

125	Procedure altitudes/flight levels	Altitude/flight level “window”	<u>17 000</u> <u>10 000</u>	<u>FL 220</u> <u>10 000</u>
		“At or above” altitude/flight level	<u>7 000</u>	<u>FL 070</u>
		“At or below” altitude/flight level	<u>5 000</u>	<u>FL 050</u>
		“At” altitude/flight level	<u>3 000</u>	<u>FL 030</u>
		“Recommended” altitude/flight level	5 000	FL 050
		“Expected” altitude/flight level	Expect 5 000	Expect FL 050