FRDMM SEVEN ARRIVAL (RNAV) Arrival Routes

(ALWYZ.FRDMM7) 09JUL26

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
KDAA ATIS★
128.175

ADW Ldg Rwy 19L/R

ALWYZ
10000 250K

6 NM
299°
(210K)
119°

(7)
122°

FRDMM
8000 240K

078°
(9)

STAND

078°
(5)

TGTHR

(6)
147°

148°
(5)

DARIC

DCA Ldg
Rwy 19, 22

PUNKN

DCA Ldg
Rwy 15

148°

147°

P-56B

P-56A

125°
(10)

LETZZ
8000

130°
(8)

RLLLL
6000 250K

131°
(10)

RONALD REAGAN
WASHINGTON
NTL

JOINT BASE
ANDREWS

VCTRY

DAVISON
AAF

189°
(8)

N

HEROO

189°

DCA Ldg Rwy
1, 4, 33

ADW Ldg
Rwy 1L/R

Ldg DAA

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.

(ALWYZ.FRDMM7) 26190
FRDMM SEVEN ARRIVAL (RNAV) Arrival Routes
AL-443 (FAA)
WASHINGTON, DC