

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Arrival Name TRSTN (RNAV)	Number FOUR	STAR Computer Code TRSTN.TRSTN4	Superseded Number THREE	Dated 02/04/2016	Effective Date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
LORAA	LORAA.TRSTN4	LORAA	LORAA						
			DORRN	037.66	09.02	10000	1900		
			PERKN	035.31	08.00	10000	1900		
			CABRL	034.72	10.51	10000	1900		
			TRSTN	004.80	16.47	6000	1900		
THHMP	THHMP.TRSTN4	THHMP	THHMP						
			CABRL	325.34	27.70	10000	2100		
			TRSTN	004.80	16.47	6000	1900		

ARRIVAL ROUTE DESCRIPTION:

LANDING DMW/2W2: FROM TRSTN ON TRACK 351.35/74.36 TO ASHLN, THEN ON TRACK 080.71/22.88 TO MRB VORTAC, THEN ON TRACK 048.25/11.47 TO CPTAL, THEN ON TRACK 094.92/22.69 TO TWIRK, THEN ON TRACK 120.46/13.60 TO HAMRR, THEN ON HEADING 120.46. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING CJR/HWY/HEF: FROM TRSTN ON TRACK 010.99/4.99 TO MOTIE, THEN ON TRACK 010.99. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING FDK/MRB/JYO/FRR/HGR/OKV: FROM TRSTN ON TRACK 351.35/74.36 TO ASHLN, THEN ON TRACK 080.71/22.88 TO MRB VORTAC, THEN ON TRACK 118.44/12.92 TO CRAIN, THEN ON HEADING 087.00. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING W50/GAI: FROM TRSTN ON TRACK 351.35/74.36 TO ASHLN, THEN ON TRACK 080.71/22.88 TO MRB VORTAC, THEN ON TRACK 048.25/11.47 TO CPTAL, THEN ON TRACK 094.92/22.69 TO TWIRK, THEN ON TRACK 174.05/11.20 TO BRILA, THEN ON HEADING 193.00. 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:

FIXES AND/OR HOLDING PATTERNS:

CHART HOLDING AT CABRL: HOLD SW, RT, 034.72 INBOUND, 10 NM LEGS.

COMMUNICATIONS:



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AIRPORTS SERVED:

<u>AIRPORT ID</u>	<u>CITY</u>	<u>STATE</u>
DMW	WESTMINSTER	MD
2W2	WESTMINSTER	MD
CJR	CULPEPER	VA
W50	LAYTONSVILLE	MD
MRB	MARTINSBURG	WV
FDK	FREDERICK	MD
FRR	FRONT ROYAL	VA
JYO	LEESBURG	VA
HGR	HAGERSTOWN	MD
HEF	WASHINGTON	DC
GAI	GAITHERSBURG	MD
HWY	WARRENTON	VA
OKV	WINCHESTER	VA

LOST COMMUNICATIONS PREFERENCES:

REMARKS:

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

A MANDATORY 13000 RESTRICTION AT CABRL WAS INSERTED FOR PROCEDURE ROUTE CONSTRUCTION EVALUATION USING TARGETS REFERENCE SOFTWARE. THE RESTRICTION REPRESENTS NORMAL OPERATING PRACTICES AND IS COMPLIANT WITH ATC REQUIREMENTS FOR USE OF THIS PROCEDURE. THIS RESTRICTION WILL NOT BE PUBLISHED.

LOWEST ASSIGNED ATC ALTITUDE AT MOTIE, 2000.

LOWEST ASSIGNED ATC ALTITUDE AT CRAIN, 3000.

LOWEST ASSIGNED ATC ALTITUDE AT BRILA, 3000.

LOWEST ASSIGNED ATC ALTITUDE AT HAMMR, 3000.

ADDITIONAL FLIGHT DATA:

DME/DME ASSESSMENT: SAT (RNP 2.0)

MAG VAR: DMW 11W/2000

CHART AT HAMRR TERMINUS: LDG 2W2, DMW

CHART AT MOTIE TERMINUS: LDG CJR, HEF, HWY

CHART AT CRAIN TERMINUS: LDG FDK, FRR, HGR, JYO, MRB, OKV

CHART AT BRILA TERMINUS: LDG GAI, W50



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FLIGHT INSPECTED BY:

ORGANIZATION: **DATE:**

DONALD H LANIER

NATHAN J CHOTT

AJF

11/26/2024

Flight Inspected Signature:

Dec 03, 2024

Digitally signed by

DEVELOPED BY:

STEVEN DOUGHERTY

AJV-A421

08/09/2024

Developed By Signature:

Dec 03, 2024

DONALD H LANIER

Digitally signed by

APPROVED BY:

DAVID DANNER

AJV-A421

Approved By Signature:

Dec 03, 2024

DONALD H LANIER

CHANGES:

1. TRANSITION ROUTES: LORAA TRANSITION: REPLACED FIX JOHOF WITH FIX CABRL, MOCA/MEA 10000/1900.
2. TRANSITION ROUTES: LORAA TRANSITION: LORAA TO DORRN MEA/MOCA CHANGED 13000/1800 TO 10000/1900.
3. TRANSITION ROUTES: LORAA TRANSITION: DORRN TO PERKN MEA/MOCA CHANGED FROM 11000/1800 TO 10000/1900.
4. TRANSITION ROUTES: LORAA TRANSITION: CABRL TO TRSTN MOCA CHANGED FROM 1800 TO 1900
5. TRANSITION ROUTES: THHMP TRANSITION: ADDED FIX CABRL BETWEEN THHMP AND TRSTN, MOCA/MEA 10000/2100.
6. TRANSITION ROUTES: THHMP TRANSITION: CABRL TO TRSTN MOCA CHANGED FROM 1800 TO 1900.
7. ARRIVAL ROUTE DESCRIPTION: REMOVED ALL "K" FROM AIRPORT ID'S.
8. ARRIVAL ROUTE DESCRIPTION: NEW ARRIVAL ROUTE DESCRIPTION FOR DMW/2W2, CJR/HWY/HEF, FDK/MRB/JYO/FRR/HGR/OKV, W50/GAI.
9. PBN REQUIREMENTS NOTES: MOVED FROM PROCEDURAL DATA NOTES; ADDED RNAV 1 - DME/DME/IRU OR GPS.
10. EQUIPMENT REQUIREMENTS NOTE: MOVED FROM PROCEDURAL DATA NOTES; ADDED RADAR REQUIRED.
11. PROCEDURAL DATA NOTES: REMOVED "NOTE: TURBOJETS: EXPECT TO CROSS LORAA AT FL190", "NOTE: NON-TURBOJETS: EXPECT TO CROSS LORAA AT 15,000" AND "NOTE: ALL AIRCRAFT EXPECT TO CROSS JOHOF AT 13,000".
12. FIXES AND/OR HOLDING PATTERNS: HOLDING CHANGED FROM "CHART HOLDING AT JOHOF, SW, RT, 033.75 INBOUND, 10 NM LEGS" TO "CHART HOLDING AT CABRL: HOLD SW, RT, 034.72 INBOUND, 10 NM LEGS".
13. COMMUNICATIONS: DELETED " POTOMAC APPROACH CONTROL 126.75/307.2".
14. AIRPORT SERVED: REMOVED AIRPORT NAME, AIRPORT ID ADDED, AND ADDED AIRPORT 2W2.
15. REMARKS: DELETED "CODED ALTITUDE AT LORAA IS USE SOLELY FOR CRITERIA CHECK AND SHOULD NOT BE PUBLISHED".
16. REMARKS: ADDED ENVIRONMENTAL STATEMENT, ALTITUDE RESTRICTION STATEMENT NOT PUBLISHED AT CABRL AND LOWEST ASSIGNED ATC ALTITUDE AT TERMINUS FIXES.
17. ADDITIONAL FLIGHT DATA: CHANGED MAG VAR NOTE FROM" REFERENCE MAGNETIC VARIATION = KHEF 10W/2000" TO "MAG VAR: KDMW 11W/2000".
18. ADDITIONAL FLIGHT DATA: ADDED TERMINUS FIX INFORMATION FOR FIX HAMMR, FIX MOTIE, FIX CRAIN AND FIX BRILA.
19. ADDED: NEW COMMON ROUTE FOR KGAI, KW50.
20. ADDED: NEW COMMON ROUTE FOR K2W2, KDMW.
21. ADDED: NEW COMMON ROUTE FOR KFDK, KFRR, KHGR, KJYO, KMRB, KOKV.
22. REMOVED FIX RUANE AND FIX EZZZZ.
23. ALL EXISTING/NOT AMENDED TF SEGMENTS COURSES INCREASED BY 1 DEGREE.

REASONS:

1. ATC REQUESTED.
- 2-6. NEW OBSTACLES, DME/DME COVERAGE.



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7. ADMINISTRATIVE CHANGE.					
8. ATC REQUESTED, MORE EFFECTIVE FLOW FOR SATELLITE AIRPORTS.					
9. 8260.19J PARA 4-5-12.					
10. 8260.19J PARA 4-5-12.					
11. NO LONGER REQUIRED.					
12. NEW HOLDING FIX, ATC REQUESTED.					
13. NO LONGER REQUIRED.					
14. 8260.19L PARA 4-5-12.					
15. NO LONGER REQUIRED.					
16. 8260.19J PARA 4-5-12, AFS BLANKET WAIVER.					
17. 8260.19J PARA 4-5-12, ATC REQUESTED.					
18. 8260.19J PARA 4-5-12.					
19-21. ATC REQUESTED, MORE EFFECTIVE FLOW FOR SATELLITE AIRPORTS.					
22. ATC REQUESTED.					
23. REFERENCE MAGVAR AIRPORT CHANGED.					

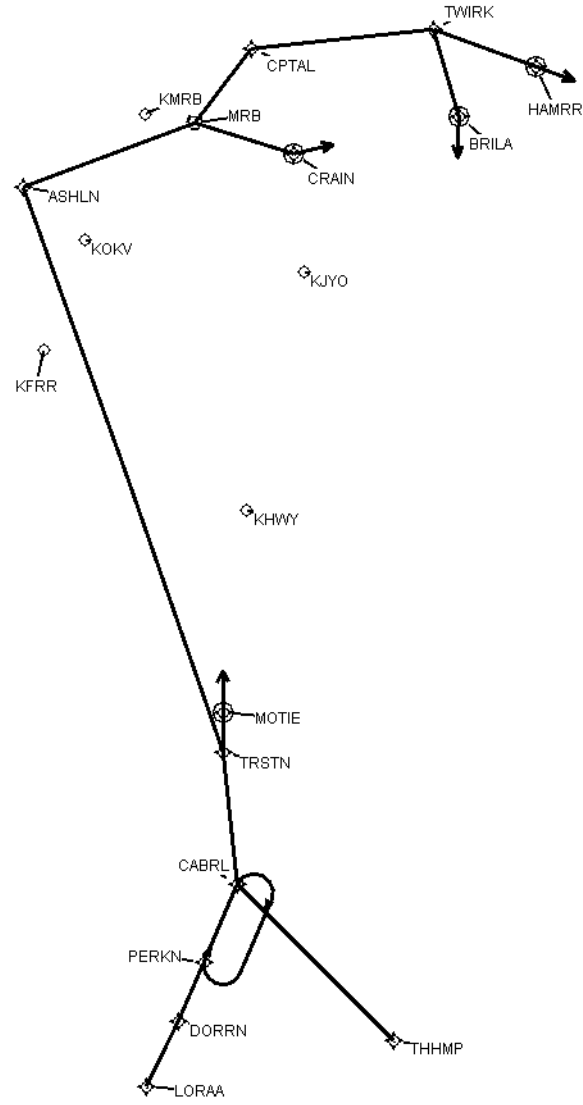


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Graphic Depiction 1



FEDERAL AVIATION ADMINISTRATION
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 STAR (DATA RECORD)

Arrival Name TRSTN (RNAV)	Number FOUR	STAR Computer Code TRSTN.TRSTN4		Superseded Number THREE	Dated 02/04/2016	Effective Date			
FIX/NAVAID	LAT/LONG	C	FO/FB	LEG TYPE	TC	DIST (NM)	ALTITUDE	SPEED	REMARKS
En Route Transition									
LORAA	372349.82N / 0775842.98W	Y		IF					LORAA.TRSTN4
DORRN	373154.04N / 0775337.62W	Y	FB	TF	026.66	09.02			
PERKN	373911.93N / 0774928.81W	Y	FB	TF	024.31	08.00			
CABRL	374849.71N / 0774408.67W	Y	FB	TF	023.72	10.51			
TRSTN	380512.93N / 0774623.88W	Y	FB	TF	353.80	16.47			
En Route Transition									
THHMP	372929.47N / 0771908.75W	Y		IF					THHMP.TRSTN4
CABRL	374849.71N / 0774408.67W	Y	FB	TF	314.34	27.70			
TRSTN	380512.93N / 0774623.88W	Y	FB	TF	353.80	16.47			
Common Route									
TRSTN	380512.93N / 0774623.88W	Y		IF					TRSTN.TRSTN4
ASHLN	391514.68N / 0781835.11W	Y	FB	TF	340.35	74.36			
MRB VORTAC	392308.06N / 0775054.08W	Y	FB	TF	069.71	22.88			
CPTAL	393216.02N / 0774155.65W	Y	FB	TF	037.25	11.47			
TWIRK	393436.70N / 0771244.75W	Y	FB	TF	083.92	22.69			
HAMRR	393003.42N / 0765610.84W	Y	FO	TF	109.46	13.60			
2W2,KDMW				VM	109.46				
Common Route									
TRSTN	380512.93N / 0774623.88W	Y		IF					TRSTN.TRSTN4
MOTIE	381012.50N / 0774623.97W	Y	FO	TF	359.99	04.99			
KCJR,KHEF,KHWY				FM	359.99				
Common Route									
TRSTN	380512.93N / 0774623.88W	Y		IF					TRSTN.TRSTN4
ASHLN	391514.68N / 0781835.11W	Y	FB	TF	340.35	74.36			
MRB VORTAC	392308.06N / 0775054.08W	Y	FB	TF	069.71	22.88			



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<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>
CRAIN	391914.47N / 0773501.25W	Y	FO	TF	107.44	12.92			
KFDK,KFRR,KHGR, KJYO,KMRB,KOKV				VM	076.00				
Common Route									
TRSTN	380512.93N / 0774623.88W	Y		IF					TRSTN.TRSTN4
ASHLN	391514.68N / 0781835.11W	Y	FB	TF	340.35	74.36			
MRB VORTAC	392308.06N / 0775054.08W	Y	FB	TF	069.71	22.88			
CPTAL	393216.02N / 0774155.65W	Y	FB	TF	037.25	11.47			
TWIRK	393436.70N / 0771244.75W	Y	FB	TF	083.92	22.69			
BRILA	392353.04N / 0770831.89W	Y	FO	TF	163.05	11.20			
KGAI,W50				VM	182.00				

