

SEA			
SID	DIRECTION	TOP ALTITUDE	TRANSITIONS
BANGR	NW	C/V 7000	ARRIE, PANGL
ELMAA	S		HQM, CVO
HAROB	SW		ERAVE, FEPOT, HISKU, HQM
MONTN	E		R/V from NEZUG (N) NICHY (S)
SEA	ALL	7000	RV/DIR
SUMMA	S/SE		BKE, LKV
		C/V 7000 (N Flow)	RV SUMMA (N Flow)
SEA 2200-0600L			
JEFPO	N	C/V 7000 (Top altitude 9000)	R/V
OZWLD	S/E		
ISBRG	NW		
PDX			
CASCD	SE	7000	DSD, JOGEN, SMIGE, PAWLI
HRMNS	SE		
LAVAA	E/NE		PDT, YKM
MINNE	S/SW		EASON, FAMUK, HISKU
WHAMY	E/SE		IMB, KOATA, RIELY
PTLD	RADAR	6000 J/T, 3000 P	R/V
GEG			
GEG	ALL	6000	R/V

ARRIVALS				
SEA SOUTH FLOW				
STAR	FIX	ALT	PROP ALT	SPEED
CHINS	RADDY	16k	10k	270
EPH	ATC	ATC	ATC	
GLASR	JAKSN	12K	10k	250
DESCEND VIA				
HAWKZ	JAWBN	12k	10k	250
DESCEND VIA				
MARNR	OLM	17k	12k	270

SEA NORTH FLOW				
STAR	FIX	ALT	PROP ALT	SPEED
CHINS	RADDY	12k	10k	270
EPH	ATC	ATC	ATC	
GLASR	JAKSN	16k	10k	270
DESCEND VIA				
HAWKZ	JAWBN	12k	10k	250
DESCEND VIA				
MARNR	OLM	13k	12k	270

PDX				
STAR	FIX	ALT	PROP ALT	SPEED
HELNS	KRATR	12k	10k	270
DESCEND VIA				
HHOOD				
DESCEND VIA				
KRATR				
OCITY	VANTZ	12k	10k	250
DESCEND VIA				
TMBRS				

GEG				
STAR	FIX	ALT	PROP ALT	SPEED
HILIE	HILIE	12k	10k	
ZOOMR	ZOOMR	12k	10k	

YVR				
STAR	FIX	ALT	PROP ALT	SPEED
GRIZZ	EGRET	12k	10k	

VORs	
Seattle - ZSE	
ACV	Arcata
ALW	Walla Walla
AST	Astoria
BTG	Battleground
CBU	Columbia
CEC	Crescent City
COE	Coeur D'Alene
CVO	Corvallis
DSD	Deschutes
EAT	Wenatchee
ELN	Ellensburg
EPH	Ephrata
EUG	Eugene
FJS	Fort Jones
FOT	Fortuna
GEG	Spokane
HQM	Hoquiam
IMB	Kimberly
LKV	Lakeview
LMT	Klamath Falls
LTJ	Klickitat
MLP	Mullan Pass
MQG	Nez Perce
MHW	Moses Lake
NUW	Whidbey Island
OED	Rogue Valley
OLM	Olympia
ONP	Newport
OTH	North Bend
PAE	Paine
PDT	Pendleton
PSC	Pasco
PUW	Pullman
RBG	Roseburg
SEA	Seattle
SKA	Fairchild
TCM	McChord
TOU	Tatoosh
UBG	Newburg
YKM	Yakima
Salt Lake City - ZLC	
BKE	Baker City
DNJ	Donnelly
FCA	Kalispell
ILR	Wildhorse
LKT	Salmon
MSO	Missoula
REO	Rome
SDA	Shenandoah
Oakland - ZOA	
AHC	Amedee
RBL	Red Bluff
RDD	Redding
Vancouver - ZVR	
HUH	Whatcom
YDC	Princeton
YVR	Vancouver
YXC	Cranbrook
YYJ	Victoria

LOWEST USABLE FL	
FL180	29.92 & Higher
FL190	28.92-29.91
FL200	27.92-28.91

FLIGHT LEVELS	
West (180-359)	East (0-179)
FL590	
	FL570
FL550	
	FL530
FL510	
	FL490
FL470	
	FL450
FL430	
	FL410
FL400	
	FL390
FL380	
	FL370
FL360	
	FL350
FL340	
	FL330
FL320	
	FL310
FL300	
	FL290
FL280	
	FL270
FL260	
	FL250
FL240	
	FL230
FL220	
	FL210
FL200	
	FL190
FL180	
VFR +500 from 3,500-17,500	

AIRPORT	TOP ALT	CALM RWY
KSEA	7000	16s
KPDX (RNAV)	7000	10s
KPDX (PTLD)	6000/3000	
KGEG	6000	21
CYYR		26s
KALW	8000	2
KBFI	2100	SEA
KBLI	3000	16
KEUG	9000	16s
KHIO	4000	13s
KLMT	10000	32
KLWS	23000	26/30
KMFR	11000	D32/A14
KMWH	10000	14L
KNUW	2000	25
KOLM	3000	17
KOTH	23000	4
KPAE	2000	SEA
KPDT	7000	26/29
KPSC	10000	21L/R
KRDM	14000	23
KRNT	3000	SEA
KSFF	12000	21L/R
KSLE	9000	31/34
KTCM	4000	SEA
KTIW	2000	SEA
KTTD	4000	PDX (OPP)
KUAO	4000	17
KYKM	10000	27/22