

CRIB SHEET

[Enroute Chart](#)

Recommended SID and STAR assignment

Origin/Destination	WPT	Rwy 11	Rwy 15	Rwy 29	Rwy 33
Orenji	KNIFE	SID 1A	SID 1B	SID 1C	SID 1D
West (RFD, SAU, GRV)	ROMENS	STAR 1X	STAR 1W	STAR 1Y	STAR 1Z
South (IZO, LAR)	CAMEL				

Frequencies (Sauthemptona, Sector handoffs)

PPH Delivery	IPPH_DEL	121.445
PPH Ground	IPPH_GND	121.700
PPH Tower	IPPH_TWR	127.400
PPH Approach	IPPH_APP	118.700
PPH Control	IPPH_CTR	135.250

TOKYO Centre	ITKO_CTR	132.300
SOTAF Centre	IBTH_CTR	128.600
NORSOM Centre	IZOL_CTR	125.640

*IPPH_APP doesn't make sense unless it's used during "staffups".

APPROACH ASSIGNATION

SIMPLE PROCEDURES

The simplest procedures to give as a controller to a pilot

RWY	PROC	IAF	Arrival (up to IAF)
11	ILS Z 11	TINDR	STAR or vectors to TINDR
15	ILS Z 15	TINDR	STAR or vectors to TINDR
29	RNAV 29	NOONU	STAR or vectors to NOONU
33	RNAV 33	PH003	STAR or vectors to PH003

**IAF - Initial approach fix (a transition point).*