

FRDMM SEVEN ARRIVAL (RNAV) Transition Routes

WASHINGTON, DC

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
KDAW ATIS ★
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.

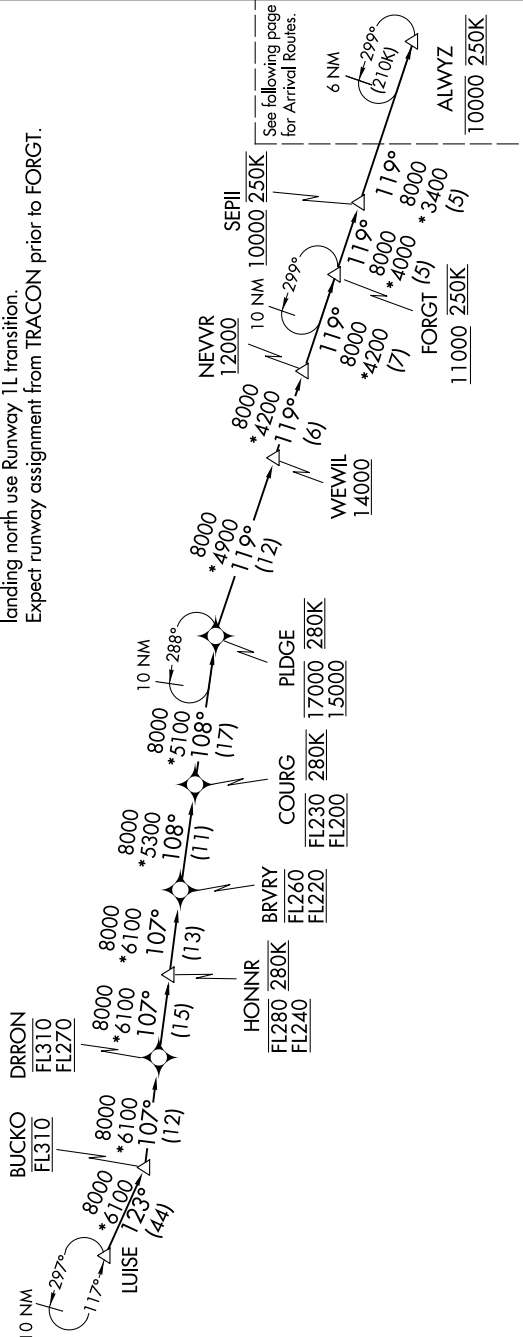
NOTE: Landing south at DCA use Runway 19 transition, landing

north use Runway 1 transition.

Landing south at ADW use Runway 19R transition,

landing north use Runway 1L transition.

Expect runway assignment from TRACON prior to FORGT.



(CONTINUED ON FOLLOWING PAGE)

NOTE: Chart not to scale.

NE-3, 01 OCT 2026 to 29 OCT 2026

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(ALWYZ.FRDMM7) 09JUL26