

SJO / MROC (San Jose, Costa Rica) (Elev. 3048')

- ➔ **Engine Failure** procedure (**Rwy. 07**) only. Consider climb to **8000'**. Ref. approach holding over TOMAS.
- CPDLC avail. Log on to CENAMER "MHCC".
- Customs: No forms required.
- **COVID**: No forms or procedures required.
- Arrival routes this section: **MIA to SJO – 1, 2, 3**

MIA to SJO – 1

Rwy. 7

- ➔ Expect to descend via the **BARRA 3P** arrival over PIRAS (Select "**P**" transition in FMC).
- ➔ Plan for **ILS Z** with OTINA transition.
- ➔ Plan VNAV descent for **280 Kts & 240/13000'**.
- ➔ Make OC506 280B/16000'.
- ➔ On arrival, may expect a clearance Direct to OC507 or OTINA. For OC507, 230/12000 works well. For OTINA, constructing a slowdown point 3 miles prior is helpful.
- ➔ *Note published speeds on Arrival and Approach.
- ➔ *Plan for flaps 5 or 10 to comply with max speed (210 Kts.) over OTINA.
- ➔ If **ILS is out of service**, plan for RNP approach. *Note MAP is NOT at runway threshold... Use **VS** prior!

Rwy. 25 (No night visual approaches)

- ➔ Expect to descend via the **BARRA 4P** arrival over PIRAS (Select "**P**" transition in FMC).
- ➔ Plan VNAV descent for **280 Kts & 240/13000'**.
- ➔ Make OC506 280B/16000'.
- ➔ On arrival, may expect a clearance Direct to OC269.
- ➔ Arrival ties in nicely with **RNP W** approach at COLON Int.
- ➔ *Note published speeds on Arrival and Approach.
- ➔ See Co. pages... Use RNP **.30** landing mins only (insert those mins into Prog. pg. 4)
- ➔ Plan to be Gear Down and flaps 15 by OC300.
- ➔ Brief 3.5 Degree Vertical Path after FAP (OC256).

HAV r	124.55	FUNDI
CEN r	124.3	SELEK
"	124.1	-
COCO App. r	119.6	-

MIA to SJO – 2

- *See arrival notes above.*

HAV r	124.55 / 135.1	MAXIM
MER r	128.2	NUKAN
CEN r	124.3	ILUBA
“	124.1	-
COCO App. r	119.6	-

MIA to SJO – 3

- *See arrival notes above.*
- *Expect the BARRA 3C (Rwy. 7) or BARRA 4C (Rwy. 25)*

HAV r	120.25 / 123.7 / 124.55	URSUS
KIN r	125.4 / 128.35 / 128.1	GAXER
PAN r	133.3 N	DAGUD
CEN r	1214.1	~ SPP
COCO r	119.6	-

DEPARTURE - E/O's Variable

- ➔ **Engine Failure** procedure (**Rwy. 07**) only. Consider climb to **8000'**. Ref. approach holding over TOMAS.
- ➔ **Climb for terrain** ~ 220/11000'.
- ➔ Expect Bleeds Off Takeoff: AOM, Fast Reference Links, Engine Bleed Off Takeoff.
- ➔ CPDLC avail., Log on to CENAMER "MHCC".
- ➔ May have to contact ground for clearance.
- Approaching US, logon to CPDLC.
- Departure routes this section: **SJO to MIA – 1, 2, 3, 4**
SJO to DFW – 1, 2

SJO to MIA – 1

- ➔ Expect the NANJO 3R/4R, RADON "R" trans. for Rwy. 7 or 25 and initial climb to 18000'.
- ➔ On NANJO 3R SID, Ref. procedures: Do not accelerate or retract flaps until reaching OC275.

Alternate Departure info:

- ➔ See company procedures for Rwy. 7 "Right Turn" after takeoff. Ref. POAS4 Dep.

Dep. r	120.5 / 124.7	-
"	119.6	-
CEN r	124.1	-
"	124.3	-
KIN r	125.4 / 128.35	PESTO
HAV r	124.55	KANEX
MIA	126.32	URSUS

SJO to MIA (or CLT) – 2

- See departure notes above.
- ➔ Expect to cross IKBIX at FL300 (Landing MIA).

Dep. r	120.5 / 124.7	-
"	119.6	-
CEN r	124.1	-
"	124.3	-
HAV r	124.55 / 133.7	SELEK
MIA	132.2 / 124.75	IKBIX

SJO to MIA – 3

- See departure notes above.
- ➔ Expect to cross IKBIX at FL300.

Dep. r	120.5	-
"	119.6	-
CEN r	124.1	-
"	124.3	-
KIN r	128.35 / 125.4	PESTO
HAV r	124.55	ATUVI
MIA	132.2 / 124.75	IKBIX / FUNDI

SJO to MIA – 4

- See departure notes above.
- ➔ Expect to cross IKBIX at FL300.

Dep. r	120.5	-
"	119.6	-
CEN r	124.1	ULAPO
"	124.3	-
HAV r	124.55	SELEK
MIA	132.2	IKBIX / FUNDI

SJO to DFW – 1

- See departure notes above.
- See **International Supplement** in the back of this document for **RNP4 procedures** required over some portions of the Gulf of Mexico which may exceed 162 NM.
- ➔ Give position report @ DUTNA w/PEGLG estimate. Will not be in radar contact until PEGLG.

Dep. r	120.5	-
CEN r	124.1	ULAPO
"	133.5 / 123.9	-
MER r	125.8	PENSO
"	123.75	-
HOU*	132.65	DUNTA

SJO to DFW – 2

- See *departure notes above*.
- See **International Supplement** in the back of this document for **RNP4 procedures** required over some portions of the Gulf of Mexico which may exceed 162 NM.

Dep. r	120.5	-
“	119.6	-
CEN r	124.1	-
“	133.5 / 123.9	-
MER r	125.8	TUGET
“	123.75	MID
HOU*	132.65	DUNTA

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