

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Arrival Name TRUPS (RNAV)	Number SIX	STAR Computer Code TRUPS.TRUPS6	Superseded Number FIVE	Dated 05/16/2024	Effective Date 09 Jul 2026				
TRANSITION ROUTES:									
Transition Name	Transition Computer Codes	From FIX/NAVAID	To FIX/NAVAID	Course	Distance	MEA	MOCA	MAA	Crossing Altitudes / Fixes
DILNN	DILNN.TRUPS6	DILNN	DILNN						
			SEALZ	077.35	22.68	14000	6700		
			RANJR	088.31	12.16	14000	6600		BETWEEN FL240 AND FL280
			JARHD	088.47	09.00	13000	6300		BETWEEN FL220 AND FL260
			PJAAE	089.59	09.45	13000	6300		BETWEEN FL210 AND FL230
			USAAY	089.48	12.45	12000	6300		BETWEEN 17000 AND FL210
			WEEDU	088.47	07.26	12000	6300		BETWEEN 16000 AND FL190
			SUPRT	078.53	07.78	10000	5100		BETWEEN 14000 AND 17000
			OOURR	078.67	13.45	5000	3600		AT/BELOW 13000
			TRUPS	059.40	07.97	5000	3600		AT 11000
CHARLESTON	HVQ.TRUPS6	HVQ VOR/DME	HVQ VOR/DME						
			FIMPA	103.19	47.40	16000	6900		
			DILNN	103.69	48.99	16000	6900		
			SEALZ	077.35	22.68	14000	6700		
			RANJR	088.31	12.16	14000	6600		BETWEEN FL240 AND FL280
			JARHD	088.47	09.00	13000	6300		BETWEEN FL220 AND FL260
			PJAAE	089.59	09.45	13000	6300		BETWEEN FL210 AND FL230
			USAAY	089.48	12.45	12000	6300		BETWEEN 17000 AND FL210
			WEEDU	088.47	07.26	12000	6300		BETWEEN 16000 AND FL190
			SUPRT	078.53	07.78	10000	5100		BETWEEN 14000 AND 17000
			OOURR	078.67	13.45	5000	3600		AT/BELOW 13000
			TRUPS	059.40	07.97	5000	3600		AT 11000
SITTR	SITTR.TRUPS6	SITTR	SITTR						
			POMYK	076.88	14.79	16000	6900		
			DEBZZ	076.76	30.34	16000	6900		
			DILNN	076.73	27.15	16000	6900		
			SEALZ	077.35	22.68	14000	6700		

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TRUPS (RNAV)			SIX	TRUPS.TRUPS6		FIVE			05/16/2024	09 Jul 2026
Transition Name	Transition Computer Codes	From FIX/NAVAID	To FIX/NAVAID	Course	Distance	MEA	MOCA	MAA	Crossing Altitudes / Fixes	
			RANJR	088.31	12.16	14000	6600		BETWEEN FL240 AND FL280	
			JARHD	088.47	09.00	13000	6300		BETWEEN FL220 AND FL260	
			PJAAE	089.59	09.45	13000	6300		BETWEEN FL210 AND FL230	
			USAAY	089.48	12.45	12000	6300		BETWEEN 17000 AND FL210	
			WEEDU	088.47	07.26	12000	6300		BETWEEN 16000 AND FL190	
			SUPRT	078.53	07.78	10000	5100		BETWEEN 14000 AND 17000	
			OOURR	078.67	13.45	5000	3600		AT/BELOW 13000	
			TRUPS	059.40	07.97	5000	3600		AT 11000	

ARRIVAL ROUTE DESCRIPTION:

LANDING ADW RWY 1L/R: FROM TRUPS ON TRACK 076.00/12.91 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 TRUPS ON TRACK 060.58/11.28 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.

LANDING DCA RWY 1, 4, 33: FROM TRUPS ON TRACK 076.00/12.91 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 TRUPS ON TRACK 060.58/11.28 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 19, 22: FROM TRUPS ON TRACK 060.58/11.28 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 TRUPS ON TRACK 076.00/12.91 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: TURBOPROPS AS ASSIGNED BY ATC ONLY.

NOTE: DILNN TRANSITION, ATC ASSIGNED 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 10 MILES PRIOR TO TRUPS.

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TRUPS (RNAV)	SIX	TRUPS.TRUPS6	FIVE	05/16/2024	09 Jul 2026

FIXES AND/OR HOLDING PATTERNS:

CHART HOLDING AT OOURR: HOLD W, RT, 078.67 INBOUND, 6 NM LEGS, 210 KIAS.

CHART HOLDING AT SEALZ: HOLD W, RT, 077.35 INBOUND, 10 NM LEGS.

CHART HOLDING AT WEEDU: HOLD W, LT, 088.47 INBOUND, 10 NM LEGS.

COMMUNICATIONS:**AIRPORTS SERVED:**

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

LOST COMMUNICATIONS PREFERENCES:**REMARKS:**

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

CONGRESSIONAL/COMMEMORATIVE STAR: KEEP DESIGNN AS IS (EXCEPT FOR DOCUMENTED ATC CHANGES); WAIVER ON FILE FOR DIFFERING WP TURN TYPES; NO FM LEG AT STAND FOR 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 PUNKN TERMINUS: DCA LDG RWY 15.

CHART AT DARIC TERMINUS: DCA LDG RWY 19, 22.

CHART AT HEROO TERMINUS: ADW LDG RWY 1L/R.

CHART AT STAND TERMINUS: ADW LDG RWY 19L/R.

CHART AT HEROO TERMINUS: LDG DAA.

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TRUPS (RNAV)	SIX	TRUPS.TRUPS6	FIVE	05/16/2024	09 Jul 2026

FLIGHT INSPECTED BY:

MICHAEL G CAMPBELL

ORGANIZATION:

AJF

DATE:

04/22/2026

Flight Inspected Signature:

Digitally signed by

TARA N MARTINELLI

Digitally signed by

Apr 24, 2026

DEVELOPED BY:

KWEKU DONKOR

AJV-A433

01/09/2026

Developed By Signature:

KWEKU DONKOR

Feb 12, 2026

APPROVED BY:

BEV L BORDY

AJV-A430

Approved By Signature:

Digitally signed by

TARA N MARTINELLI

Apr 24, 2026

CHANGES:

1. ADDED DILNN ENROUTE TRANSITION; AS ATC ASSIGNED ONLY.
2. RAISED MOCA FROM SITTR TO DILLN TO 6900.
3. SEPARATED OUT DCA RWY 15 TRANSITION; REMOVED FERGI WP AND REPLACED WITH PUNKN WP AND UPDATED TERMINUS DATA.
4. UPDATED DCA RWY 19/22 TRANSITION; REMOVED FERGI WP AND REPLACED WITH DARIC WP AND UPDATED TERMINUS DATA.
5. ADDED ATC ASSUMED ALTITUDES IN REMARKS FOR FIXES HEROO, STAND, PUNKN, DARIC.

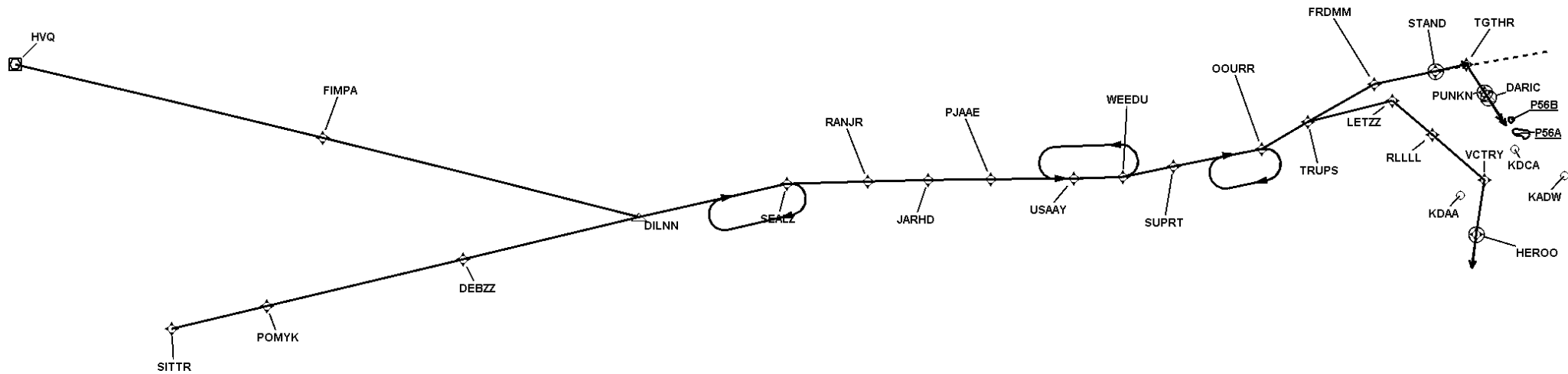
REASONS:

- 1,3,4. ATC REQUEST.
2. NEW CONTROLLING OBSTACLE.
5. IAW AFS MEMO DATED 08/11/2023.

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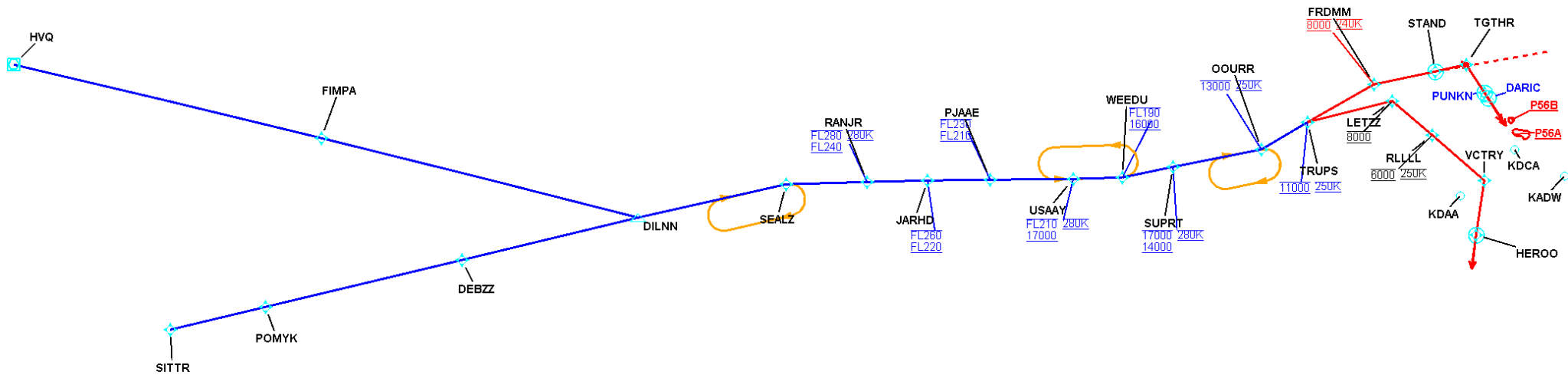
Arrival Name	Number	STAR Computer Code	Superseded Number	Dated	Effective Date
TRUPS (RNAV)	SIX	TRUPS.TRUPS6	FIVE	05/16/2024	09 Jul 2026
Graphic Depiction 1					



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Graphic Depiction 2					

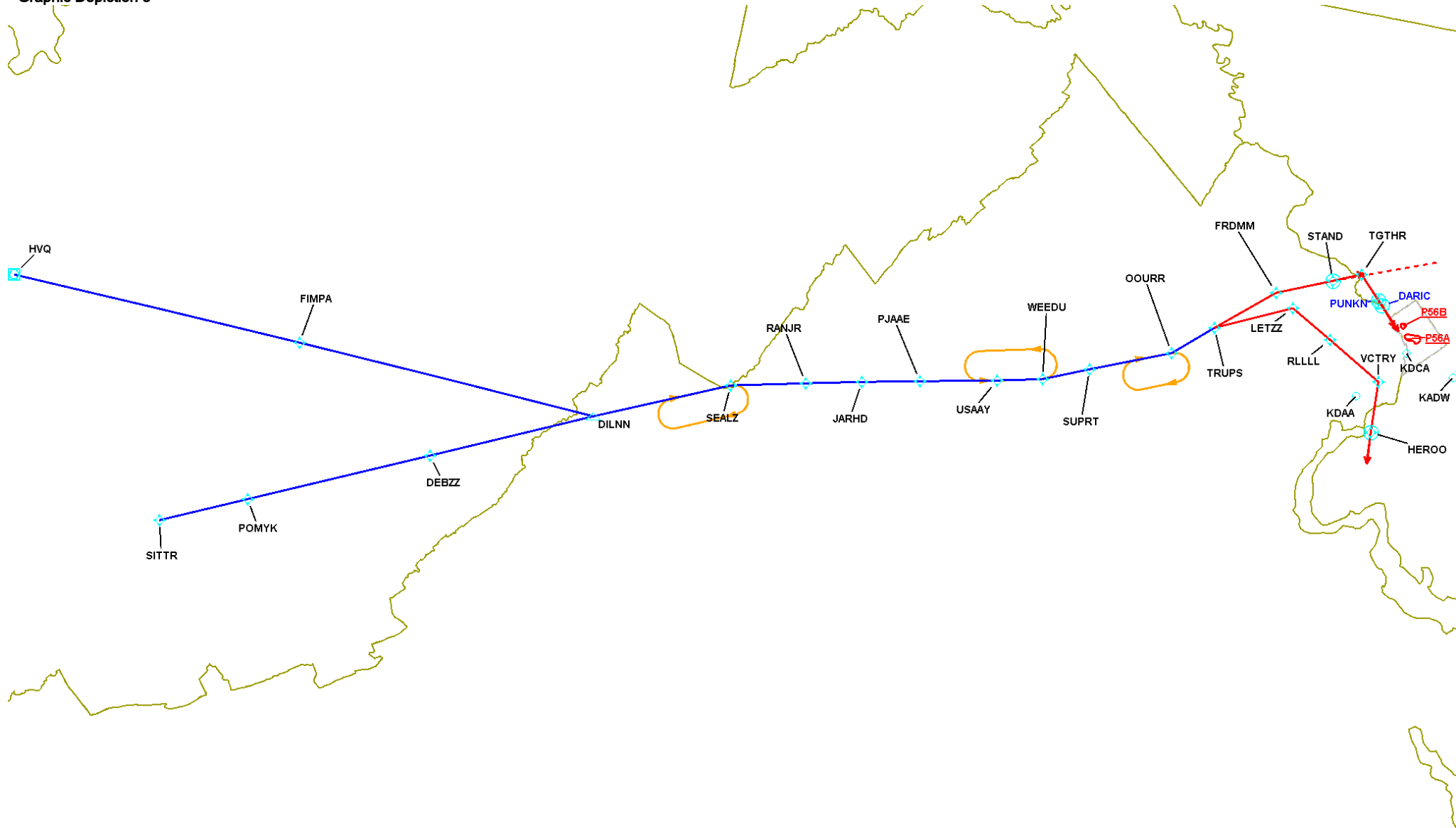


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Graphic Depiction 3



FEDERAL AVIATION ADMINISTRATION
FLIGHT STANDARDS SERVICE
STAR (DATA RECORD)

Arrival Name TRUPS (RNAV)	Number SIX	STAR Computer Code TRUPS.TRUPS6		Superseded Number FIVE		Dated 05/16/2024	Effective Date 09 Jul 2026		
FIX/NAVAID	LAT/LONG	C	FO/FB	LEG TYPE	TC	DIST (NM)	ALTITUDE	SPEED	REMARKS
En Route Transition									
DILNN	381620.05N / 0794352.31W	Y		IF					DILNN.TRUPS6
SEALZ	382523.56N / 0791726.16W	Y	FB	TF	066.35	22.68			
RANJR	382802.97N / 0790220.08W	Y	FB	TF	077.31	12.16	FL240BFL280	AT 280K	
JARHD	382959.72N / 0785108.60W	Y	FB	TF	077.47	09.00	FL220BFL260		
PJAAE	383151.36N / 0783920.34W	Y	FB	TF	078.59	09.45	FL210BFL230		
USAAY	383419.71N / 0782346.83W	Y	FB	TF	078.48	12.45	17000BFL210	AT 280K	
WEEDU	383553.97N / 0781444.36W	Y	FB	TF	077.47	07.26	16000BFL190		
SUPRT	383852.19N / 0780533.69W	Y	FB	TF	067.53	07.78	14000B17000	AT 280K	
OOURR	384358.09N / 0774939.50W	Y	FB	TF	067.67	13.45	AT/BELOW 13000	AT 250K	
TRUPS	384915.64N / 0774201.96W	Y	FB	TF	048.40	07.97	AT 11000	AT 250K	
En Route Transition									
HVQ VOR/DME	382058.83N / 0814611.69W	Y		IF					HVQ.TRUPS6
FIMPA	381854.82N / 0804600.78W	Y	FB	TF	092.19	47.40			
DILNN	381620.05N / 0794352.31W	Y	FB	TF	092.69	48.99			
SEALZ	382523.56N / 0791726.16W	Y	FB	TF	066.35	22.68			
RANJR	382802.97N / 0790220.08W	Y	FB	TF	077.31	12.16	FL240BFL280	AT 280K	
JARHD	382959.72N / 0785108.60W	Y	FB	TF	077.47	09.00	FL220BFL260		
PJAAE	383151.36N / 0783920.34W	Y	FB	TF	078.59	09.45	FL210BFL230		
USAAY	383419.71N / 0782346.83W	Y	FB	TF	078.48	12.45	17000BFL210	AT 280K	
WEEDU	383553.97N / 0781444.36W	Y	FB	TF	077.47	07.26	16000BFL190		
SUPRT	383852.19N / 0780533.69W	Y	FB	TF	067.53	07.78	14000B17000	AT 280K	
OOURR	384358.09N / 0774939.50W	Y	FB	TF	067.67	13.45	AT/BELOW 13000	AT 250K	
TRUPS	384915.64N / 0774201.96W	Y	FB	TF	048.40	07.97	AT 11000	AT 250K	
En Route Transition									
SITTR	374649.13N / 0810723.70W	Y		IF					SITTR.TRUPS6
POMYK	375250.94N / 0805020.64W	Y	FB	TF	065.88	14.79			
DEBZZ	380513.91N / 0801518.05W	Y	FB	TF	065.76	30.34			

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STAR (DATA RECORD)

Arrival Name TRUPS (RNAV)	Number SIX	STAR Computer Code TRUPS.TRUPS6		Superseded Number FIVE		Dated 05/16/2024	Effective Date 09 Jul 2026		
FIX/NAVAID	LAT/LONG	C	FO/FB	LEG TYPE	TC	DIST (NM)	ALTITUDE	SPEED	REMARKS
DILNN	381620.05N / 0794352.31W	Y	FB	TF	065.73	27.15			
SEALZ	382523.56N / 0791726.16W	Y	FB	TF	066.35	22.68			
RANJR	382802.97N / 0790220.08W	Y	FB	TF	077.31	12.16	FL240BFL280	AT 280K	
JARHD	382959.72N / 0785108.60W	Y	FB	TF	077.47	09.00	FL220BFL260		
PJAAE	383151.36N / 0783920.34W	Y	FB	TF	078.59	09.45	FL210BFL230		
USAAY	383419.71N / 0782346.83W	Y	FB	TF	078.48	12.45	17000BFL210	AT 280K	
WEEDU	383553.97N / 0781444.36W	Y	FB	TF	077.47	07.26	16000BFL190		
SUPRT	383852.19N / 0780533.69W	Y	FB	TF	067.53	07.78	14000B17000	AT 280K	
OOURR	384358.09N / 0774939.50W	Y	FB	TF	067.67	13.45	AT/BELOW 13000	AT 250K	
TRUPS	384915.64N / 0774201.96W	Y	FB	TF	048.40	07.97	AT 11000	AT 250K	
Common Route									
TRUPS	384915.64N / 0774201.96W	Y		IF			AT 11000	AT 250K	TRUPS.TRUPS6
LETZZ	385442.36N / 0772702.40W	Y	FB	TF	065.00	12.91	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			
KDAA				FM	177.50				
Runway Transition									
TRUPS	384915.64N / 0774201.96W	Y		IF			AT 11000	AT 250K	
LETZZ	385442.36N / 0772702.40W	Y	FB	TF	065.00	12.91	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									
TRUPS	384915.64N / 0774201.96W	Y		IF			AT 11000	AT 250K	

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FIX/NAVAID	LAT/LONG	C	FO/FB	LEG TYPE	TC	DIST (NM)	ALTITUDE	SPEED	REMARKS
FRDMM	385634.54N / 0773101.39W	Y	FB	TF	049.58	11.28	AT 8000	AT 240K	
STAND	390016.17N / 0771957.84W	Y	FO	TF	066.78	09.38			
KADW:RWY 19L,RWY 19R									
Runway Transition									
TRUPS	384915.64N / 0774201.96W	Y		IF			AT 11000	AT 250K	
LETZZ	385442.36N / 0772702.40W	Y	FB	TF	065.00	12.91	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				
Runway Transition									
TRUPS	384915.64N / 0774201.96W	Y		IF			AT 11000	AT 250K	
FRDMM	385634.54N / 0773101.39W	Y	FB	TF	049.58	11.28	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									
TRUPS	384915.64N / 0774201.96W	Y		IF			AT 11000	AT 250K	
FRDMM	385634.54N / 0773101.39W	Y	FB	TF	049.58	11.28	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				