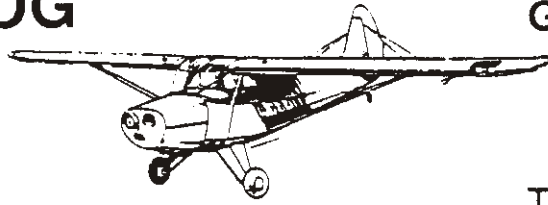


FLIGHT LOG

AND PLANNING SHEET



GOLDEN STATE FLYING CLUB

(GILLESPIE FIELD)

1640 North Johnson, El Cajon, CA. 92020

619-449-0611

TIME OFF: _____

Checkpoints	Distance	ETA	ATA	MC/MH	VOR	ALTITUDE		GRD SPD
				M/C				
				M/H				
				M/C				
				M/H				
				M/C				
				M/H				
				M/C				
				M/H				
				M/C				
				M/H				
				M/C				
				M/H				
				M/C				
				M/H				
				M/C				
				M/H				

Cruise RPM _____

FUEL (GAL)

Climb _____
 Cruise _____
 Descent _____
 Appr & Ldg _____
 Reserve _____
 Total _____

FOR STUDENT PILOT SOLO CROSS-COUNTRY FLIGHTS:

I have personally checked and approved this flight log and otherwise prepared this student for the above cross-country solo flight.

Instructor signature _____ Date: _____

- ALTITUDE(S) _____
- WINDS ALOFT _____
- TAS _____
- TRUE COURSE _____
- WIND CORRECTION _____
- MAG VARIATION _____
- FUEL: GPH CRUISE _____
- DESTINATION AIRPORT _____

GOLDEN STATE UNICOM	123.5
GILLESPIE A.T.I.S.	125.45
GILLESPIE GROUND	121.7
GILLESPIE TOWER (27 RIGHT)	120.7
MONTGOMERY A.T.I.S.	126.6
MONTGOMERY GROUND	121.9
MONTGOMERY TOWER	119.2
LINDBERGH A.T.I.S.	134.8
LINDBERGH GROUND	123.9
LINDBERGH TOWER	118.0
PALOMAR GROUND	121.8
PALOMAR TOWER	118.6
BROWN FIELD A.T.I.S.	132.35
BROWN FIELD GROUND	124.4
BROWN FIELD TOWER	126.5
SAN DIEGO FSS	122.4
SAN DIEGO APPROACH CONTROL	119.6
UNICOM "1"	122.8
UNICOM "2" (TOWER FIELDS)	123.0
MZB VOR	117.8
JLI VOR	114.0
OCN VOR	115.9
TIJ VOR	113.8
GILLESPIE LOCALIZER	110.5
LINDBERGH LOCALIZER	110.9
PALOMAR LOCALIZER	108.7
MONTGOMERY LOCALIZER	111.7

SURFACE WINDS _____
 FREQUENCIES: APPROACH CONTROL _____
 A.T.I.S. _____ TOWER _____ GROUND _____
 UNICOM _____

TRAFFIC PATTERN ALTITUDE _____
 RUNWAY LENGTH AVAILABLE _____

REMARKS FROM A.I.M. _____

FLIGHT PLAN		Golden State Flying Club 1-800-WX Brief (1-800-992-7433)					
1. Type	2. Aircraft Identification	3. Aircraft Type / Special Equipment	4. True Airspeed	5. Departure Point	6. Departure Time (Z)		7. Cruising Altitude
<input type="checkbox"/> VFR <input type="checkbox"/> IFR <input type="checkbox"/> DVFR			KTS		Proposed	Actual	
8. Route Of Flight							
9. Destination (Name of airport and city)		10. Estimated Time Enroute		11. Remarks			
		Hours	Minutes				
12 Fuel On Board		13. Alternate Airport(s)		14. Pilot's Name, Address & Telephone Number and Home Base			15. Number Aboard
Hours	Minutes						
		17. Destination Contact / Telephone (Optional)					
16. Color Of Aircraft		CIVIL AIRCRAFT PILOTS, FAR 91 requires you file an IFR flight plan to operate under instrument flight rules in controlled airspace: Failure to file could result in a civil penalty not to exceed \$1,000 for each violation (Section 901 of the Federal Aviation Act of 1958, as amended). Filing of a VFR flight plan is recommended as a good operating practice. See also Part 99 for requirements concerning DVFR flight plans.					

CLOSE VFR FLIGHT PLAN WITH _____ FSS ON ARRIVAL