

# CYOW

Ottawa Macdonald Cartier Intl

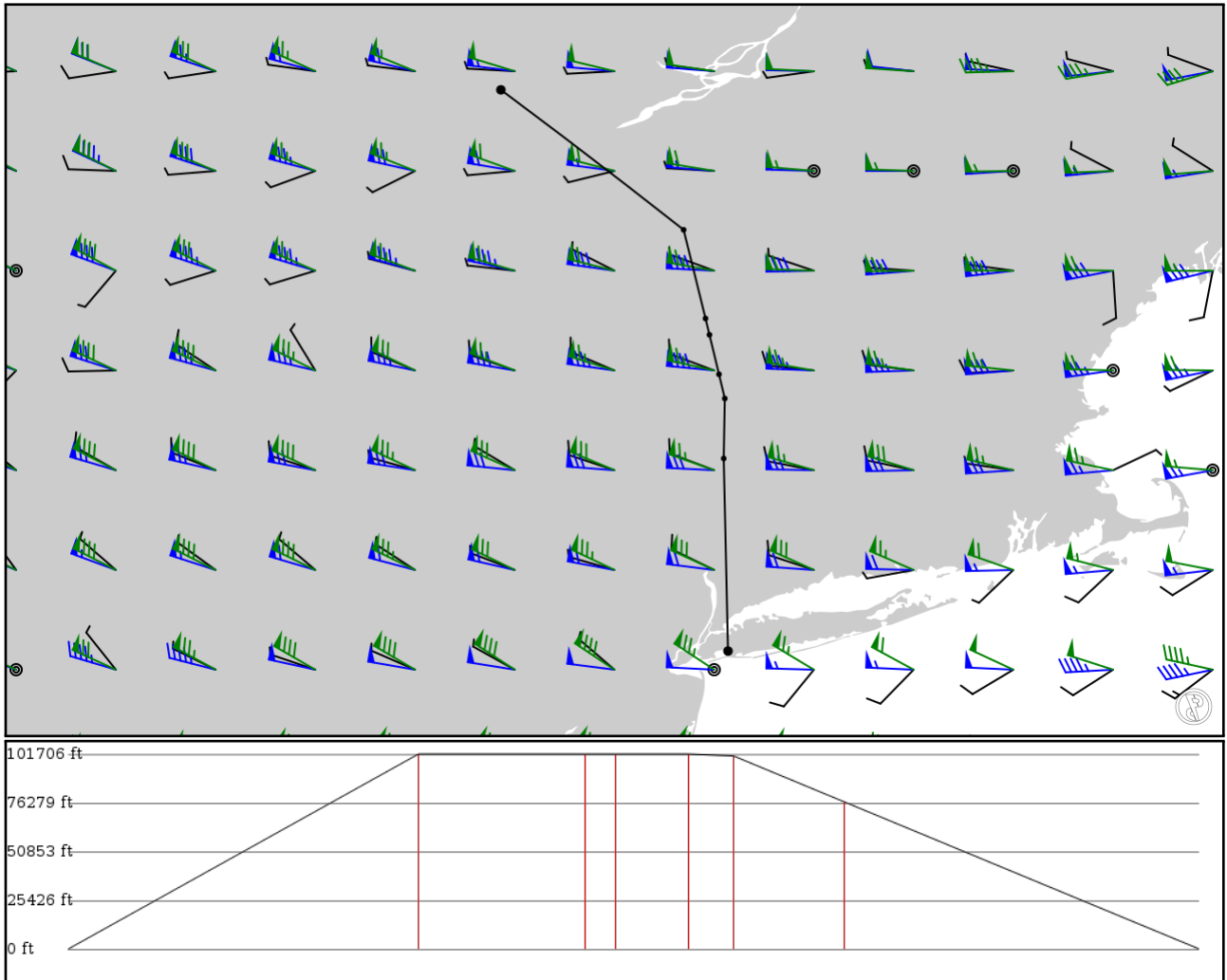
# KJFK

John F. Kennedy Intl

2024/05/14 1200Z

CYOW DINNY **V203** ALB **J37** ATHOS KJFK

308.08 nm / 570.56 km



## Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 31000ft
- Cruise Speed: 420kts
- Descent Rate: 1700ft/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
CYOW APT	-	45.32270 -75.67180	0 ft 0 m	-	Ottawa Macdonald Cartier Intl
DINNY FIX	-	44.15490 -74.14690	31,000 ft 9,449 m	95	-
GASSY FIX	V203 AWY-LO	43.41480 -73.96410	31,000 ft 9,449 m	45	-
WAREN FIX	V203 AWY-LO	43.27890 -73.93110	31,000 ft 9,449 m	8	-
OTOLE FIX	V203 AWY-LO	42.94960 -73.85160	31,000 ft 9,449 m	20	-
ALB VOR	V203 AWY-LO	42.74730 -73.80320	30,700 ft 9,357 m	12	ALBANY
ATHOS FIX	J37 AWY-HI	42.24710 -73.81210	23,400 ft 7,132 m	30	-
KJFK APT	-	40.64010 -73.77650	0 ft 0 m	96	John F. Kennedy Intl

## CYOW

Region: CANADA  
Timezone: AMERICA/TORONTO  
Runways: 3

Elevation: 374 ft / 114 m  
Location: 45.322700 -75.671800  
Magnetic Var: 12.920 W

## METAR

CYOW 141129Z 21004KT 190V290 15SM BKN007 OVC040 14/14 A2980 RMK SF6SC2 SLP096 DENSITY ALT 600FT

## TAF

TAF CYOW 140840Z 1409/1506 20008KT P6SM -RA SCT015 OVC070 TEMPO 1409/1416 4SM -SHRA BR SCT008 OVC015 FM141600 2201

## Frequencies

REC - 121.15 MHz - ATIS  
GND - 121.90 MHz -  
APP - 135.15 MHz - TRML

CLD - 119.40 MHz - CLNC DEL  
TWR - 120.10 MHz -

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
14	200 ft	9,973 ft	126.40	ASPHALT	0 ft	171 ft
	61 m	3,040 m	139.32		0 m	52 m
32	200 ft	9,973 ft	306.42	ASPHALT	0 ft	151 ft
	61 m	3,040 m	319.34		0 m	46 m
07	200 ft	7,981 ft	57.38	ASPHALT	0 ft	161 ft
	61 m	2,433 m	70.30		0 m	49 m
25	200 ft	7,981 ft	237.40	ASPHALT	0 ft	161 ft
	61 m	2,433 m	250.32		0 m	49 m
04	75 ft	3,300 ft	25.31	ASPHALT	253 ft	0 ft
	23 m	1,006 m	38.23		77 m	0 m
22	75 ft	3,300 ft	205.31	ASPHALT	0 ft	0 ft
	23 m	1,006 m	218.23		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07	LOC-ILS	IOW	109.50 MHz	18 nm	57.39	-	374 ft
				33 km	70.31		374 m
32	LOC-ILS	IRP	110.30 MHz	18 nm	306.41	-	374 ft
				33 km	319.33		374 m
07	GS	IOW	109.50 MHz	10 nm	57.39	3.00	374 ft
				19 km	70.31		374 m
32	GS	IRP	110.30 MHz	10 nm	306.41	3.00	374 ft
				19 km	319.33		374 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 141051Z 19007KT 10SM FEW200 BKN250 14/12 A3002 RMK A02 SLP166 T01390122

## TAF

TAF AMD KJFK 140836Z 1409/1512 18007KT P6SM BKN120 FM141400 19010KT P6SM FEW150 BKN200 FM141800 19014KT P6SM SCT0

## 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 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