

# KSEA

Seattle Tacoma Intl

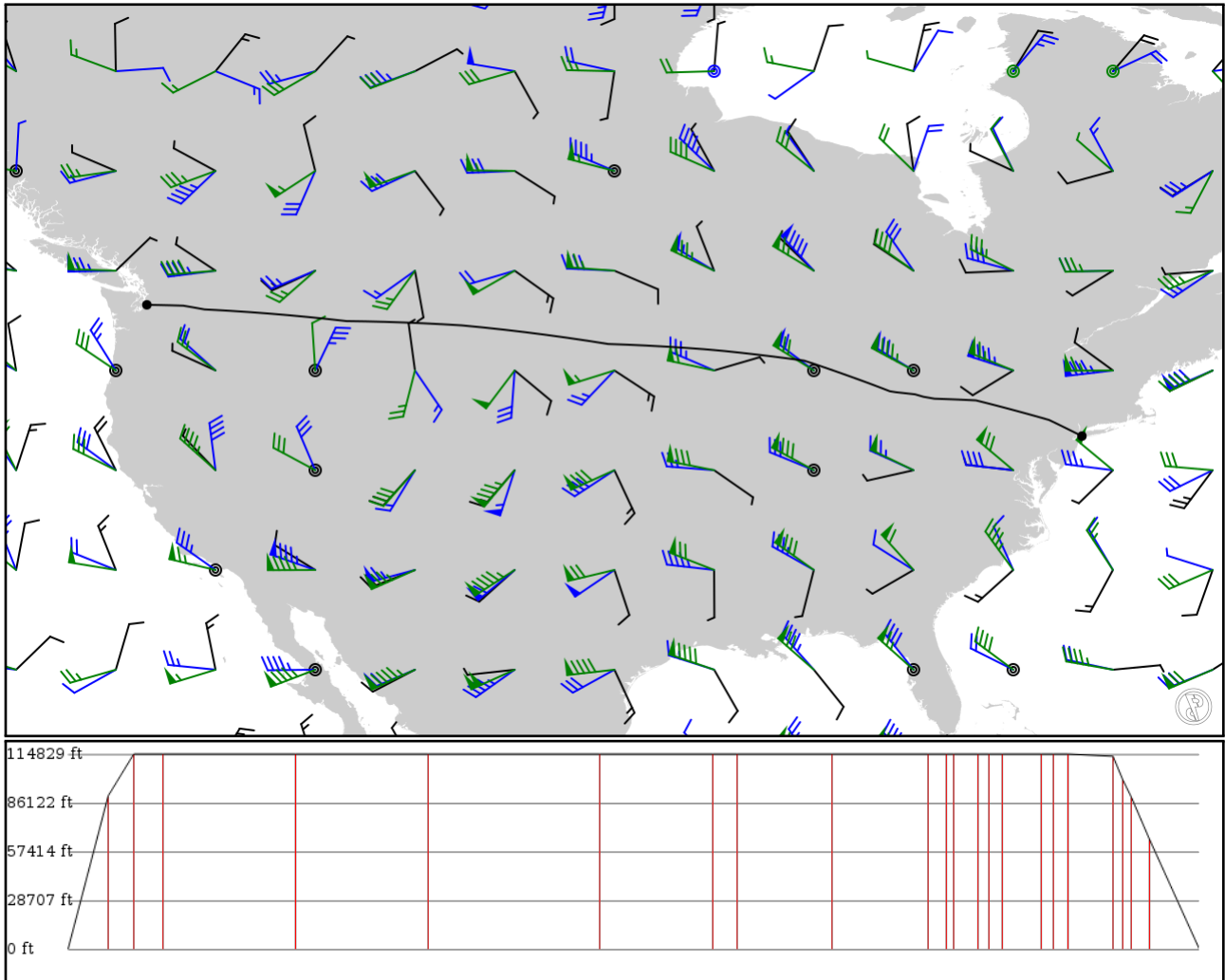
# KJFK

John F Kennedy Intl

2024/05/29 0439Z

KSEA BLUIT J90 MWH J34 HLN J90 ABR J70 GEP J106 FNT J36 LHY KJFK

2120.83 nm / 3927.77 km



## Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 32000ft
- Cruise Speed: 420kts
- Descent Rate: 1500ft/min
- Descent Speed: 250kts

Options:

- Use NATs: yes
- Use PACOTS: yes
- Use low airways: no
- Use high airways: yes



## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
KSEA	-	47.45019	0 ft	-	Seattle Tacoma Intl
APT	-	-122.31232	0 m		
BLUIT	-	47.40593	27,500 ft	77	-
FIX	-	-120.41820	8,382 m		
MWH	J90	47.21086	35,000 ft	46	MOSES LAKE VOR-DME
DME	AWY-HI	-119.31682	10,668 m		
ODESS	J34	47.13689	35,000 ft	54	-
FIX	AWY-HI	-117.97419	10,668 m		
HLN	J34	46.60683	35,000 ft	249	HELENA VORTAC
VOR	AWY-HI	-111.95347	10,668 m		
MLS	J90	46.38223	35,000 ft	248	MILES CITY VOR-DME
DME	AWY-HI	-105.95354	10,668 m		
ABR	J90	45.41736	35,000 ft	322	ABERDEEN VOR-DME
VOR	AWY-HI	-98.36872	10,668 m		
GEP	J70	45.14569	35,000 ft	211	GOPHER VORTAC
VOR	AWY-HI	-93.37319	10,668 m		
TWINZ	J106	45.04880	35,000 ft	46	-
FIX	AWY-HI	-92.28934	10,668 m		
GRB	J106	44.55516	35,000 ft	176	GREEN BAY VORTAC
DME	AWY-HI	-88.19486	10,668 m		
MONEE	J106	43.24050	35,000 ft	179	-
FIX	AWY-HI	-84.46415	10,668 m		
FNT	J106	42.96678	35,000 ft	35	FLINT VORTAC
VOR	AWY-HI	-83.74697	10,668 m		
ATTIX	J36	42.91696	35,000 ft	14	-
FIX	AWY-HI	-83.43060	10,668 m		
FNT2	J36	42.80732	35,000 ft	43	-
APT	AWY-HI	-82.44311	10,668 m		
GOOSS	J36	42.68042	35,000 ft	20	-
FIX	AWY-HI	-82.00388	10,668 m		
JLGON	J36	42.57951	35,000 ft	26	-
FIX	AWY-HI	-81.43107	10,668 m		
DKK23	J36	42.51616	35,000 ft	72	-
FIX	AWY-HI	-79.79153	10,668 m		
DKK	J36	42.49056	35,000 ft	22	DUNKIRK VORTAC
VOR	AWY-HI	-79.27408	10,668 m		
WAAKE	J36	42.34213	35,000 ft	27	-
FIX	AWY-HI	-78.68090	10,668 m		
REBBL	J36	41.88268	34,600 ft	82	-
FIX	AWY-HI	-76.93279	10,546 m		
MINEO	J36	41.76977	30,400 ft	19	-
FIX	AWY-HI	-76.52237	9,266 m		
DGRAF	J36	41.68626	27,300 ft	14	-
FIX	AWY-HI	-76.22254	8,321 m		
LHY	J36	41.47578	19,700 ft	35	LAKE HENRY VORTAC
DME	AWY-HI	-75.48263	6,005 m		
KJFK	-	40.63990	0 ft	92	John F Kennedy Intl
APT	-	-73.77666	0 m		

## KSEA

Region: UNITED STATES  
Timezone: AMERICA/LOS\_ANGELES  
Runways: 3

Elevation: 432 ft / 132 m  
Location: 47.450200 -122.312000  
Magnetic Var: 14.767 E

## METAR

KSEA 290353Z 00000KT 10SM SCT035 12/07 A3018 RMK AO2 SLP226 T01170072

## TAF

KSEA 290201Z 2902/3006 01010KT P6SM BKN045 BKN070 FM290600 19008KT P6SM BKN040 FM291500 20007KT P6SM OVC025 FM292000 20007KT P6SM OVC025

## Frequencies

REC - 118.00 MHz - SEATTLE ATIS	CLD - 128.00 MHz - SEATTLE CLEARANCE
GND - 121.70 MHz - SEATTLE GROUND	TWR - 119.90 MHz - SEATTLE TOWER
TWR - 120.95 MHz - SEATTLE TOWER	APP - 133.65 MHz - SEATTLE APPROACH
DEP - 120.10 MHz - SEATTLE DEPARTURE	

## 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	165.58		0 m	122 m
34C	151 ft	9,428 ft	0.34	CONCRETE	0 ft	397 ft
	46 m	2,874 m	345.58		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	165.58		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	345.58		428 m
16C	GS	ISZI	111.70 MHz	10 nm	180.67	3.00	418 ft
				19 km	165.91		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	345.91		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

## KJFK

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 4

Elevation: 12 ft / 4 m  
Location: 40.640100 -73.776500  
Magnetic Var: 12.818 W

## METAR

KJFK 290351Z 28007KT 10SM FEW110 20/12 A2984 RMK AO2 SLP105 T02000117 \$

## TAF

TAF AMD KJFK 290239Z 2903/3006 30007KT P6SM SKC FM291600 24011KT P6SM FEW040 FM292000 21011KT P6SM VCSH SCT040 PROB

## 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	43.48		0 m	134 m
22L	200 ft	8,407 ft	210.68	ASPHALT	0 ft	505 ft
	61 m	2,562 m	223.49		0 m	154 m
04L	200 ft	12,091 ft	30.67	CONCRETE	459 ft	200 ft
	61 m	3,685 m	43.48		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