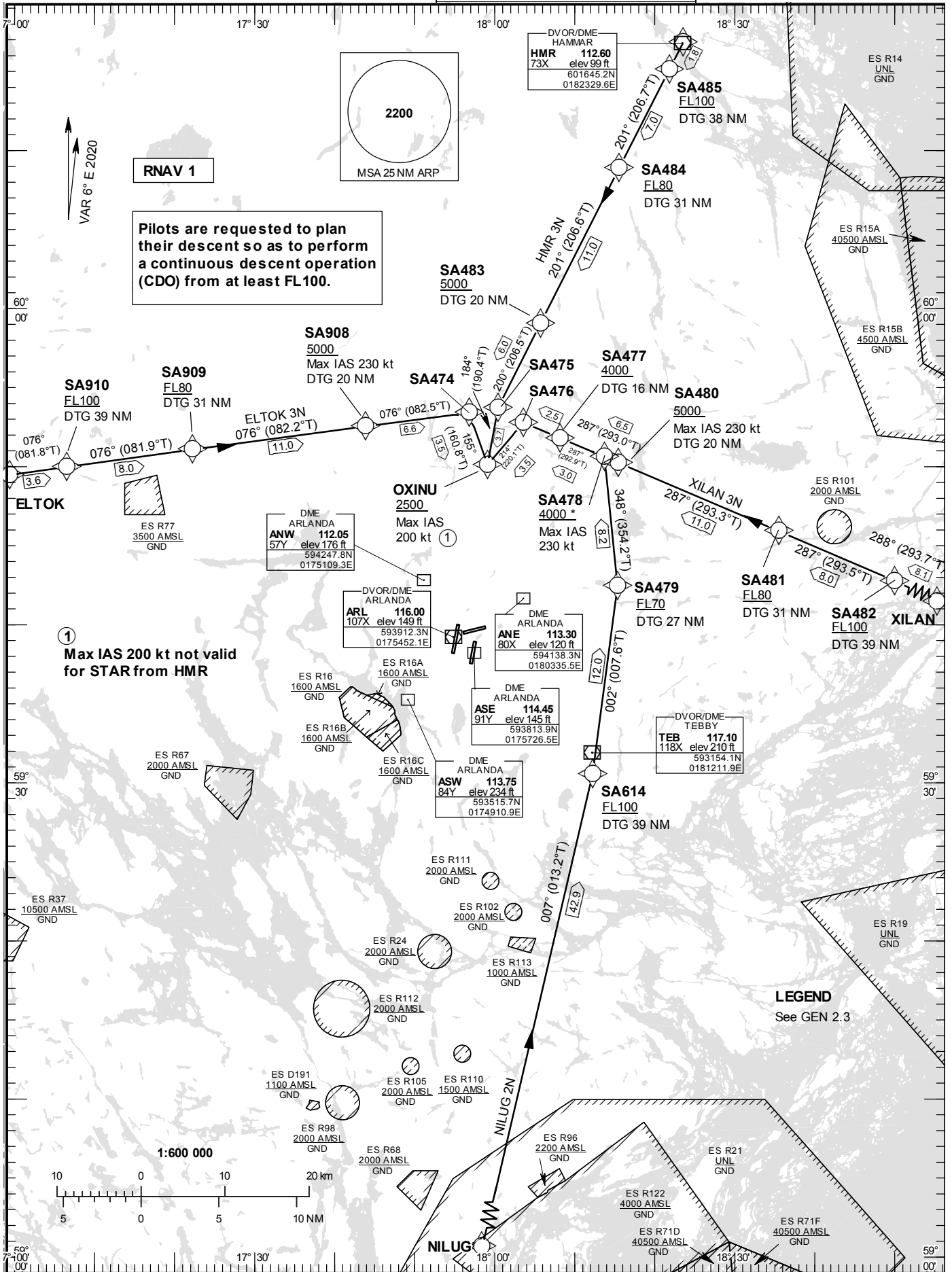


STANDARD INSTRUMENT
ARRIVAL CHART (STAR) -
ICAO

HGT and ALT in ft
BRG are MAG (True)
TA 5000 ft AMSL

ARLANDA TOWER	118.505
ARLANDA ATIS ARR	119.005
STOCKHOLM APPROACH	123.755

RNAV (DME/DME or GNSS)
STAR RWY 19R



Prescribed Coding of RNAV STARs for RWY 19R (Closed STAR)

REMARK

Aircraft to STOCKHOLM/Arlanda shall not be operated at an airspeed of more than 250 kt IAS below FL100 unless otherwise instructed.

In case of radio communication failure, see AD 2.22 para 3.

Pilots are requested to plan their descent so as to perform a continuous descent operation (CDO) from at least FL100.

ELTOK 3N

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
IF	ELTOK	-	-	-	-	-	-	-	-	RNAV 1
TF	SA910	-	076°(081.8°)	3.6	-	+FL100	-	-	-	RNAV 1
TF	SA909	-	076°(081.9°)	8.0	-	+FL80	-	-	-	RNAV 1
TF	SA908	-	076°(082.2°)	11.0	-	+5000	-230	-	-	RNAV 1
TF	SA474	-	076°(082.5°)	6.6	-	-	-	-	-	RNAV 1
TF	OXINU	-	155°(160.8°)	3.5	-	+2500	-200	-	-	RNAV 1

STAR instruction: ELTOK– SA910 (FL100 or above) – SA909 (FL80 or above) – SA908 (Max IAS 230 KT, 5000 ft or above) – SA474 –OXINU (max IAS 200 kt, 2500 ft or above)

HMR 3N

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
IF	HMR	-	-	-	-	-	-	-	-	RNAV 1
TF	SA485	-	201°(206.7°)	1.8	-	+FL100	-	-	-	RNAV 1
TF	SA484	-	201°(206.7°)	7.0	-	+FL80	-	-	-	RNAV 1
TF	SA483	-	201°(206.6°)	11.0	-	+5000	-	-	-	RNAV 1
TF	SA475	-	200°(206.5°)	6.0	-	-	-	-	-	RNAV 1
TF	OXINU	-	184°(190.4°)	3.7	-	+2500	-	-	-	RNAV 1

STAR instruction: HMR – SA485 (FL100 or above) – SA484 (FL80 or above) – SA483 (5000 ft or above) – SA475 – OXINU (2500 ft or above)

NILUG 2N

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
IF	NILUG	-	-	-	-	-	-	-	-	RNAV 1
TF	SA614	-	007°(013.2°)	42.9	-	+FL100	-	-	-	RNAV 1
TF	SA479	-	002°(007.6°)	12.0	-	+FL70	-	-	-	RNAV 1
TF	SA478	-	348°(354.2°)	8.2	-	+4000	-230	-	-	RNAV 1
TF	SA477	-	287°(292.9°)	3.0	-	+4000	-	-	-	RNAV 1
TF	SA476	-	287°(293.0°)	2.5	-	-	-	-	-	RNAV 1
TF	OXINU	-	214°(220.1°)	3.5	-	+2500	-200	-	-	RNAV 1

STAR instruction: NILUG – SA614 (FL100 or above) – SA479 (FL70 or above) – SA478 (MAX IAS 230 kt, 4000 ft or above) – SA477 (4000 ft or above) – SA476 – OXINU (MAX IAS 200 kt, 2500 ft or above)

XILAN 3N

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/ RDH (°/ft)	Rec Navaid	Navigation Specification
IF	XILAN	-	-	-	-	-	-	-	-	RNAV 1
TF	SA482	-	288°(293.7°)	8.1	-	+FL100	-	-	-	RNAV 1
TF	SA481	-	287°(293.5°)	8.0	-	+FL80	-	-	-	RNAV 1
TF	SA480	-	287°(293.3°)	11.0	-	+5000	-230	-	-	RNAV 1
TF	SA476	-	287°(293.0°)	6.5	-	-	-	-	-	RNAV 1
TF	OXINU	-	214°(220.1°)	3.5	-	+2500	-200	-	-	RNAV 1

STAR instruction: XILAN – SA482 (FL100 or above) – SA481 (FL80 or above) – SA480 (MAX IAS 230 kt, 5000 ft or above) – SA476 – OXINU (MAX IAS 200 kt, 2500 ft or above)