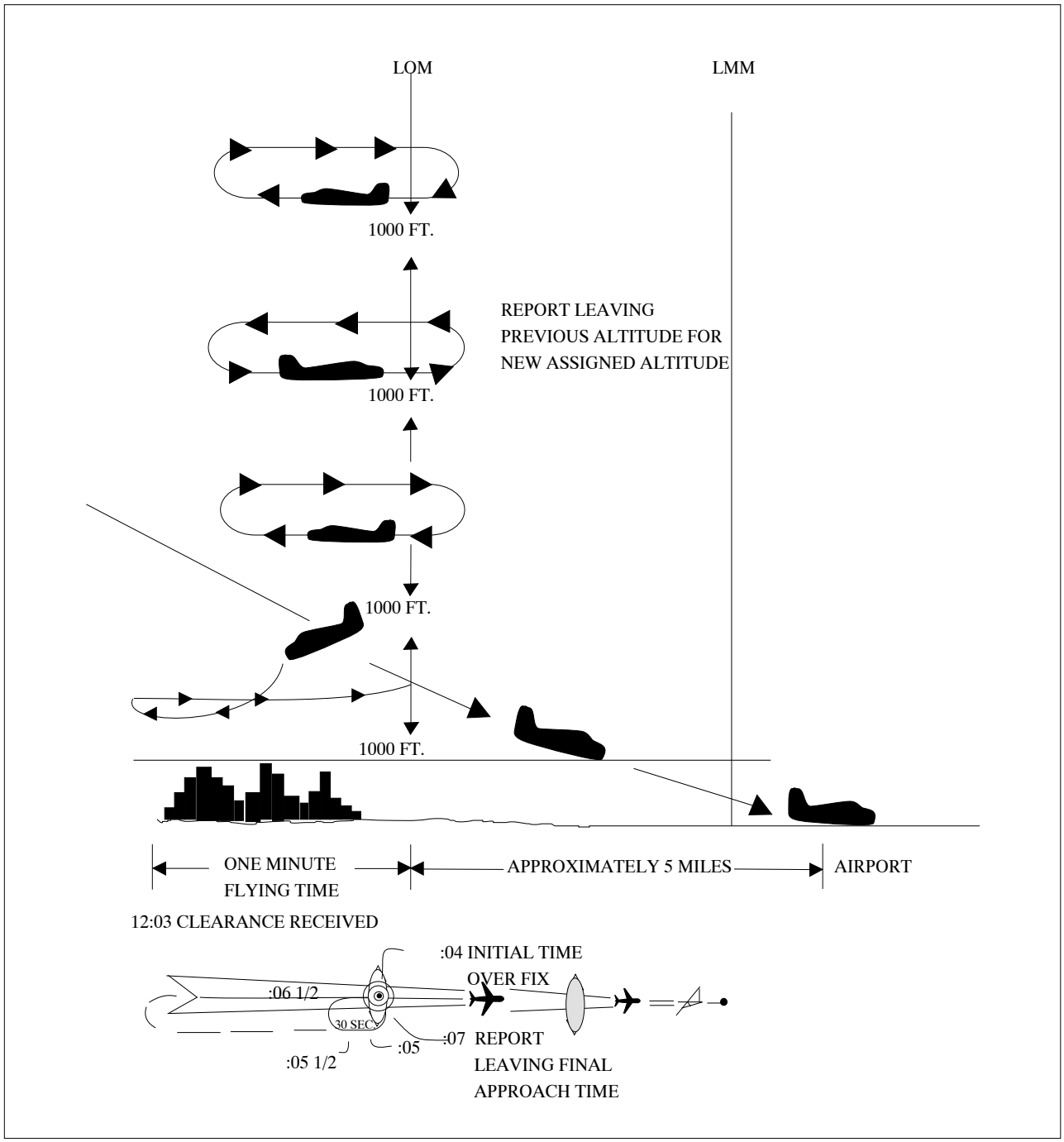
FIG 5–4–19
Timed Approaches from a Holding Fix



EXAMPLE–
At 12:03 local time, in the example shown, a pilot holding, receives instructions to leave the fix inbound at 12:07. These instructions are received just as the pilot has completed turn at the outbound end of the holding pattern and is proceeding inbound towards the fix. Arriving back over the fix, the pilot notes that the time is 12:04 and that there are 3 minutes to lose in order to leave the fix at the assigned time. Since the time remaining is more than two minutes, the pilot plans to fly a race track pattern rather than a 360 degree turn, which would use up 2 minutes. The turns at the ends of the race track pattern will consume approximately 2 minutes. Three minutes to go, minus 2 minutes required for the turns, leaves 1 minute for level flight. Since two portions of level flight will be required to get back to the fix inbound, the pilot halves the 1 minute remaining