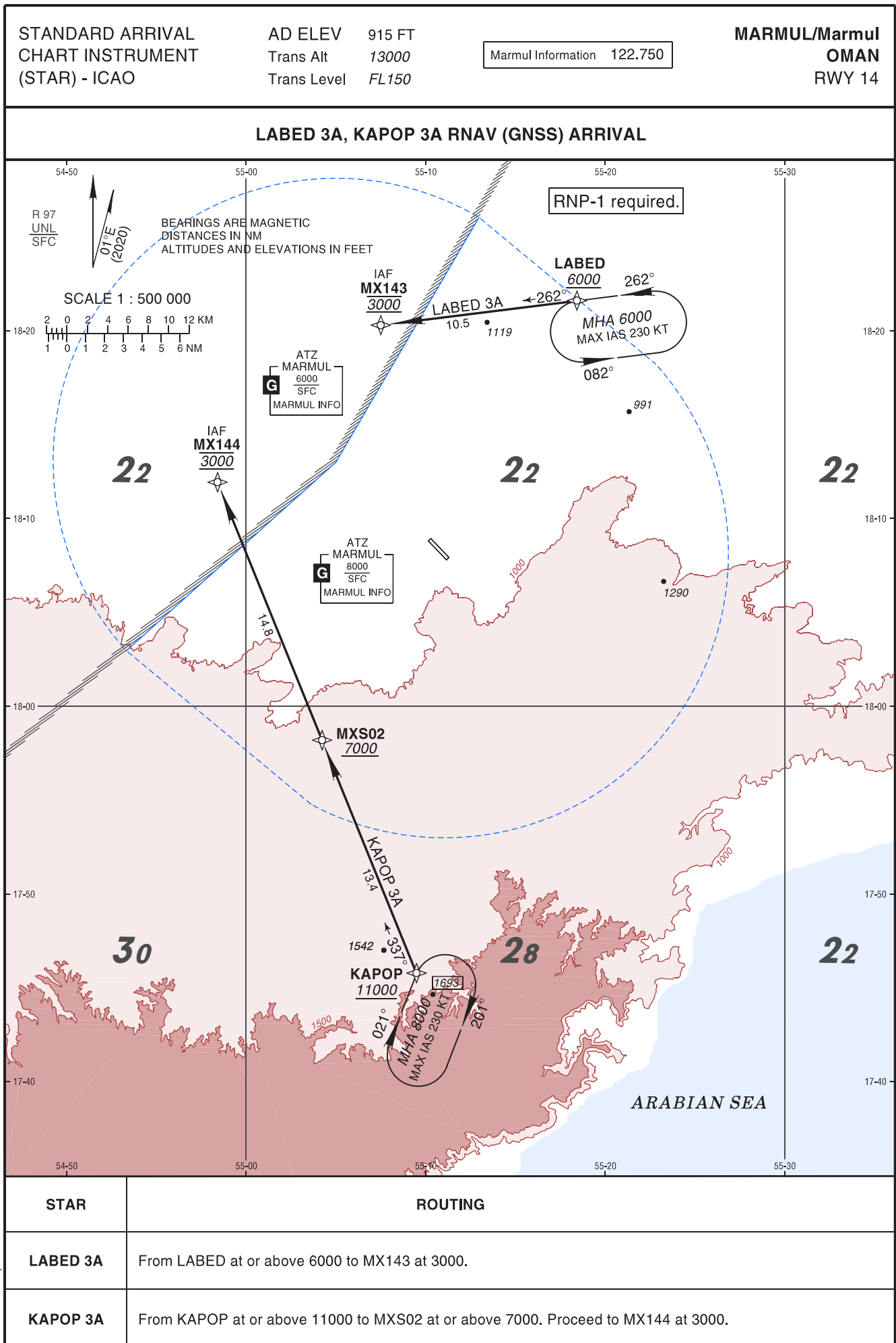




Holding Instruction/Areas RNAV (GNSS) ARRIVAL RWY 14

Path descriptor	Fix identifier	Inbound course M (T)	Leg Distance	Turn direction	Minimum altitude	Maximum altitude	Speed	Magnetic variation	Navigation performance
Hold	LABED	262° (262.8°)	1 MIN	L	6000		230 KT	1°E	RNP 1
Hold	KAPOP	021° (021.8°)	1 MIN	R	8000		230 KT	1°E	RNP 1

Route Description: RNAV (GNSS) ARRIVAL RWY 14

Path descriptor	Fix identifier	Flyover	Course Magnetic (True)	Turn direction	Altitude	Speed limit	Magnetic variation	Distance	Navigation performance
LABED 3A ARRIVAL									
IF	LABED				+6000		1°E		RNP 1
TF	MX143		262° (262.9°)		@3000		1°E	10.5	RNP 1
KAPOP 3A ARRIVAL									
IF	KAPOP				+11000		1°E		RNP 1
TF	MXS02		337° (337.9°)		+7000		1°E	13.4	RNP 1
TF	MX144		337° (337.9°)		@3000		1°E	14.8	RNP 1

Aeronautical Data Tabulation: RNAV (GNSS) ARRIVAL RWY 14

Waypoint / Fix	Latitude	Longitude	Latitude (MIN)	Longitude (MIN)	Notes
LABED	N18°21'35.00"	E055°18'27.00"	N18°21.583'	E055°18.450'	
MX143	N18°20'17.11"	E055°07'29.73"	N18°20.285'	E055°07.496'	
KAPOP	N17°45'44.00"	E055°09'30.00"	N17°45.733'	E055°09.500'	
MXS02	N17°58'12.01"	E055°04'13.62"	N17°58.200'	E055°04.227'	
MX144	N18°11'56.49"	E054°58'23.95"	N18°11.942'	E054°58.399'	

Aircrew should contact Marmul Information 122.750 MHz to receive RWY in use, wind direction & speed, visibility, temperature and QNH data for the time of descent. The pilot shall inform Muscat ACC that he will be leaving the frequency and continue with Marmul aerodrome QNH.