

# Standard Instrument Arrival Coding Tables

## London Heathrow OTMET 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
OTMET 1H	001	IF	OTMET	504055.06N 0023053.37W	N	-	-	-	-	F270	-	RNAV1
OTMET 1H	002	TF	SOKDU	503939.22N 0020133.06W	N	093° (093.7°)	0.4	18.7	LEFT	-	-	RNAV1
OTMET 1H	003	TF	NEDUL	503958.00N 0013251.86W	N	088° (088.8°)	0.4	18.3	LEFT	F210	-	RNAV1
OTMET 1H	004	TF	BEGTO	504545.12N 0011407.99W	N	063° (063.9°)	0.4	13.2	LEFT	-	-	RNAV1
OTMET 1H	005	TF	HAZEL	510019.03N 0005904.06W	N	033° (033.1°)	0.4	17.4	RIGHT	F130	-	RNAV1
OTMET 1H	006	TF	LLS01	511021.99N 0004108.43W	N	048° (048.2°)	0.4	15.1	-	-	-250	RNAV1
OTMET 1H	007	TF	OCK	511818.17N 0002649.86W	N	048° (048.4°)	0.4	12.0	-	F070	-220	RNAV1

## London Heathrow ROXOG 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
ROXOG 1H	001	IF	ROXOG	501558.29N 0013344.41W	N	-	-	-	-	-	-	RNAV1
ROXOG 1H	002	TF	AMTOD	503215.69N 0012544.46W	N	017° (017.4°)	0.4	17.1	RIGHT	-	-	RNAV1
ROXOG 1H	003	TF	BEGTO	504545.12N 0011407.99W	N	028° (028.6°)	0.4	15.4	RIGHT	-	-	RNAV1
ROXOG 1H	004	TF	HAZEL	510019.03N 0005904.06W	N	033° (033.1°)	0.4	17.4	RIGHT	F130	-	RNAV1
ROXOG 1H	005	TF	LLS01	511021.99N 0004108.43W	N	048° (048.2°)	0.4	15.1	-	-	-250	RNAV1
ROXOG 1H	006	TF	OCK	511818.17N 0002649.86W	N	048° (048.4°)	0.4	12.0	-	F070	-220	RNAV1

## 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	ROTNO	505126.07N 0004641.20E	N	314° (314.9°)	0.4	24.0	-	-	-	RNAV5
ALESO 1H	003	TF	ETVAX	505806.99N 0003556.27E	N	314° (314.6°)	0.4	9.5	-	F180	-	RNAV5
ALESO 1H	004	TF	TIGER	510401.82N 0002621.54E	N	314° (314.4°)	0.4	8.5	-	-	-	RNAV5
ALESO 1H	005	TF	LLE01	511113.96N 0001521.68E	N	316° (316.2°)	0.4	10.0	-	-	-250	RNAV5
ALESO 1H	006	TF	BIG	511951.15N 0000205.32E	N	316° (316.1°)	0.4	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	169° (169.5°)	0.4	19.0	RIGHT	-	-220	RNAV5
LAM 1X	003	CF	BIG	511951.15N 0000205.32E	N	302° (302.3°)	0.4	-	-	F070	-220	RNAV5