

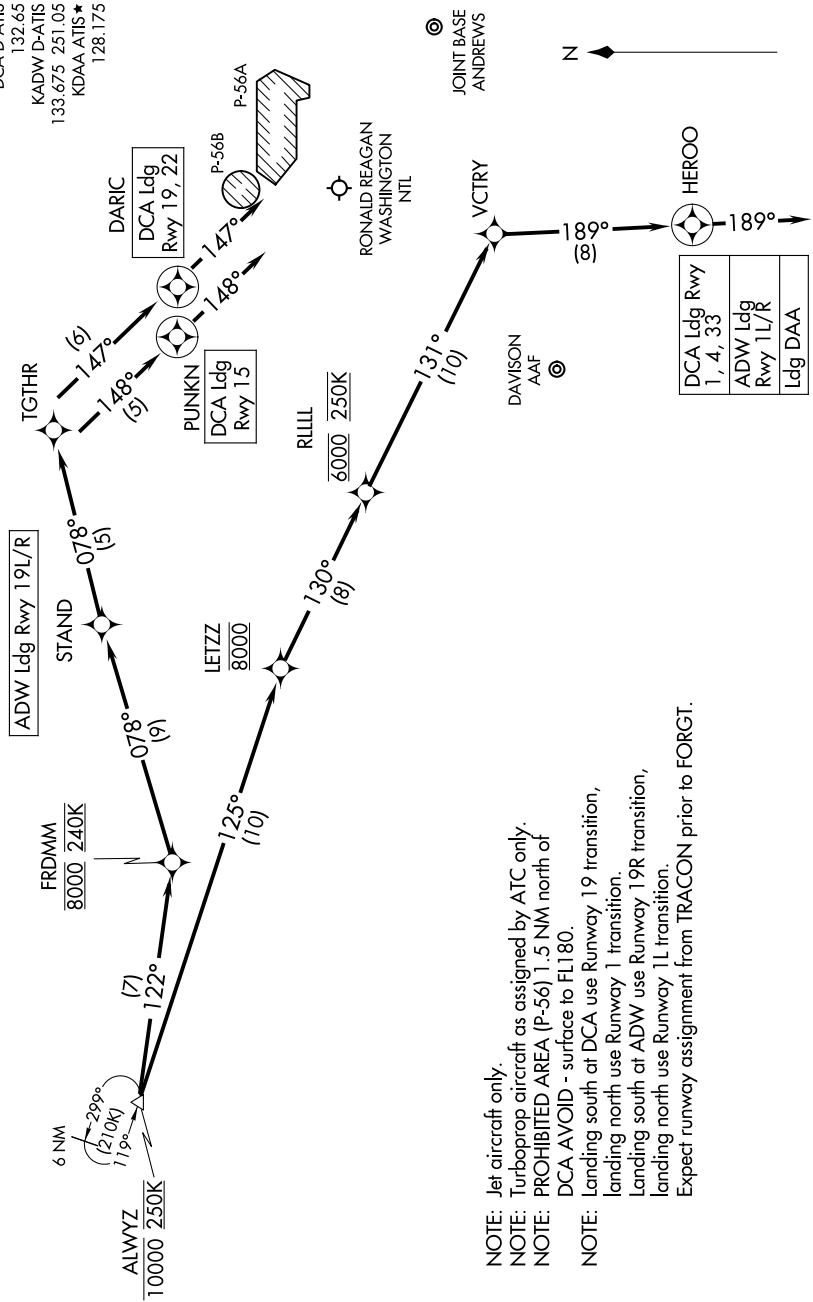
FRDMM SEVEN ARRIVAL (RNAV) Arrival Routes

WASHINGTON, DC

NE-3, 03 SEP 2026 to 01 OCT 2026

RNAV-1 DME/DME/IRU or GPS.
RADAR required.

POTOMAC APP CON
118.675 323.175
DCA D-ATIS
132.65
KADW D-ATIS
133.675 251.05
KDAATIS ★
128.175



- 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.
- NOTE: Landing south at ADW use Runway 19R transition, landing north use Runway 11L transition.
- NOTE: Expect runway assignment from TRACON prior to FORGT.

(CONTINUED ON FOLLOWING PAGE)

NOTE: Chart not to scale.

NE-3, 03 SEP 2026 to 01 OCT 2026

FRDMM SEVEN ARRIVAL (RNAV) Arrival Routes

WASHINGTON, DC