.64700	28,000 ft	165	AVENAL
VOR	AWY-HI	-119.97900	8,534 m		
DERBB	J1	35.25590	27,800 ft	28	-
FIX	AWY-HI	-119.64100	8,473 m		
REYES	J1	34.65870	17,100 ft	43	-
FIX	AWY-HI	-119.13400	5,212 m		
KLGB	-	33.81770	0 ft	70	Long Beach/Daugherty Field
APT	-	-118.15300	0 m		

KOAK

Region: UNITED STATES
Timezone: AMERICA/LOS_ANGELES
Runways: 4

Elevation: 8 ft / 2 m
Location: 37.725000 -122.220000
Magnetic Var: 12.840 E

METAR

KOAK 101753Z 24005KT 10SM CLR 20/09 A2998 RMK A02 SLP150 T02000094 10206 20117 52002

TAF

KOAK 101739Z 1018/1124 24004KT P6SM SKC FM101900 31006KT P6SM SKC FM102100 28012KT P6SM SCT250 FM110400 31008KT P

Frequencies

REC - 133.77 MHz - OAKLAND ATIS	COM - 122.95 MHz - OAKLAND UNICOM
CLD - 121.10 MHz - OAKLAND CLEARANCE DELIVERY	GND - 121.90 MHz - OAKLAND GROUND NORTH
GND - 121.75 MHz - OAKLAND GROUND SOUTH	TWR - 118.30 MHz - OAKLAND TOWER NORTH
TWR - 127.20 MHz - OAKLAND TOWER SOUTH	TWR - 124.90 MHz - OAKLAND TOWER SOUTH
APP - 125.35 MHz - NORCAL APPROACH	APP - 128.32 MHz - NORCAL APPROACH EAST
APP - 135.10 MHz - NORCAL APPROACH EAST	APP - 133.95 MHz - NORCAL APPROACH WEST
APP - 134.50 MHz - NORCAL APPROACH WEST	DEP - 120.90 MHz - NORCAL DEPARTURE NORTH WEST
DEP - 135.10 MHz - NORCAL DEPARTURE WEST	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12	150 ft	10,530 ft	130.11	ASPHALT	0 ft	397 ft
	46 m	3,210 m	117.27		0 m	121 m
30	150 ft	10,530 ft	310.13	ASPHALT	128 ft	397 ft
	46 m	3,210 m	297.29		39 m	121 m
10R	150 ft	6,219 ft	112.25	ASPHALT	0 ft	774 ft
	46 m	1,896 m	99.41		0 m	236 m
28L	150 ft	6,219 ft	292.27	ASPHALT	0 ft	390 ft
	46 m	1,896 m	279.43		0 m	119 m
10L	150 ft	5,463 ft	112.24	ASPHALT	0 ft	390 ft
	46 m	1,665 m	99.40		0 m	119 m
28R	150 ft	5,463 ft	292.25	ASPHALT	0 ft	259 ft
	46 m	1,665 m	279.41		0 m	79 m
15	75 ft	3,379 ft	164.48	ASPHALT	0 ft	0 ft
	23 m	1,030 m	151.64		0 m	0 m
33	75 ft	3,379 ft	344.48	ASPHALT	0 ft	0 ft
	23 m	1,030 m	331.64		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
12	LOC-ILS	IAAZ	111.90 MHz	18 nm	130.11	-	8 ft
				33 km	117.27		8 m
28R	LOC-ILS	IOAK	109.90 MHz	18 nm	292.25	-	8 ft
				33 km	279.41		8 m
30	LOC-ILS	IINB	108.70 MHz	18 nm	310.11	-	8 ft
				33 km	297.27		8 m
12	GS	IAAZ	111.90 MHz	10 nm	130.11	2.75	8 ft
				19 km	117.27		8 m
28R	GS	IOAK	109.90 MHz	10 nm	292.25	3.00	8 ft
				19 km	279.41		8 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
30	GS	IINB	108.70 MHz	10 nm	310.11	3.00	8 ft
				19 km	297.27		8 m

KLGB

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

Elevation: 60 ft / 18 m
Location: 33.817700 -118.153000
Magnetic Var: 11.366 E

METAR

KLGB 101753Z 18009KT 6SM HZ SCT022 SCT027 20/13 A2997 RMK A02 SLP149 T02000128 10206 20172 51003

TAF

KLGB 101739Z 1018/1118 20008KT P6SM BKN025 FM102000 24009KT P6SM FEW025 FM110100 29008KT P6SM SKC FM110500 VRB03K

Frequencies

REC - 127.75 MHz - ATIS	COM - 122.95 MHz - LONG BEACH UNICOM
GND - 133.00 MHz - LONG BEACH GROUND	TWR - 119.40 MHz - LONG BEACH TOWER
TWR - 120.50 MHz - LONG BEACH TOWER	CLD - 118.15 MHz - CLEARANCE DELIVERY
DEP - 127.20 MHz - SOCAL DEPARTURE	APP - 124.65 MHz - SOCAL APPROACH

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12	200 ft	10,004 ft	134.85	ASPHALT	1,348 ft	200 ft
	61 m	3,049 m	123.48		411 m	61 m
30	200 ft	10,004 ft	314.86	ASPHALT	1,998 ft	200 ft
	61 m	3,049 m	303.50		609 m	61 m
08L	150 ft	6,175 ft	90.20	ASPHALT	1,299 ft	203 ft
	46 m	1,882 m	78.84		396 m	62 m
26R	150 ft	6,175 ft	270.21	ASPHALT	528 ft	203 ft
	46 m	1,882 m	258.85		161 m	62 m
08R	100 ft	3,912 ft	89.95	ASPHALT	0 ft	151 ft
	30 m	1,192 m	78.59		0 m	46 m
26L	100 ft	3,912 ft	269.96	ASPHALT	0 ft	151 ft
	30 m	1,192 m	258.59		0 m	46 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
30	LOC-ILS	ILGB	110.30 MHz	18 nm	314.86	-	60 ft
				33 km	303.49		60 m
30	GS	ILGB	110.30 MHz	10 nm	314.86	3.00	60 ft
				19 km	303.49		60 m