

US Department of Transportation
Federal Aviation Administration

STAR - Standard Terminal Arrival

1. Bearings, headings, courses and radials are listed to the nearest hundredth (e.g. 360.00)
2. Distances are in nautical miles to nearest hundredth (e.g. 00.00)
3. Altitudes are minimum altitudes unless otherwise indicated

(1) Transition Routes

| (a) Transition Name | (b) Transition Computer Codes | (c) From RNAV WP / FIX / NAVAID | (d) To RNAV WP / FIX / NAVAID | (e) Mag Course / Distance | (f) MEA | (g) MOCA | (h) MAA | (i) Crossing Altitudes / Fixes |
|---------------------|-------------------------------|---------------------------------|-------------------------------|---------------------------|---------|----------|---------|--------------------------------|
| DORRN | DORRN.TRSTN1 | DORRN | DORRN | | | | | AT/BELOW FL190 |
| | | DORRN | PERKN | 034.31/08.00 | 11000 | | | |
| | | PERKN | JOHOF | 033.75/10.50 | 10000 | | | |
| | | JOHOF | TRSTN | 003.80/16.48 | 6000 | | | |
| THHMP | THHMP.TRSTN1 | THHMP | THHMP | | | | | AT/BELOW FL190 |
| | | THHMP | TRSTN | 338.95/41.71 | 6000 | | | |

(2) Arrival Route Description: LANDING KGAI, KDMW, KFRR, KW50, KMRB, KOKV, KJYO, KFDK, KHGR AIRPORTS: FROM TRSTN ON TRACK 350.35/74.36 TO ASHLN (MEA 5200), THEN ON TRACK 079.88/22.40 TO EZZZZ (MEA 4300), THEN ON TRACK 090.11/22.82 TO RUANE (MEA 4000), THEN ON HEADING 090.00. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

LANDING KHWY, KHEF, KCJR, KRMN, KEZF, KNYG AIRPORTS: FROM TRSTN ON TRACK 009.99/4.99 TO MOTIE (MEA 6000), THEN ON 010.00 HEADING. EXPECT RADAR VECTORS TO FINAL APPROACH COURSE.

(3) Procedural Data Notes:

NOTE: RADAR REQUIRED.

NOTE: RNAV 1.

NOTE: DME/DME/IRU OR GPS REQUIRED.

(4) Fixes and/or Holding Patterns: CHART HOLDING AT JOHOF, SW, RT, 033.75 INBOUND, 10 NM LEGS.

(5) Communications: POTOMAC APPROACH CONTROL 126.8/307.2

(6) Arrival Name

TRSTN (RNAV)

(7) Number

ONE

(8) STAR Computer Code

TRSTN.TRSTN1

(9) Superseded Nr.

NONE

(10) Dated

(11) Effective Date

05 MAR 2015

| | | | | | |
|----------------------------------|-------------------|--|----------------------------|------------|------------------------------------|
| (6) Arrival Name TRSTN (RNAV) | (7) Number ONE | (8) STAR Computer Code TRSTN.TRSTN1 | (9) Superseded Nr. NONE | (10) Dated | (11) Effective Date 05 MAR 2015 |
|----------------------------------|-------------------|--|----------------------------|------------|------------------------------------|

(16) Continuation:

CONTINUED FROM BLOCK (12): AIRPORTS SERVED: EASTERN WV RGNL/SHEPHERD FLD, MARTINSBURG, WV. DAVIS, LAYTONSVILLE, MD. FREDERICK MUNI, FREDERICK, MD. CARROLL COUNTY RGNL/JACK B POAGE FIELD, WESTMINSTER, MD. STAFFORD RGNL, STAFFORD, VA. SHANNON, FREDERICKSBURG, VA. QUANTICO MCAF /TURNER FIELD, QUANTICO, VA. HAGERSTOWN RGNL-RICHARD A HENSON FLD, HAGERSTOWN, MD. FRONT ROYAL-WARREN COUNTY, FRONT ROYAL, VA.

(17) Changes:**(18) Reasons for Changes:****(6) Arrival Name**

TRSTN (RNAV)

(7) Number

ONE

(8) STAR Computer Code

TRSTN.TRSTN1

(9) Superseded Nr.

NONE

(10) Dated**(11) Effective Date**

05 MAR 2015

| US Department of Transportation Federal Aviation Administration | | | | RNAV STAR (Data Record) | | | | | |
|--|--------------------------|-----------------------|--------------|--|-----------|--------------------------------|-----------------|---------------|---------------------------------------|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS |
| En Route Transition | | | | | | | | | |
| DORRN | 373154.04N / 0775337.62W | Y | | IF | | | AT/BELOW FL190 | | DORRN.TRSTN1 |
| PERKN | 373911.93N / 0774928.81W | Y | FB | TF | 024.31 | 08.00 | | | |
| JOHOF | 374849.12N / 0774408.59W | Y | FB | TF | 023.75 | 10.50 | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | FB | TF | 353.80 | 16.48 | | | |
| En Route Transition | | | | | | | | | |
| THHMP | 372929.47N / 0771908.75W | Y | | IF | | | AT/BELOW FL190 | | THHMP.TRSTN1 |
| TRSTN | 380512.93N / 0774623.88W | Y | FB | TF | 328.95 | 41.71 | | | |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| MOTIE | 381012.50N / 0774623.97W | Y | FO | TF | 359.99 | 04.99 | | | |
| KCJR | | | | VM | 000.00 | | | | |
| Common Route | | | | | | | | | |
| (11) Arrival Name TRSTN (RNAV) | | (12) Number ONE | | (13) STAR Computer Code TRSTN.TRSTN1 | | (14) Superseded Nr. NONE | | (15) Dated | (16) Effective Date 05 MAR 2015 |

| US Department of Transportation Federal Aviation Administration | | | | | | | RNAV STAR (Data Record) | | |
|--|-----------------------------|--|--------------------------------|---------------|---------------------------------------|-------------|-------------------------|--------------|-----------------|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | |
| KDMW | | | | VM | 080.00 | | | | |
| | | | | | | | | | |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| MOTIE | 381012.50N / 0774623.97W | Y | FO | TF | 359.99 | 04.99 | | | |
| KEZF | | | | VM | 000.00 | | | | |
| | | | | | | | | | |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | |
| RUANE WP | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | |
| (11) Arrival Name TRSTN (RNAV) | (12) Number ONE | (13) STAR Computer Code TRSTN.TRSTN1 | (14) Superseded Nr. NONE | (15) Dated | (16) Effective Date 05 MAR 2015 | | | | |

| US Department of Transportation Federal Aviation Administration | | | | | | | RNAV STAR (Data Record) | | | | |
|--|-----------------------------|-----------------------|--------------|--|-----------|--------------------------------|-------------------------|---------------|-----------------|---------------------------------------|--|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS | | |
| KFDK | | | | VM | 080.00 | | | | | | |
| | | | | | | | | | | | |
| Common Route | | | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | | | |
| KFRR | | | | VM | 080.00 | | | | | | |
| | | | | | | | | | | | |
| Common Route | | | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | | | |
| KGAI | | | | VM | 080.00 | | | | | | |
| | | | | | | | | | | | |
| (11) Arrival Name TRSTN (RNAV) | | (12) Number ONE | | (13) STAR Computer Code TRSTN.TRSTN1 | | (14) Superseded Nr. NONE | | (15) Dated | | (16) Effective Date 05 MAR 2015 | |

| US Department of Transportation Federal Aviation Administration | | | | | | | RNAV STAR (Data Record) | | |
|--|-----------------------------|-----------------------|--------------|--|-----------|--------------------------------|-------------------------|---------------|---------------------------------------|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| MOTIE | 381012.50N / 0774623.97W | Y | FO | TF | 359.99 | 04.99 | | | |
| KHEF | | | | VM | 000.00 | | | | |
| | | | | | | | | | |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | |
| KHGR | | | | VM | 080.00 | | | | |
| | | | | | | | | | |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| MOTIE | 381012.50N / 0774623.97W | Y | FO | TF | 359.99 | 04.99 | | | |
| KHWY | | | | VM | 000.00 | | | | |
| (11) Arrival Name TRSTN (RNAV) | | (12) Number ONE | | (13) STAR Computer Code TRSTN.TRSTN1 | | (14) Superseded Nr. NONE | | (15) Dated | (16) Effective Date 05 MAR 2015 |

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|--|-----------------------------|-----------------------|--------------|--|-----------|--------------------------------|-----------------|---------------|-----------------|---------------------------------------|--|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS | | |
| Common Route | | | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | | | |
| KJYO | | | | VM | 080.00 | | | | | | |
| Common Route | | | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | | | |
| KMRB | | | | VM | 080.00 | | | | | | |
| Common Route | | | | | | | | | | | |
| (11) Arrival Name TRSTN (RNAV) | | (12) Number ONE | | (13) STAR Computer Code TRSTN.TRSTN1 | | (14) Superseded Nr. NONE | | (15) Dated | | (16) Effective Date 05 MAR 2015 | |

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|--|-----------------------------|-----------------------|--------------|--|-----------|--------------------------------|-----------------|---------------|-----------------|---------------------------------------|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | |
| MOTIE | 381012.50N / 0774623.97W | Y | FO | TF | 359.99 | 04.99 | | | | |
| KNYG | | | | VM | 000.00 | | | | | |
| | | | | | | | | | | |
| Common Route | | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | | |
| KOKV | | | | VM | 080.00 | | | | | |
| | | | | | | | | | | |
| Common Route | | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | | |
| MOTIE | 381012.50N / 0774623.97W | Y | FO | TF | 359.99 | 04.99 | | | | |
| KRMN | | | | VM | 000.00 | | | | | |
| | | | | | | | | | | |
| (11) Arrival Name TRSTN (RNAV) | | (12) Number ONE | | (13) STAR Computer Code TRSTN.TRSTN1 | | (14) Superseded Nr. NONE | | (15) Dated | | (16) Effective Date 05 MAR 2015 |

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|--|-----------------------------|-----------------------|--------------|--|-----------|--------------------------------|-------------------------|---------------|---------------------------------------|
| (1) FIX/NAVAID | (2) LAT/LONG | (3) C | (4) FO/FB | (5) LEG | (6) TC | (7) DIST | (8) ALTITUDE | (9) SPEED | (10) REMARKS |
| Common Route | | | | | | | | | |
| TRSTN | 380512.93N / 0774623.88W | Y | | IF | | | | | |
| ASHLN | 391514.68N / 0781835.11W | Y | FB | TF | 340.35 | 74.36 | | | |
| EZZZZ | 392254.31N / 0775127.43W | Y | FB | TF | 069.88 | 22.40 | | | |
| RUANE | 392646.00N / 0772226.34W | Y | FO | TF | 080.11 | 22.82 | | | |
| KW50 | | | | VM | 080.00 | | | | |
| | | | | | | | | | |
| (11) Arrival Name TRSTN (RNAV) | | (12) Number ONE | | (13) STAR Computer Code TRSTN.TRSTN1 | | (14) Superseded Nr. NONE | | (15) Dated | (16) Effective Date 05 MAR 2015 |