

1. Type	2. Ident	3. Aircraft Type/Equip	4. True Airspeed	5. Departure Point	6. Departure Time		7. Altitude
vfr	N1234A	M20P/U	100	HEF	proposed	actual	2500
ifr							
dvfr							
8. Route of Flight							
CSN MRB V501 HGR V377 HAR LRP V499 DIANO V106 LHY V93 PWL V106 BAF							
9. Destination name & city		10. Est time enroute		11. Remarks			
		hours	minutes				
OWD		3 25					
12. Fuel on Board		13. Alternate Airport	14. Pilot's name, address, phone #, aircraft base				15. # On Board
hours	minutes		Edward A. Falk, 123 Main St., Anytown, USA, 555-1212, PAO				
5	03	16. Color of aircraft	17. Destination contact/telephone (optional)				
		white/green					

Check point	NAV ident freq	Dist rem	TC	Wind		TAS	wca -L +R TH	var -E +W MH	Dist leg	GS est act	Time		Alt
				Dir	Vel						ETE ATE	ETA ATA	
Manassas Rgnl/H	HEF	468								93	:11		
Casanova	CSN 116.3	451	254	320	15	100	262	272	17	108	:25		2500
Martinsburg	MRB 112.1	407	001	320	15	120	356	002	45	130	:09		2500
Hagerstown	HGR 109.8	388	359	320	15	142	355	002	19	130	:09		9500
Harrisburg	HAR 112.5	337	045	320	15	142	039	046	51	140	:22		9500
Lancaster	LRP 117.3	300	107	320	15	142	104	114	37	154	:14		9500
DIANO	DIANO	247	003	320	15	142	359	008	53	131	:24		9500
Wilkes-Barre	LVZ 111.6	217	056	320	15	142	050	062	29	143	:12		9500
Lake Henry	LHY 110.8	202	037	320	15	142	031	041	15	138	:07		9500
HELON	HELON	147	078	320	15	142	073	083	55	148	:22		9500
Kingston	IGN 117.6	126	090	320	15	142	086	100	21	151	:08		9500
Pawling	PWL 114.3	115	058	320	15	142	052	064	12	143	:05		9500
Barnes	BAF 113	69	059	320	15	142	053	065	46	144	:19		9500
Norwood Memoria	OWD	0	089	320	15	142	084	098	69	151	:27		9500