

**NOTE: All speeds are recommended procedural speeds, NOT minimum maneuvering speeds.**

FOR TRAINING PUPOSES ONLY - DO NOT USE IN FLIGHT

**PF:**  
On Intercept course  
Slow Aircraft to Flaps 0 Maneuvering Speed

**Approaching Fix:**  
Speed 200 KIAS

If Available, use ILS, or  
VASI/PAPI to Establish 3  
Degree Glisdeslope

**PF:**  
"Gear DN"  
"Speed xxx" ( Flaps 0 + Factor)  
"Before Landing Check"

Do Not Use Flight  
Spoilers Below 300ft.  
AGL

**PNF:**  
Verify spoilers  
"80 knots"

