KSFO
San Francisco International

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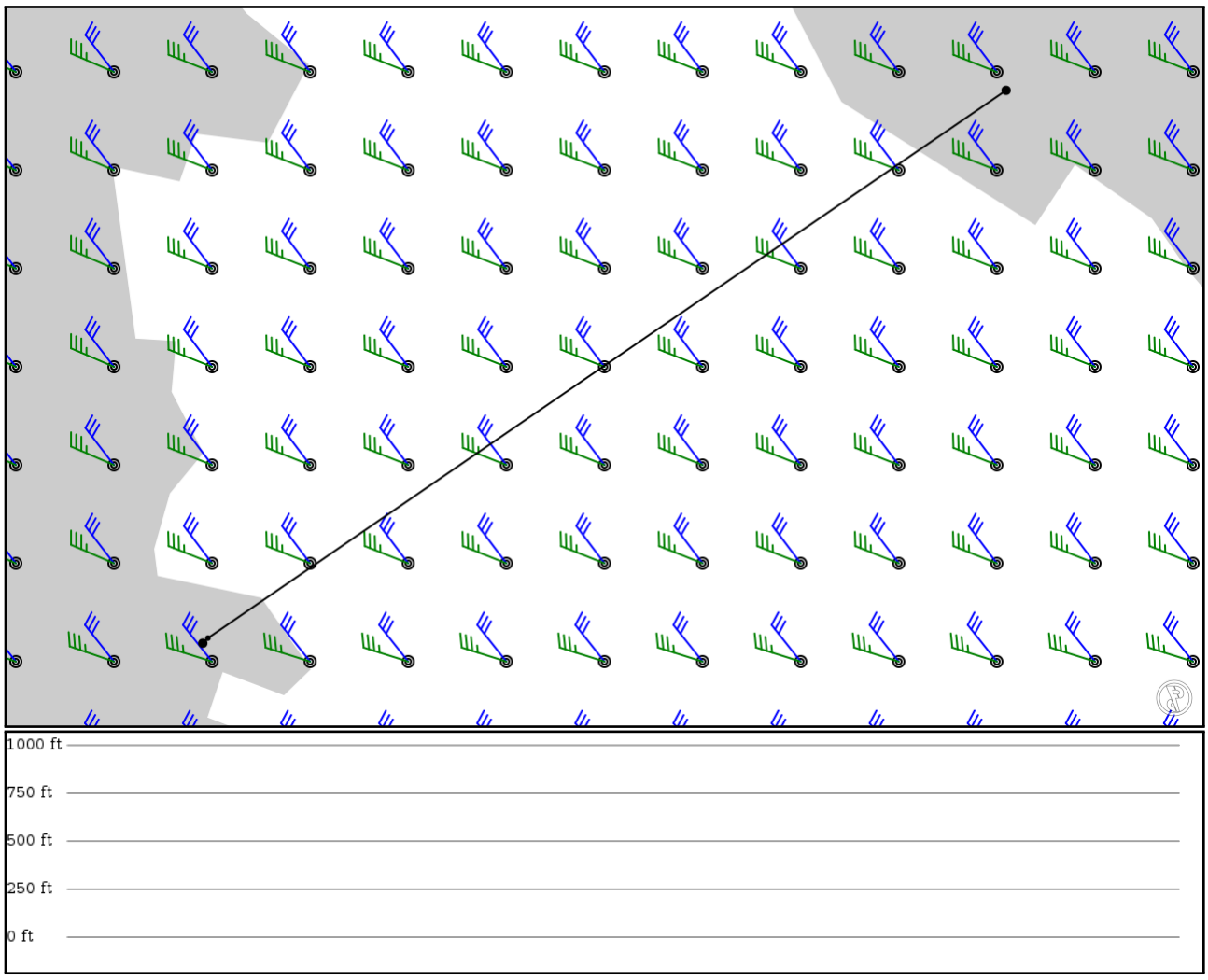
KOAK
Metro Oakland Intl

2024/05/03 1144Z

KSFO SFO KOAK

9.76 nm / 18.07 km



Notes

Basic altitude profile:
- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 11000ft
- 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
KSFO APT	–	37.61850 −122.37500	0 ft 0 m	–	San Francisco International
SFO VOR	–	37.61950 −122.37400	0 ft 0 m	0	SAN FRANCISCO
KOAK APT	–	37.72500 −122.22000	0 ft 0 m	9	Metro Oakland Intl

KSFO

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

Elevation: 13 ft / 4 m
Location: 37.618500 -122.375000
Magnetic Var: 12.845 E

METAR

KSFO 031056Z 28018KT 10SM FEW003 OVC005 11/09 A2994 RMK AO2 SLP137 T01110089

TAF

KSFO 030851Z 0309/0412 28014KT P6SM BKN005 FM031500 28006KT P6SM SCT005 FM031800 29016G23KT P6SM SCT250 FM032100

Frequencies

REC - 113.70 MHz - D-ATIS
REC - 118.85 MHz - D-ATIS
CLD - 118.20 MHz -
SAN FRANCISCO CLEARANCE DELIVERY
TWR - 120.50 MHz - SAN FRANCISCO TOWER
APP - 128.32 MHz - NORCAL APPROACH
APP - 133.95 MHz - NORCAL APPROACH
DEP - 135.10 MHz - NORCAL DEPARTURE

REC - 115.80 MHz - D-ATIS
COM - 122.95 MHz - UNICOM
GND - 121.80 MHz - SAN FRANCISCO GROUND
APP - 134.50 MHz - NORCAL APPROACH
APP - 128.57 MHz - NORCAL APPROACH
DEP - 120.90 MHz - NORCAL DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
10L	200 ft 61 m	11,859 ft 3,615 m	117.90 105.05	ASPHALT	0 ft 0 m	876 ft 267 m
28R	200 ft 61 m	11,859 ft 3,615 m	297.92 285.07	ASPHALT	302 ft 92 m	318 ft 97 m
10R	200 ft 61 m	11,371 ft 3,466 m	117.90 105.05	ASPHALT	0 ft 0 m	748 ft 228 m
28L	200 ft 61 m	11,371 ft 3,466 m	297.92 285.07	ASPHALT	305 ft 93 m	322 ft 98 m
01R	200 ft 61 m	8,665 ft 2,641 m	27.71 14.87	ASPHALT	564 ft 172 m	404 ft 123 m
19L	200 ft 61 m	8,665 ft 2,641 m	207.72 194.87	ASPHALT	0 ft 0 m	443 ft 135 m
01L	200 ft 61 m	7,664 ft 2,336 m	27.71 14.87	ASPHALT	643 ft 196 m	469 ft 143 m
19R	200 ft 61 m	7,664 ft 2,336 m	207.72 194.87	ASPHALT	0 ft 0 m	446 ft 136 m

Approach Navaids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
19L	DME	ISIA	108.90 MHz	18 nm 33 km	- -	-	24 ft 24 m
28L	DME	ISFO	109.55 MHz	18 nm 33 km	- -	-	22 ft 22 m
28R	DME	IGWQ	111.70 MHz	18 nm 33 km	- -	-	17 ft 17 m
28R	DME	IFNP	110.75 MHz	18 nm 33 km	- -	-	13 ft 13 m
19L	LOC-ILS	ISIA	108.90 MHz	18 nm 33 km	207.72 194.87	-	13 ft 13 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
28L	LOC-ILS	ISFO	109.55 MHz	18 nm 33 km	297.91 285.06	-	13 ft 13 m
28R	LOC-ILS	IGWQ	111.70 MHz	18 nm 33 km	297.91 285.06	-	13 ft 13 m
19L	GS	ISIA	108.90 MHz	10 nm 19 km	207.72 194.87	3.00	13 ft 13 m
28L	GS	ISFO	109.55 MHz	10 nm 19 km	297.91 285.06	2.85	13 ft 13 m
28R	GS	IGWQ	111.70 MHz	10 nm 19 km	297.91 285.06	3.00	13 ft 13 m

KOAK

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

Elevation: 8 ft / 2 m
Location: 37.725000 -122.220000
Magnetic Var: 12.842 E

METAR

KOAK 031053Z 13003KT 10SM FEW003 SCT008 12/12 A2994 RMK AO2 SLP139 T01220117

TAF

TAF KOAK 030520Z 0306/0412 30008KT P6SM FEW008 FM032100 27014G24KT P6SM SKC FM040400 27012KT P6SM BKN008 FM041100

Frequencies

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

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
12	150 ft 46 m	10,530 ft 3,210 m	130.11 117.27	ASPHALT	0 ft 0 m	397 ft 121 m
30	150 ft 46 m	10,530 ft 3,210 m	310.13 297.28	ASPHALT	128 ft 39 m	397 ft 121 m
10R	150 ft 46 m	6,219 ft 1,896 m	112.25 99.41	ASPHALT	0 ft 0 m	774 ft 236 m
28L	150 ft 46 m	6,219 ft 1,896 m	292.27 279.42	ASPHALT	0 ft 0 m	390 ft 119 m
10L	150 ft 46 m	5,463 ft 1,665 m	112.24 99.40	ASPHALT	0 ft 0 m	390 ft 119 m
28R	150 ft 46 m	5,463 ft 1,665 m	292.25 279.41	ASPHALT	0 ft 0 m	259 ft 79 m
15	75 ft 23 m	3,379 ft 1,030 m	164.48 151.64	ASPHALT	0 ft 0 m	0 ft 0 m
33	75 ft 23 m	3,379 ft 1,030 m	344.48 331.64	ASPHALT	0 ft 0 m	0 ft 0 m

Approach Navaids

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

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