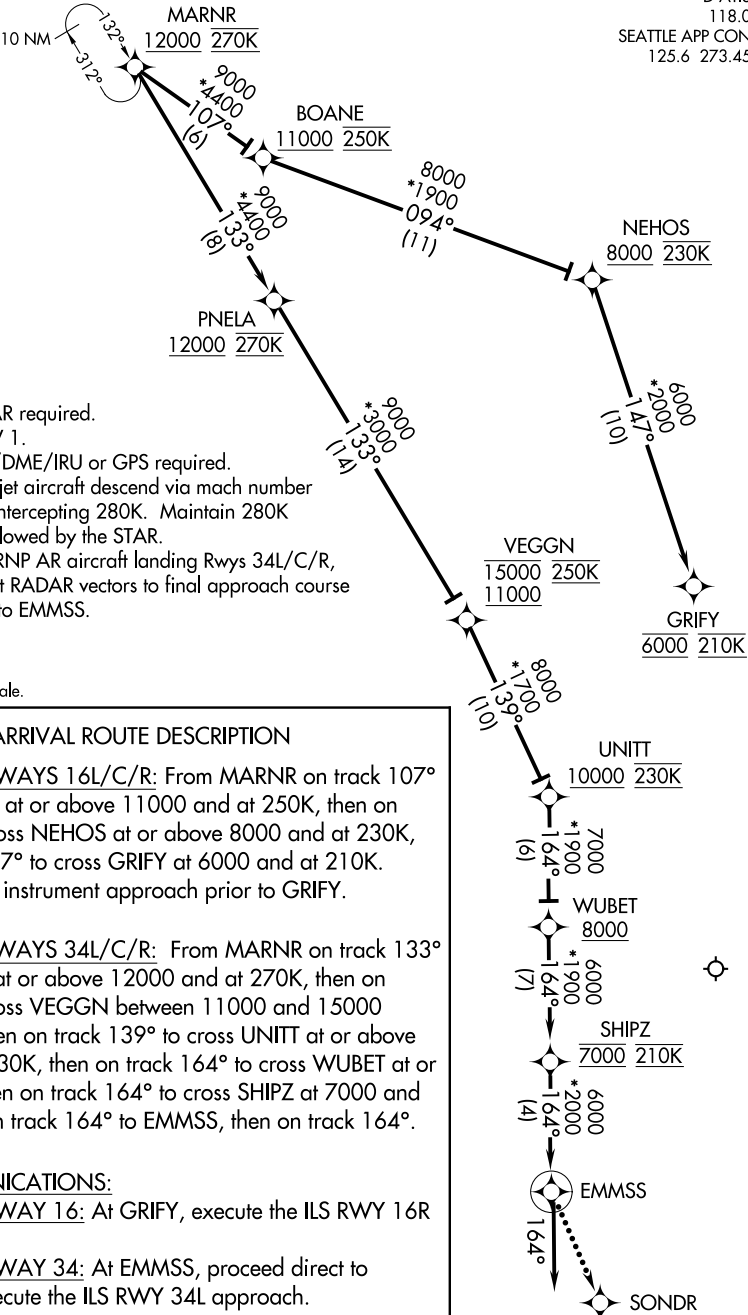


MARNR SEVEN ARRIVAL (RNAV) Arrival Routes

SEATTLE-TACOMA INTL (SEA)  
SEATTLE, WASHINGTON

D-ATIS

118.0  
SEATTLE APP CON  
125.6 273.45



ARRIVAL ROUTE DESCRIPTION

**LANDING RUNWAYS 16L/C/R:** From MARNR on track 107° to cross BOANE at or above 11000 and at 250K, then on track 094° to cross NEHOS at or above 8000 and at 230K, then on track 147° to cross GRIFY at 6000 and at 210K. Expect assigned instrument approach prior to GRIFY.

**LANDING RUNWAYS 34L/C/R:** From MARNR on track 133° to cross PNELA at or above 12000 and at 270K, then on track 133° to cross VEGGRN between 11000 and 15000 and at 250K, then on track 139° to cross UNITT at or above 10000 and at 230K, then on track 164° to cross WUBET at or above 8000, then on track 164° to cross SHIPZ at 7000 and at 210K, then on track 164° to EMMSS, then on track 164°.

LOST COMMUNICATIONS:

**LANDING RUNWAY 16:** At GRIFY, execute the ILS RWY 16R approach.

**LANDING RUNWAY 34:** At EMMSS, proceed direct to SONDR and execute the ILS RWY 34L approach.

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