

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 <b>FRDMM (RNAV)</b>	Number <b>SEVEN</b>	STAR Computer Code <b>ALWYZ.FRDM7</b>	Superseded Number <b>SIX</b>	Dated <b>05/16/2024</b>	Effective Date
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TRANSITION ROUTES:

Transition Name	Transition Computer Codes	From FIX/NAVAID	To FIX/NAVAID	Course	Distance	MEA	MOCA	MAA	Crossing Altitudes / Fixes
BUCKO	BUCKO.FRDM7	BUCKO	BUCKO						AT FL310
			DRRON	106.74	12.41	8000	6100		BETWEEN FL270 AND FL310
			HONNR	106.91	15.19	8000	6100		BETWEEN FL240 AND FL280
			BRVRY	107.19	12.79	8000	6100		BETWEEN FL220 AND FL260
			COURG	108.02	11.00	8000	5300		BETWEEN FL200 AND FL230
			PLDGE	108.16	17.06	8000	5100		BETWEEN 15000 AND 17000
			WEWIL	118.61	12.35	8000	4900		AT/ABOVE 14000
			NEVVR	119.09	06.03	8000	4200		AT/ABOVE 12000
			FORGT	119.17	06.71	8000	4200		AT/ABOVE 11000
			SEPII	119.25	05.00	8000	4000		AT/ABOVE 10000
			ALWYZ	119.32	04.89	8000	3400		AT/BELOW 10000
LUISE	LUISE.FRDM7	LUISE	LUISE						
			BUCKO	123.21	43.95	8000	6100		AT FL310
			DRRON	106.74	12.41	8000	6100		BETWEEN FL270 AND FL310
			HONNR	106.91	15.19	8000	6100		BETWEEN FL240 AND FL280
			BRVRY	107.19	12.79	8000	6100		BETWEEN FL220 AND FL260
			COURG	108.02	11.00	8000	5300		BETWEEN FL200 AND FL230
			PLDGE	108.16	17.06	8000	5100		BETWEEN 15000 AND 17000
			WEWIL	118.61	12.35	8000	4900		AT/ABOVE 14000
			NEVVR	119.09	06.03	8000	4200		AT/ABOVE 12000
			FORGT	119.17	06.71	8000	4200		AT/ABOVE 11000
			SEPII	119.25	05.00	8000	4000		AT/ABOVE 10000
			ALWYZ	119.32	04.89	8000	3400		AT/BELOW 10000

**ARRIVAL ROUTE DESCRIPTION:**

LANDING ADW RWY 1L/R: FROM ALWYZ ON TRACK 125.19/10.47 TO CROSS LETZZ AT 8000, THEN ON TRACK 130.06/7.78 TO CROSS RLLLL AT 6000 AND AT 250 KIAS, THEN ON TRACK 130.89/10.39 TO VCTRY, THEN ON TRACK 188.50/8.10 TO HEROO, THEN ON TRACK 188.50. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING ADW RWY 19L/R: FROM ALWYZ ON TRACK 121.66/6.88 TO CROSS FRDMM AT 8000 AND AT 240 KIAS, THEN ON TRACK 077.78/9.38 TO STAND. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.



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LANDING DCA RWY 1, 4, 33: FROM ALWYZ ON TRACK 125.19/10.47 TO CROSS LETZZ AT 8000, THEN ON TRACK 130.06/7.78 TO CROSS RLLLL AT 6000 AND AT 250 KIAS, THEN ON TRACK 130.89/10.39 TO VCTRY, THEN ON TRACK 188.50/8.10 TO HEROO, THEN ON TRACK 188.50. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING DCA RWY 15: FROM ALWYZ ON TRACK 121.66/6.88 TO CROSS FRDMM AT 8000 AND AT 240 KIAS, THEN ON TRACK 077.78/9.38 TO STAND, THEN ON TRACK 077.67/4.73 TO TGTHR, THEN ON TRACK 147.60/5.00 TO PUNKN, THEN ON TRACK 147.60. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING DCA RWY 22, 19: FROM ALWYZ ON TRACK 121.66/6.88 TO CROSS FRDMM AT 8000 AND AT 240 KIAS, THEN ON TRACK 077.78/9.38 TO STAND, THEN ON TRACK 077.67/4.73 TO TGTHR, THEN ON TRACK 147.21/5.86 TO DARIC, THEN ON TRACK 147.21. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING DAA: FROM ALWYZ ON TRACK 125.19/10.47 TO CROSS LETZZ AT 8000, THEN ON TRACK 130.06/7.78 TO CROSS RLLLL AT 6000 AND AT 250 KIAS, THEN ON TRACK 130.89/10.39 TO VCTRY, THEN ON TRACK 188.50/8.10 TO HEROO, THEN ON TRACK 188.50. 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: JET AIRCRAFT ONLY

NOTE: TURBOPROP AIRCRAFT AS ASSIGNED BY ATC ONLY.

NOTE: PROHIBITED AREA (P-56) 1.5 NM NORTH OF DCA AVOID - SURFACE TO FL180.

NOTE: LANDING SOUTH AT DCA USE RUNWAY 19 TRANSITION, LANDING NORTH USE RUNWAY 1 TRANSITION. LANDING SOUTH AT ADW USE RUNWAY 19R TRANSITION, LANDING NORTH USE RUNWAY 1L TRANSITION. EXPECT RUNWAY ASSIGNMENT FROM TRACON PRIOR TO FORGT.

**FIXES AND/OR HOLDING PATTERNS:**

CHART HOLDING AT ALWYZ: HOLD NW, LT, 119.32 INBOUND, 6 NM LEGS, 210 KIAS.

CHART HOLDING AT FORGT: HOLD NW, LT, 119.17 INBOUND, 10 NM LEGS.

CHART HOLDING AT LUISE: HOLD NW, LT, 117.00 INBOUND, 10 NM LEGS.

CHART HOLDING AT PLDGE: HOLD W, LT, 108.16 INBOUND, 10 NM LEGS.

**COMMUNICATIONS:**

**AIRPORTS SERVED:**

<u>AIRPORT ID</u>	<u>CITY</u>	<u>STATE</u>
DCA	WASHINGTON	DC
DAA	FORT BELVOIR	VA
ADW	CAMP SPRINGS	MD

**LOST COMMUNICATIONS PREFERENCES:**

**REMARKS:**

THE ENVIRONMENTAL REVIEW UNDER ORDER 1050.1 (LATEST EDITION) AND THE NOISE SCREENING HAVE BEEN ACCOMPLISHED.

CONGRESSIONAL/COMMEMORATIVE STAR: KEEP DESIGN AS IS (EXCEPT FOR DOCUMENTED ATC CHANGES); WAIVER ON FILE FOR DIFFERING WP TURN TYPES; NO FM LEG AT STAND FOR



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(CONTINUED) ADW 19L/R (COVERED BY EQUIPMENT NOTES).  
 LOWEST ASSIGNED ATC ALTITUDE AT HEROO, 1500.  
 LOWEST ASSIGNED ATC ALTITUDE AT STAND, 2000.  
 LOWEST ASSIGNED ATC ALTITUDE AT PUNKN, 2000.  
 LOWEST ASSIGNED ATC ALTITUDE AT DARIC, 2000.

**ADDITIONAL FLIGHT DATA:**

DME/DME ASSESSMENT: SAT (RNP 2.0)  
 MAG VAR: DCA 11W/2020  
 CHART: P-56B, P-56A  
 CHART AT HEROO TERMINUS: DCA LDG RWY 1, 4, 33.  
 CHART AT DARIC TERMINUS: DCA LDG RWY 19, 22.  
 CHART AT PUNKN TERMINUS: DCA LDG RWY 15.  
 CHART AT STAND TERMINUS: ADW LDG RWY 19L/R.  
 CHART AT HEROO TERMINUS: ADW LDG RWY 1L/R.  
 CHART AT HEROO TERMINUS: LDG DAA.

**FLIGHT INSPECTED BY:**

HANNAH WIESNESKI

**ORGANIZATION:**

AJF

**DATE:**

04/16/2026

Flight Inspected Signature:

*Digitally signed by*  
**TARA N MARTINELLI**

*Digitally signed by* Apr 24, 2026

**DEVELOPED BY:**

KWEKU DONKOR

AJV-A433

01/06/2026

Developed By Signature:

**KWEKU DONKOR**

Feb 27, 2026

**APPROVED BY:**

BEV L BORDY

AJV-A430

Approved By Signature:

*Digitally signed by*

**CASIMIR L TABAKA**

Mar 13, 2026

**CHANGES:**

1. SEPARATED OUT DCA RWY 15 TRANSITION; REMOVED FERGI WP AND REPLACED WITH PUNKN WP AND UPDATED TERMINUS DATA.
2. UPDATED DCA RWY 19/22 TRANSITION; REMOVED FERGI WP AND REPLACED WITH DARIC WP AND UPDATED TERMINUS DATA.
3. ADDED ATC ASSUMED ALTITUDES IN REMARKS FOR FIXES HEROO, DARIC, PUNKN, STAND.

**REASONS:**

- 1,2. ATC REQUEST.
3. IAW AFS MEMO DATED 08/11/2023.

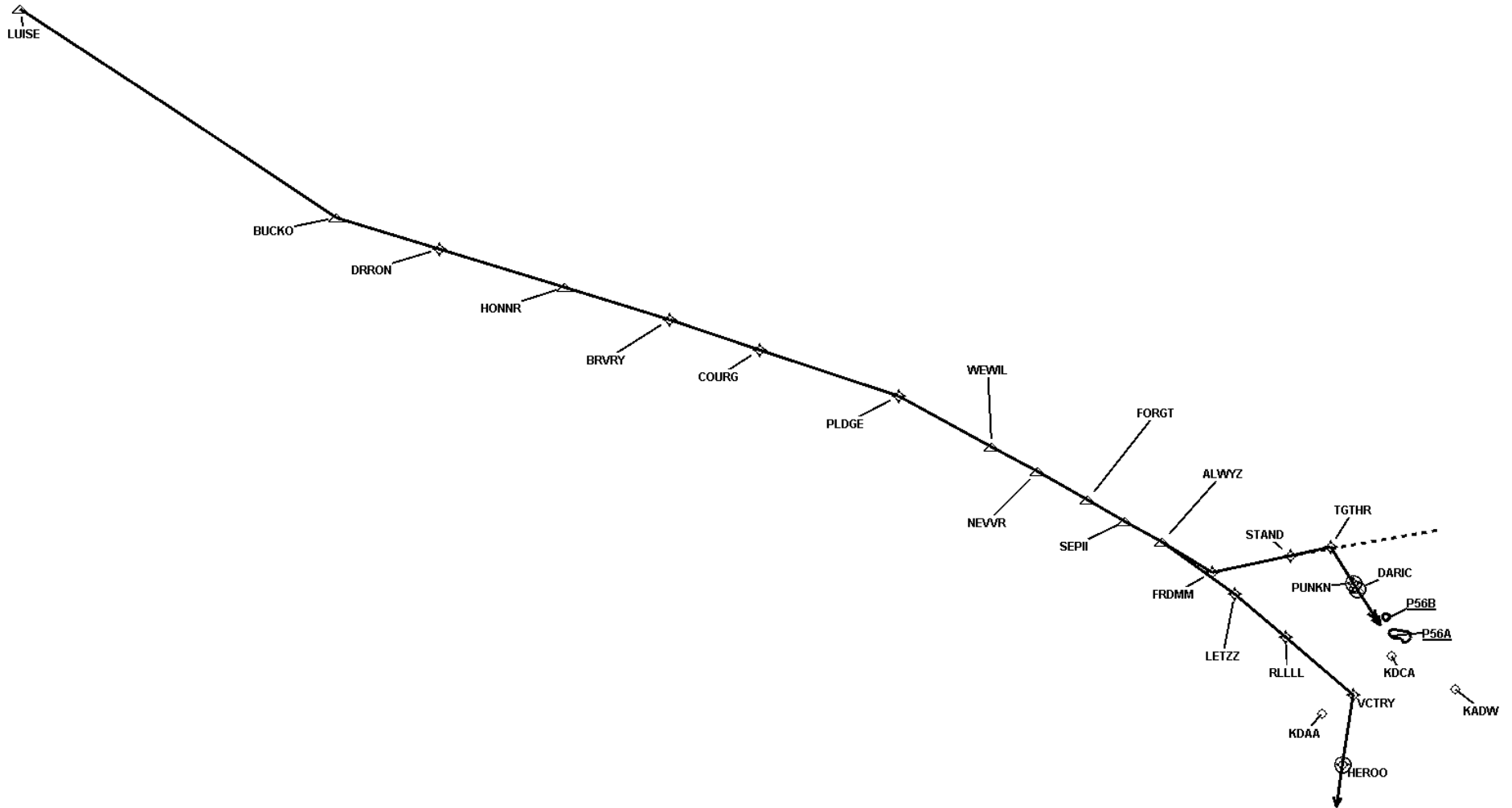


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FRDMM (RNAV)	SEVEN	ALWYZ.FRDMM7	SIX	05/16/2024	

Graphic Depiction 1

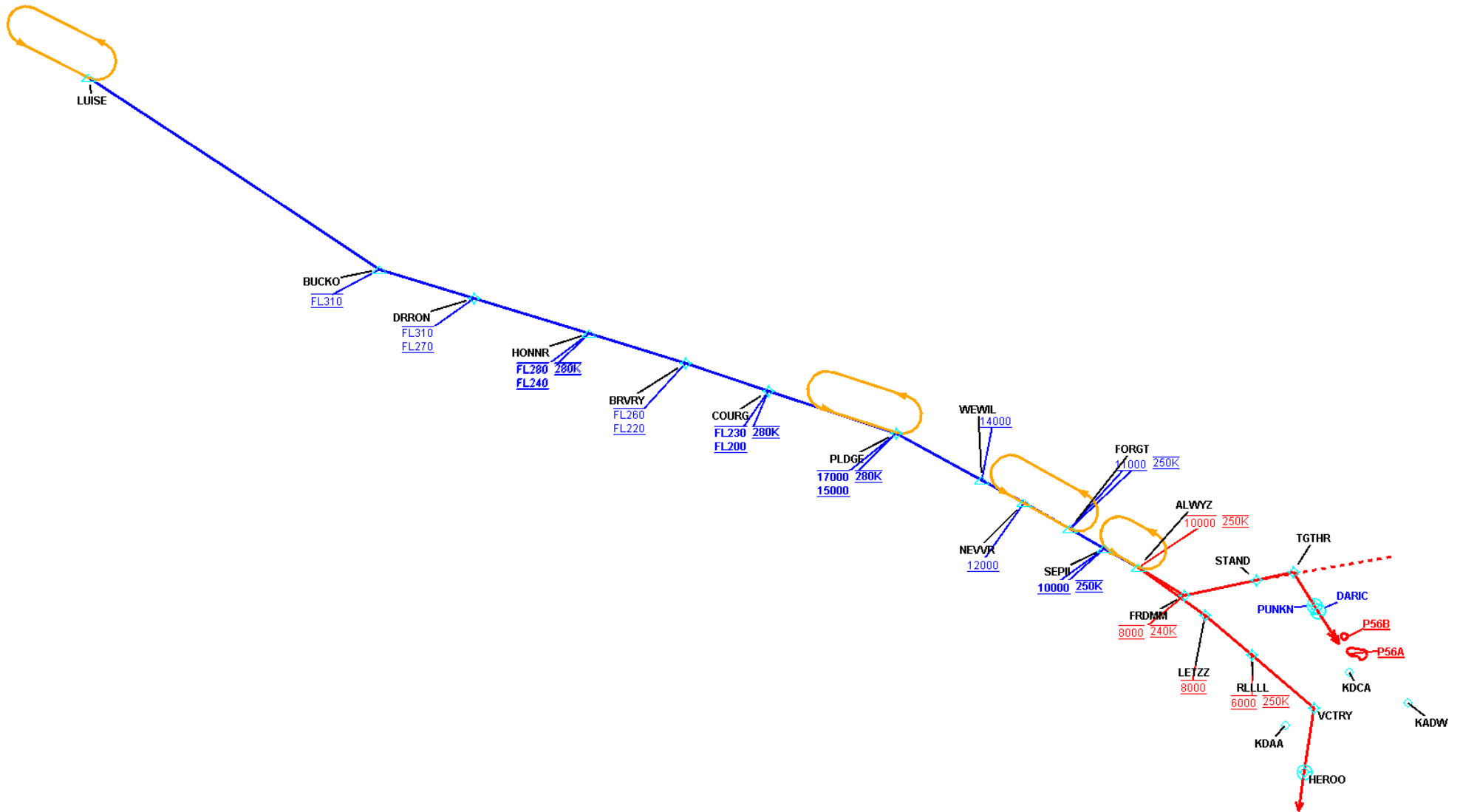


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Graphic Depiction 2

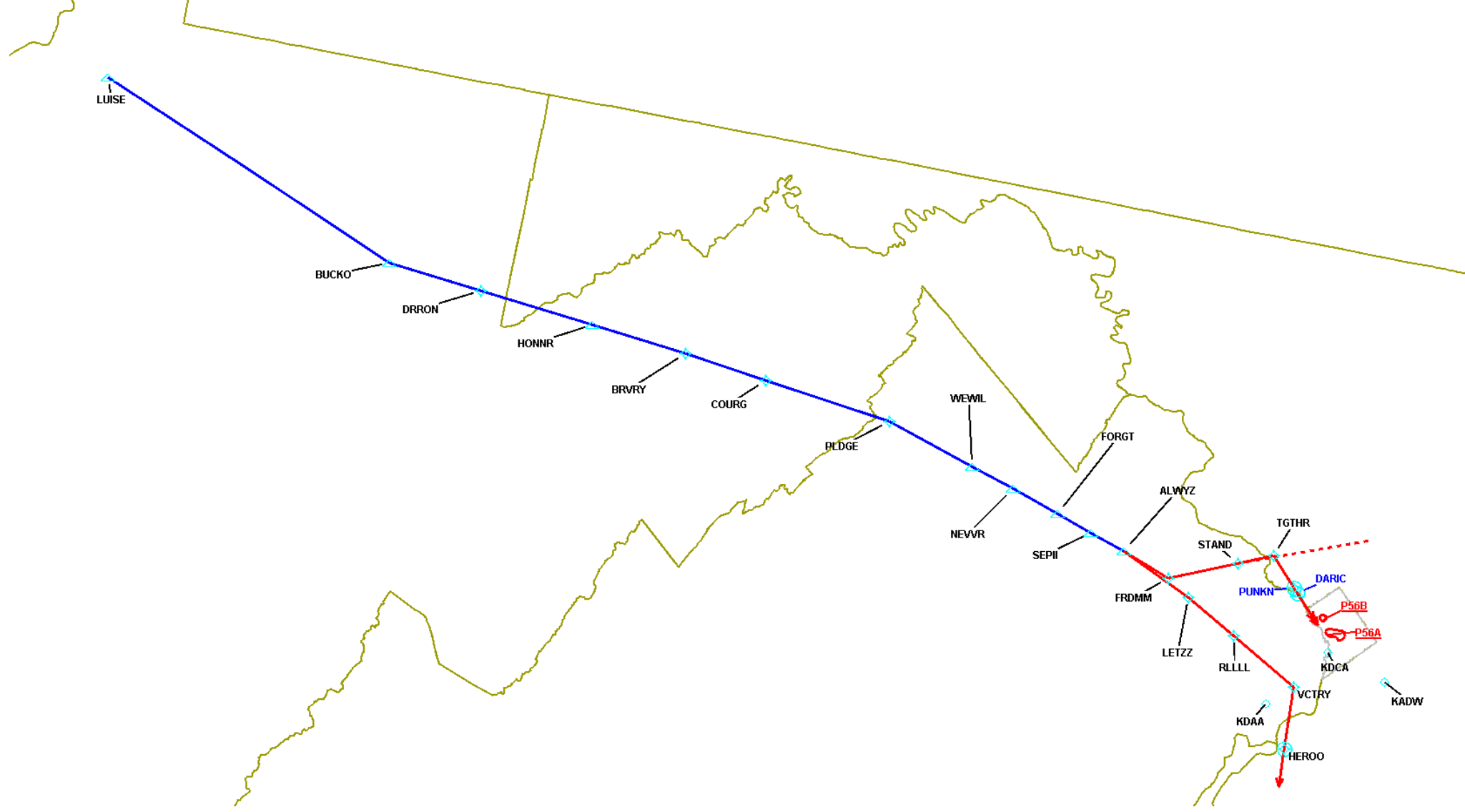


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Graphic Depiction 3



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 STAR (DATA RECORD)

Arrival Name FRDMM (RNAV)	Number SEVEN	STAR Computer Code ALWYZ.FRDM7		Superseded Number SIX		Dated 05/16/2024		Effective Date	
FIX/NAVAID	LAT/LONG	C	FO/FB	LEG TYPE	TC	DIST (NM)	ALTITUDE	SPEED	REMARKS
En Route Transition									
BUCKO	391737.82N / 0794930.10W	Y		IF			AT FL310		BUCKO.FRDM7
DRRON	391622.12N / 0793335.86W	Y	FB	TF	095.74	12.41	FL270BFL310		
HONNR	391446.59N / 0791408.91W	Y	FB	TF	095.91	15.19	FL240BFL280	AT 280K	
BRVRY	391322.68N / 0785747.18W	Y	FB	TF	096.19	12.79	FL220BFL260		
COURG	391201.14N / 0784344.52W	Y	FB	TF	097.02	11.00	FL200BFL230	AT 280K	
PLDGE	390951.33N / 0782158.72W	Y	FB	TF	097.16	17.06	15000B17000	AT 280K	
WEWIL	390605.98N / 0780651.76W	Y	FB	TF	107.61	12.35	AT/ABOVE 14000		
NEVVR	390413.29N / 0775930.17W	Y	FB	TF	108.09	06.03	AT/ABOVE 12000		
FORGT	390207.34N / 0775119.25W	Y	FB	TF	108.17	06.71	AT/ABOVE 11000	AT 250K	
SEPII	390033.12N / 0774513.74W	Y	FB	TF	108.25	05.00	AT/ABOVE 10000	AT 250K	
ALWYZ	385900.66N / 0773916.54W	Y	FB	TF	108.32	04.89	AT/BELOW 10000	AT 250K	
En Route Transition									
LUISE	393427.39N / 0804154.65W	Y		IF					LUISE.FRDM7
BUCKO	391737.82N / 0794930.10W	Y	FB	TF	112.21	43.95	AT FL310		
DRRON	391622.12N / 0793335.86W	Y	FB	TF	095.74	12.41	FL270BFL310		
HONNR	391446.59N / 0791408.91W	Y	FB	TF	095.91	15.19	FL240BFL280	AT 280K	
BRVRY	391322.68N / 0785747.18W	Y	FB	TF	096.19	12.79	FL220BFL260		
COURG	391201.14N / 0784344.52W	Y	FB	TF	097.02	11.00	FL200BFL230	AT 280K	
PLDGE	390951.33N / 0782158.72W	Y	FB	TF	097.16	17.06	15000B17000	AT 280K	
WEWIL	390605.98N / 0780651.76W	Y	FB	TF	107.61	12.35	AT/ABOVE 14000		
NEVVR	390413.29N / 0775930.17W	Y	FB	TF	108.09	06.03	AT/ABOVE 12000		
FORGT	390207.34N / 0775119.25W	Y	FB	TF	108.17	06.71	AT/ABOVE 11000	AT 250K	
SEPII	390033.12N / 0774513.74W	Y	FB	TF	108.25	05.00	AT/ABOVE 10000	AT 250K	
ALWYZ	385900.66N / 0773916.54W	Y	FB	TF	108.32	04.89	AT/BELOW 10000	AT 250K	
Common Route									
ALWYZ	385900.66N / 0773916.54W	Y		IF			AT/BELOW 10000	AT 250K	ALWYZ.FRDM7
LETZZ	385442.36N / 0772702.40W	Y	FB	TF	114.19	10.47	AT 8000		



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RLLLL	385055.11N / 0771820.23W	Y	FB	TF	119.06	07.78	AT 6000	AT 250K	
VCTRY	384543.63N / 0770649.28W	Y	FB	TF	119.89	10.39			
HEROO	383737.42N / 0770622.27W	Y	FO	TF	177.50	08.10			
KDAA				FM	177.50				
Runway Transition									
ALWYZ	385900.66N / 0773916.54W	Y		IF			AT/BELOW 10000	AT 250K	
LETZZ	385442.36N / 0772702.40W	Y	FB	TF	114.19	10.47	AT 8000		
RLLLL	385055.11N / 0771820.23W	Y	FB	TF	119.06	07.78	AT 6000	AT 250K	
VCTRY	384543.63N / 0770649.28W	Y	FB	TF	119.89	10.39			
HEROO	383737.42N / 0770622.27W	Y	FO	TF	177.50	08.10			
KADW:RWY 1L,RWY 1R				FM	177.50				
Runway Transition									
ALWYZ	385900.66N / 0773916.54W	Y		IF			AT/BELOW 10000	AT 250K	
FRDMM	385634.54N / 0773101.39W	Y	FB	TF	110.66	06.88	AT 8000	AT 240K	
STAND	390016.17N / 0771957.84W	Y	FB	TF	066.78	09.38			
KADW:RWY 19L,RWY 19R									
Runway Transition									
ALWYZ	385900.66N / 0773916.54W	Y		IF			AT/BELOW 10000	AT 250K	
LETZZ	385442.36N / 0772702.40W	Y	FB	TF	114.19	10.47	AT 8000		
RLLLL	385055.11N / 0771820.23W	Y	FB	TF	119.06	07.78	AT 6000	AT 250K	
VCTRY	384543.63N / 0770649.28W	Y	FB	TF	119.89	10.39			
HEROO	383737.42N / 0770622.27W	Y	FO	TF	177.50	08.10			
KDCA:RWY 1,RWY 4,RWY 33				FM	177.50				



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Runway Transition									
ALWYZ	385900.66N / 0773916.54W	Y		IF			AT/BELOW 10000	AT 250K	
FRDMM	385634.54N / 0773101.39W	Y	FB	TF	110.66	06.88	AT 8000	AT 240K	
STAND	390016.17N / 0771957.84W	Y	FB	TF	066.78	09.38			
TGTHR	390208.41N / 0771423.69W	Y	FB	TF	066.67	04.73			
PUNKN	385829.99N / 0770959.15W	Y	FO	TF	136.60	05.00			
KDCA:RWY 15				FM	136.60				
Runway Transition									
ALWYZ	385900.66N / 0773916.54W	Y		IF			AT/BELOW 10000	AT 250K	
FRDMM	385634.54N / 0773101.39W	Y	FB	TF	110.66	06.88	AT 8000	AT 240K	
STAND	390016.17N / 0771957.84W	Y	FB	TF	066.78	09.38			
TGTHR	390208.41N / 0771423.69W	Y	FB	TF	066.67	04.73			
DARIC	385754.05N / 0770911.48W	Y	FO	TF	136.21	05.86			
KDCA:RWY 19,RWY 22				FM	136.21				

