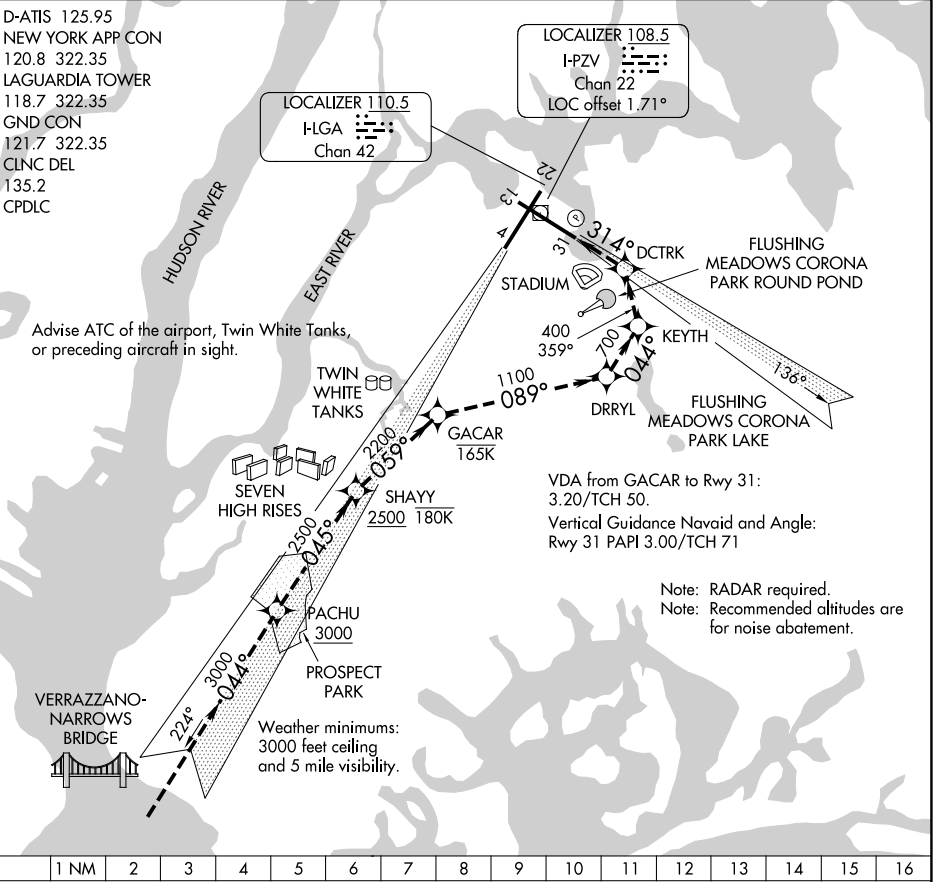


D-ATIS 125.95
NEW YORK APP CON
120.8 322.35
LAGUARDIA TOWER
118.7 322.35
GND CON
121.7 322.35
CLNC DEL
135.2
CPDLC



When cleared for the PARK VISUAL RWY 31 aircraft may proceed via the RNAV (GPS) X RWY 31 approach to Rwy 31 and/or cross PACHU at 3000 or above and tracking 045° to SHAYY at or below 180K (Seven High Rises) at 2500 or above and turn right tracking 059° to GACAR at or below 165K (Twin White Tanks) then turn right tracking 089° to DRRYL (Flushing Meadows Corona Park Lake) then turn left tracking 044° to KEYTH (Flushing Meadows Corona Park Round Pond) then left turn tracking 359° to DCTRK (stadium) then left turn direct RWY 31.