

# Standard Instrument Arrival Coding Tables

## London Heathrow ALESO 1H

Designator	Sequence Number	Path Terminator	Waypoint Name	Waypoint Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
ALESO 1H	001	IF	ALESO	503432.24N 0011331.50E	N	-	-	-	-	-	-	RNAV5
ALESO 1H	002	TF	ROTN0	505126.07N 0004641.20E	N	315° (314.9°)	-0.3	24.0	-	-	-	RNAV5
ALESO 1H	003	TF	ETVAX	505806.99N 0003556.27E	N	315° (314.6°)	-0.3	9.5	-	F180	-	RNAV5
ALESO 1H	004	TF	TIGER	510401.82N 0002621.54E	N	315° (314.4°)	-0.3	8.5	-	-	-	RNAV5
ALESO 1H	005	TF	LLE01	511113.96N 0001521.68E	N	316° (316.2°)	-0.3	10.0	-	-	-250	RNAV5
ALESO 1H	006	TF	BIG	511951.15N 0000205.32E	N	316° (316.1°)	-0.3	12.0	-	F070	-220	RNAV5

## London Heathrow LAM 1X

Designator	Sequence Number	Path Terminator	Waypoint Name	Waypoint Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
LAM 1X	001	IF	LAM	513845.69N 0000906.13E	N	-	-	-	-	-	-250	RNAV5
LAM 1X	002	TF	HILLY	512006.04N 0001437.38E	Y	170° (169.5°)	-0.3	19.0	RIGHT	-	-220	RNAV5
LAM 1X	003	CF	BIG	511951.15N 0000205.32E	N	303° (302.3°)	-0.3	-	-	F070	-220	RNAV5

## London Heathrow TANET 1Z

Designator	Sequence Number	Path Terminator	Waypoint Name	Waypoint Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
TANET 1Z	001	IF	TANET	512658.00N 0005531.99E	N	-	-	-	-	-	-	RNAV5
TANET 1Z	002	TF	DET	511814.41N 0003550.19E	N	235° (234.8°)	-0.3	15.1	RIGHT	-	-	RNAV5
TANET 1Z	003	TF	LLE02	511857.68N 0002109.87E	N	275° (274.6°)	-0.3	9.2	-	-	-250	RNAV5
TANET 1Z	004	TF	BIG	511951.15N 0000205.32E	N	275° (274.4°)	-0.3	12.0	-	F070	-220	RNAV5

## London Heathrow FITBO 1H

Designator	Sequence Number	Path Terminator	Waypoint Name	Waypoint Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
FITBO 1H	001	IF	FITBO	521308.55N 0022412.55W	N	-	-	-	-	F180	-	RNAV1
FITBO 1H	002	TF	SOPIT	515729.84N 0010626.35W	N	108° (107.6°)	-0.3	50.5	RIGHT	F150	-	RNAV1
FITBO 1H	003	TF	WCO	515110.51N 0005744.67W	N	140° (139.6°)	-0.3	8.3	LEFT	-	-220	RNAV1
FITBO 1H	004	TF	BNN	514334.19N 0003259.10W	N	116° (116.2°)	-0.3	17.2	-	F070	-220	RNAV1