

FEDERAL AVIATION ADMINISTRATION
 FLIGHT STANDARDS SERVICE
 STANDARD TERMINAL ARRIVAL (STAR)

Bearings, headings, courses, tracks and radials are magnetic. Elevations and altitudes are in feet, MSL. Altitudes are minimum altitudes unless otherwise indicated.
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Arrival Name	Number	STAR Computer Code	Superseded Number	Dated	Effective Date				
OUTLA (RNAV)	ONE	OUTLA.OUTLA1	NONE						
TRANSITION ROUTES:									
Transition Name	Transition Computer Codes	From FIX/NAVAID	To FIX/NAVAID	Course	Distance	MEA	MOCA	MAA	Crossing Altitudes / Fixes
COLIN	COLIN.OUTLA1	COLIN	COLIN						
			FAGED	192.31	14.87	5000	1800		
			CORET	141.58	10.79	5000	1800		
			STEIN	141.72	12.67	5000	1800		
			OUTLA	142.08	21.08	3000	1800		
EWOOD	EWOOD.OUTLA1	EWOOD	EWOOD						
			OUTLA	219.71	12.10	3000	1800		
FLAT ROCK	FAK.OUTLA1	FAK VORTAC	FAK VORTAC						
			RUSSL	103.79	22.00	7000	2600		
			HCM VORTAC	104.07	31.55	5000	1800		
			TERKS	108.85	12.00	3000	1800		AT 14000
			OUTLA	109.25	22.64	3000	1800		
HARCUM	HCM.OUTLA1	HCM VORTAC	HCM VORTAC						
			TERKS	108.85	12.00	3000	1800		AT 14000
			OUTLA	109.25	22.64	3000	1800		
JAMIE	JAMIE.OUTLA1	JAMIE	JAMIE						
			OUTLA	195.10	15.65	3000	1800		
MAULS	MAULS.OUTLA1	MAULS	MAULS						
			ANDNN	114.97	54.57	7000	6400		AT FL210
			FAK VORTAC	115.64	20.00	7000	2600		
			RUSSL	103.79	22.00	7000	2600		
			HCM VORTAC	104.07	31.55	5000	1800		
			TERKS	108.85	12.00	3000	1800		AT 14000
			OUTLA	109.25	22.64	3000	1800		
TBONN	TBONN.OUTLA1	TBONN	TBONN						
			CAANO	228.28	17.11	10000	1800		
			PAJET	230.30	04.92	10000	1800		



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Arrival Name OUTLA (RNAV)	Number ONE		STAR Computer Code OUTLA.OUTLA1	Superseded Number NONE			Dated	Effective Date	
Transition Name	Transition Computer Codes	From FIX/NAVAID	To FIX/NAVAID	Course	Distance	MEA	MOCA	MAA	Crossing Altitudes / Fixes
			ZJAAY	225.85	31.04	10000	1800		
			KALDA	223.65	15.35	8000	1800		
			ARICE	220.02	10.71	6000	1800		
			EWOOD	219.87	11.81	5000	1800		
			OUTLA	219.71	12.10	3000	1800		
TRPOD	TRPOD.OUTLA1	TRPOD	TRPOD						
			JAMIE	214.02	48.45	7000	1800		
			OUTLA	195.10	15.65	3000	1800		

ARRIVAL ROUTE DESCRIPTION:

LANDING ALL AIRPORTS: FROM OUTLA ON TRACK 180.13/4.90 TO MEEKA, THEN ON TRACK 180.13. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

PBN REQUIREMENT NOTES:

RNAV 1 - DME/DME/IRU OR GPS

EQUIPMENT REQUIREMENT NOTES:

RADAR REQUIRED

PROCEDURAL DATA NOTES:

NOTE: FAK TRANSITION, ATC ASSIGNED ONLY.

NOTE: JAMIE TRANSITION, ATC ASSIGNED ONLY.

NOTE: HCM TRANSITION, ATC ASSIGNED ONLY.

NOTE: EWOOD TRANSITION, ATC ASSIGNED ONLY.

NOTE: MAULS TRANSITION ONLY AUTHORIZED FOR AIRCRAFT CAPABLE OF OPERATING AT OR ABOVE 14000 FT.

NOTE: PHF AND LFI ARRIVALS ONLY AUTHORIZED TO FILE TBONN AND TRPOD TRANSITIONS.

FIXES AND/OR HOLDING PATTERNS:

CHART HOLDING AT HCM VORTAC: HOLD W, LT, 104.00 INBOUND, 10 NM LEGS.

COMMUNICATIONS:



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OUTLA (RNAV)	ONE	OUTLA.OUTLA1	NONE		

AIRPORTS SERVED:

<u>AIRPORT ID</u>	<u>CITY</u>	<u>STATE</u>
CPK	NORFOLK	VA
PVG	NORFOLK	VA
LFI	HAMPTON	VA
PHF	NEWPORT NEWS	VA
ORF	NORFOLK	VA
NGU	NORFOLK	VA
NTU	VIRGINIA BEACH	VA
SFQ	SUFFOLK	VA

LOST COMMUNICATIONS PREFERENCES:

REMARKS:

THE ENVIRONMENTAL REVIEW UNDER ORDER 1050.1 (LATEST EDITION) AND THE NOISE SCREENING HAVE BEEN ACCOMPLISHED.
 LOWEST ASSIGNED ATC ALTITUDE AT MEEKA, 3000.
 MOCA VALUES LISTED AS 1800 DUE TO 741 MSL TWR (51-001347) LOCATED DOWNSTREAM IN COMMON ROUTE.
 SHIP HEIGHT OVER OPEN OCEAN ASSUMED TO BE 295 FT.

ADDITIONAL FLIGHT DATA:

DME/DME ASSESSMENT: SAT (RNP 2.0)
 MAG VAR: ORF 09W/1985
 CHART AT MEEKA TERMINUS: LDG CPK/PVG/LFI/PHF/ORF/NGU/NTU/SFQ
 CHART: R-4006, R-6604E, R-6609, AND W-386.

FLIGHT INSPECTED BY:

CRAIG LARSON

ORGANIZATION:

AJF

DATE:

11/07/2025

Flight Inspected Signature:

Digitally signed by
CASIMIR L TABAKA
 Nov 12, 2025

DEVELOPED BY:

Rob Jimerson

ESC FPT

02/03/2025

Developed By Signature:

Digitally signed by
CASIMIR L TABAKA
 Nov 12, 2025

APPROVED BY:

CASEY HILL

AJV-A421

Approved By Signature:

Digitally signed by
CASIMIR L TABAKA
 Nov 12, 2025

CHANGES:



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OUTLA (RNAV)	ONE	OUTLA.OUTLA1	NONE		

REASONS:

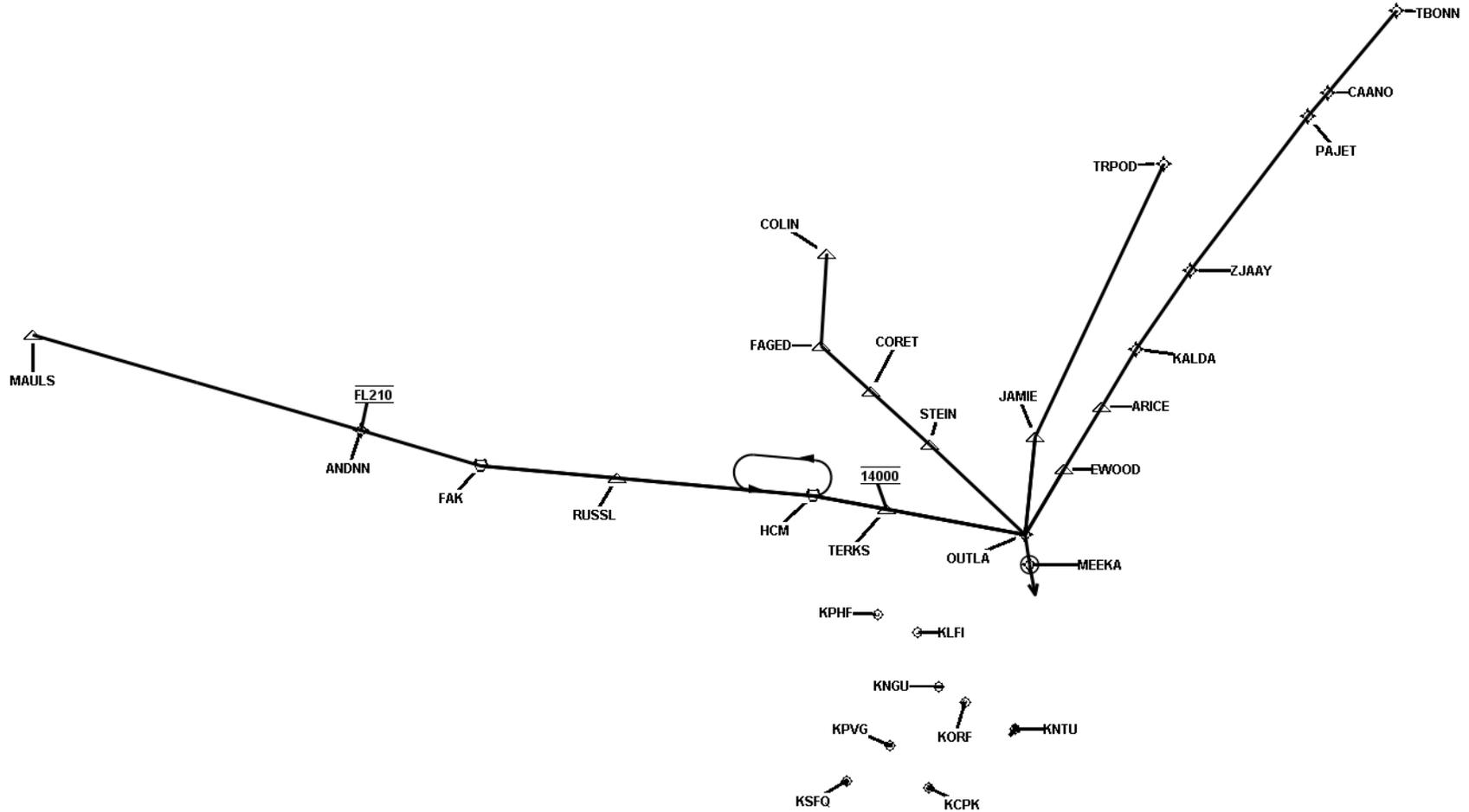


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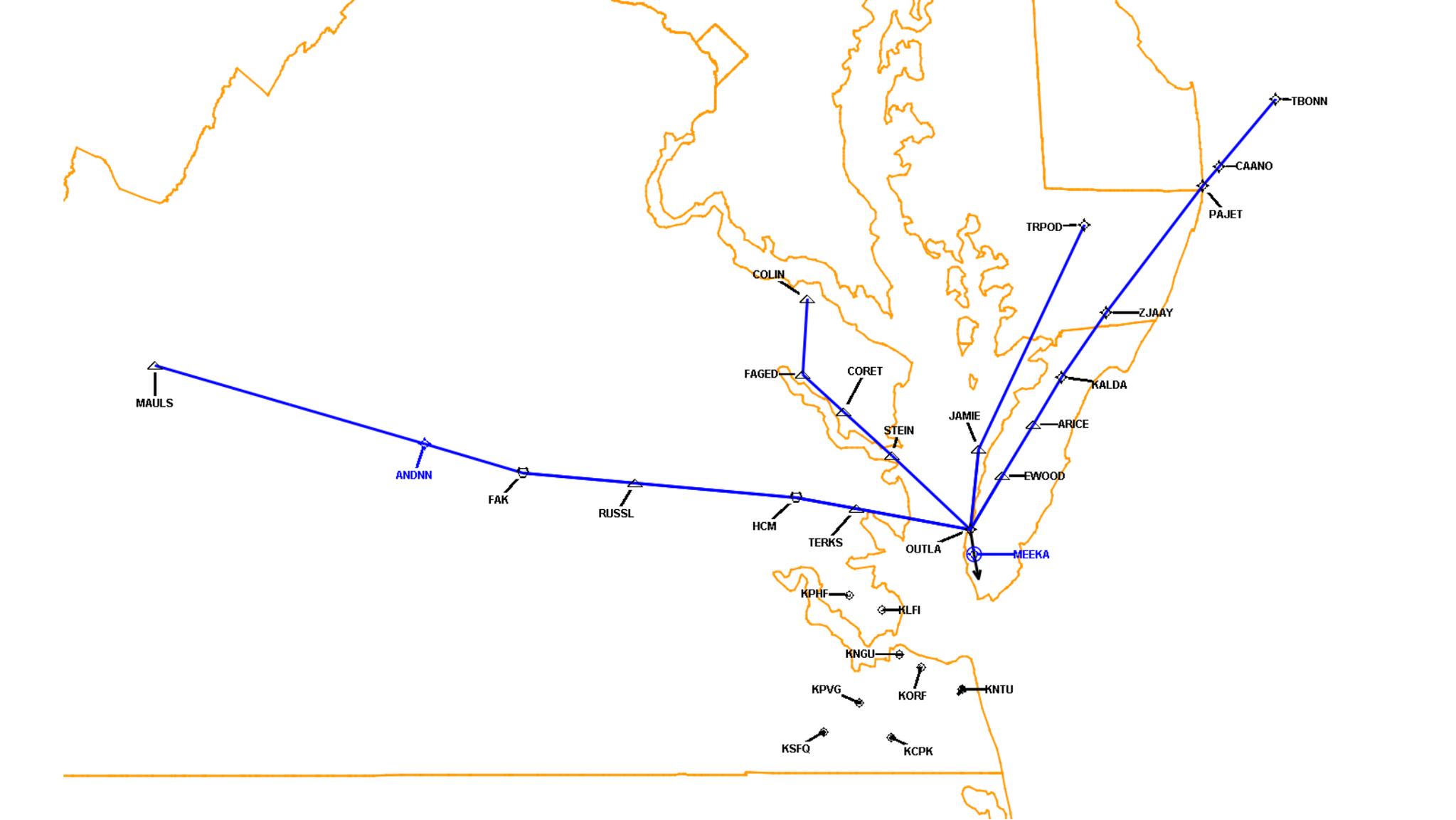
Graphic Depiction 1



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OUTLA (RNAV)	ONE	OUTLA.OUTLA1	NONE		



FEDERAL AVIATION ADMINISTRATION
 FLIGHT STANDARDS SERVICE
 STAR (DATA RECORD)

Arrival Name OUTLA (RNAV)	Number ONE	STAR Computer Code OUTLA.OUTLA1		Superseded Number NONE		Dated	Effective Date		
<u>FIX/NAVAID</u>	<u>LAT/LONG</u>	<u>C</u>	<u>FO/FB</u>	<u>LEG TYPE</u>	<u>TC</u>	<u>DIST (NM)</u>	<u>ALTITUDE</u>	<u>SPEED</u>	<u>REMARKS</u>
En Route Transition									
COLIN	380559.23N / 0763950.85W	Y		IF					COLIN.OUTLA1
FAGED	375107.69N / 0764055.91W	Y	FB	TF	183.31	14.87			
CORET	374348.84N / 0763055.18W	Y	FB	TF	132.58	10.79			
STEIN	373511.90N / 0761912.44W	Y	FB	TF	132.72	12.67			
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	133.08	21.08			
En Route Transition									
EWOOD	373110.55N / 0755209.26W	Y		IF					EWOOD.OUTLA1
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	210.71	12.10			
En Route Transition									
FAK VORTAC	373142.63N / 0774941.59W	Y		IF					FAK.OUTLA1
RUSSL	372949.15N / 0772208.65W	Y	FB	TF	094.79	22.00			
HCM VORTAC	372655.18N / 0764240.87W	Y	FB	TF	095.07	31.55			
TERKS	372450.92N / 0762750.53W	Y	FB	TF	099.85	12.00	AT 14000		
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	100.25	22.64			
En Route Transition									
HCM VORTAC	372655.18N / 0764240.87W	Y		IF					HCM.OUTLA1
TERKS	372450.92N / 0762750.53W	Y	FB	TF	099.85	12.00	AT 14000		
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	100.25	22.64			
En Route Transition									
JAMIE	373620.58N / 0755748.81W	Y		IF					JAMIE.OUTLA1
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	186.10	15.65			
En Route Transition									
MAULS	375249.36N / 0791949.19W	Y		IF					MAULS.OUTLA1
ANDNN	373729.15N / 0781346.97W	Y	FB	TF	105.97	54.57	AT FL210		



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Arrival Name OUTLA (RNAV)		Number ONE	STAR Computer Code OUTLA.OUTLA1				Superseded Number NONE	Dated	Effective Date
<u>FIX/NAVAID</u>	<u>LAT/LONG</u>	<u>C</u>	<u>FO/FB</u>	<u>LEG TYPE</u>	<u>TC</u>	<u>DIST (NM)</u>	<u>ALTITUDE</u>	<u>SPEED</u>	<u>REMARKS</u>
FAK VORTAC	373142.63N / 0774941.59W	Y	FB	TF	106.64	20.00			
RUSSL	372949.15N / 0772208.65W	Y	FB	TF	094.79	22.00			
HCM VORTAC	372655.18N / 0764240.87W	Y	FB	TF	095.07	31.55			
TERKS	372450.92N / 0762750.53W	Y	FB	TF	099.85	12.00	AT 14000		
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	100.25	22.64			
En Route Transition									
TBONN	384502.83N / 0744503.77W	Y		IF					TBONN.OUTLA1
CAANO	383146.37N / 0745852.32W	Y	FB	TF	219.28	17.11			
PAJET	382804.13N / 0750300.55W	Y	FB	TF	221.30	04.92			
ZJAAY	380309.95N / 0752634.27W	Y	FB	TF	216.85	31.04			
KALDA	375031.06N / 0753735.34W	Y	FB	TF	214.65	15.35			
ARICE	374119.65N / 0754432.37W	Y	FB	TF	211.02	10.71			
EWOOD	373110.55N / 0755209.26W	Y	FB	TF	210.87	11.81			
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	210.71	12.10			
En Route Transition									
TRPOD	382020.33N / 0753201.85W	Y		IF					TRPOD.OUTLA1
JAMIE	373620.58N / 0755748.81W	Y	FB	TF	205.02	48.45			
OUTLA	372045.48N / 0755954.08W	Y	FB	TF	186.10	15.65			
Common Route									
OUTLA	372045.48N / 0755954.08W	Y		IF					OUTLA.OUTLA1
MEEKA	371554.84N / 0755857.30W	Y	FO	TF	171.13	04.90			
KCPK,KLFI,KNGU, KNTU,KORF,KPHF, KPVG,KSFQ				FM	171.13				

