

RNAV 1 - DME/DME/IRU or GPS.
RADAR required.

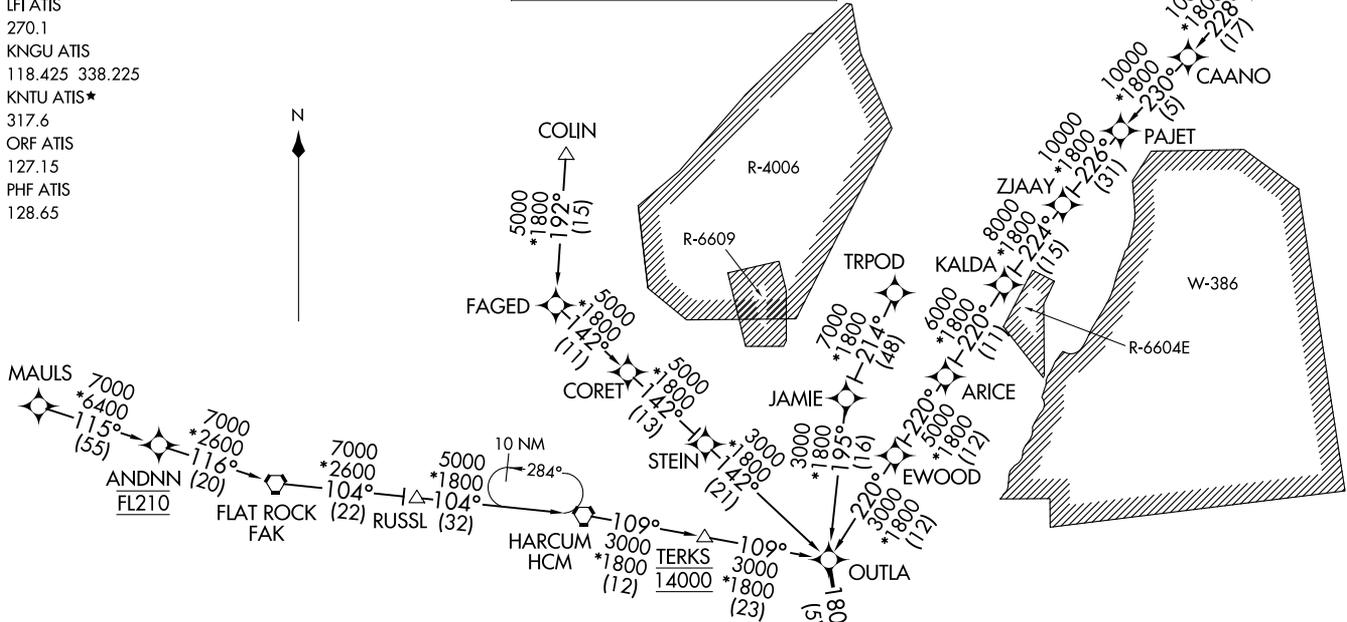
OUTLA ONE ARRIVAL (RNAV)
(OUTLA, OUTLA1) 22AN426

OUTLA ONE ARRIVAL (RNAV)
26022

AL-291 (FAA)

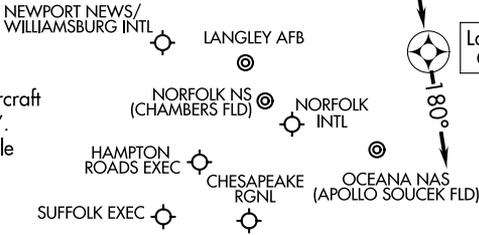
NORFOLK, VIRGINIA

NORFOLK APP CON
118.9 353.7
LFI ATIS
270.1
KNGU ATIS
118.425 338.225
KNTU ATIS*
317.6
ORF ATIS
127.15
PHF ATIS
128.65



- NOTE: FAK Transition, ATC assigned only.
- NOTE: JAMIE Transition, ATC assigned only.
- NOTE: HCM Transition, ATC assigned only.
- NOTE: EWOOD Transition, ATC assigned only.
- NOTE: MAULS Transition only authorized for aircraft capable of operating at or above 14000'.
- NOTE: PHF and LFI arrivals only authorized to file TBOON and TRPOD Transitions.

MEEKA
Ldg CPK/PVG/LFI/PHF/
ORF/NGU/NTU/SFQ



(CONTINUED ON FOLLOWING PAGE)

NOTE: Chart not to scale.

NORFOLK, VIRGINIA

ARRIVAL ROUTE DESCRIPTION

COLIN TRANSITION (COLIN.OUTLA1)

EWOD TRANSITION (EWOD.OUTLA1)

FLAT ROCK TRANSITION (FAK.OUTLA1)

HARCUM TRANSITION (HCM.OUTLA1)

JAMIE TRANSITION (JAMIE.OUTLA1)

MAULS TRANSITION (MAULS.OUTLA1)

TBONN TRANSITION (TBONN.OUTLA1)

TRPOD TRANSITION (TRPOD.OUTLA1)

LANDING ALL AIRPORTS: From OUTLA on track 180° to MEEKA, then on track 180°. Expect RADAR vectors to final approach course.

NE-3, 19 FEB 2026 to 19 MAR 2026

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