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FRQ	ACTIVE	DESCRIPTION	MILITARY	COMMENTS
38.400		NATIONAL GUARD	M	FM
40.200		NATIONAL GUARD - VA	M	FM
52.750		NATIONAL GUARD - VA	M	FM
118.000				
118.025				
118.050	ACTIVE	BWI CLEARANCE	C	
118.075				
118.100				
118.125	ACTIVE	GIANTKILL - OCEANA	M	
118.150				
118.175				
118.200	ACTIVE	RIC FINAL APP	C	
118.225				
118.250				
118.275				
118.300	ACTIVE			
118.325				
118.350				
118.375				
118.400	ACTIVE	ANDREWS AFB	M	
118.425				
118.450		ZNY- JOLIET	C	
118.450		ZNY- N. MT.	C	
118.475	ACTIVE	ZDC-APP/DEP	C	
118.500		ORK-CLR-TAXIE	C	
118.525				
118.550	ACTIVE	LANGLEY TWR	M	
118.550		ZTL MONROEVILLE	C	
118.575				
118.600	ACTIVE			
118.625				
118.650				
118.675	ACTIVE			
118.700	ACTIVE	NN PHF TWR	C	2 WAY- CLR TO LAND
118.725				
118.750	ACTIVE	ZDC-GREEN BAY,VA	C	
118.775				
118.800	ACTIVE			
118.825	ACTIVE	ZDC-NEW BERN,NC	C	
118.850	ACTIVE	LANGLEY TWR	M	
118.875				

118.900	ACTIVE	ORK APP E/S/W	C	2WAY
118.925	ACTIVE	ZDC-	C	
118.950	ACTIVE	WASHINGTON DC DEP	C	
118.975				
119.000	ACTIVE	BWI APP	C	
119.025				
119.050	ACTIVE			
119.075				
119.100		ZJX PANAMA CITY	C	
119.125				
119.150		RIC ATIS	C	
119.150				
119.175				
119.200	ACTIVE	CHAMBERS NAVY	M	
119.225				
119.250				
119.275				
119.300	ACTIVE	ANDREWS AFB-DISCR	M	
119.325		ZOB -SANDUSKY	C	
119.350	ACTIVE			
119.375				
119.400		BWI - TOWER	C	
119.425				
119.450	ACTIVE	ORK APP/DEP CNTL	C	2 WAY MAIN CONTROL FOR AREA
119.475				
119.500	ACTIVE			
119.525		ZID CHARLESTON	C	
119.550	ACTIVE	ZID INDIANAPOLIS	C	
119.550				
119.575		ZTL JONESVILLE	C	
119.575		ZTL MACON	C	
119.600	ACTIVE	OCEANA TWR APP NO	M	NORFORK APP/DEP CONTROL
119.625				
119.650				
119.675				
119.700	ACTIVE	BWI - APP	C	
119.725		ZOB-WARREN	C	
119.750	ACTIVE			
119.775		ZJX SAINT AUGUSTINE	C	
119.800	ACTIVE	LANGLEY AIR SHOW	M	
119.800		ZNY- DOUGLASTON	C	
119.825				
119.850	ACTIVE	WASHINGTON DC APP	C	
119.875				
119.900	ACTIVE	RIC APP/DEP	C	
119.925				
119.950	ACTIVE	ZOB CARLETON	C	
119.975				
120.000	ACTIVE			
120.025				
120.050	ACTIVE	PATUXENT RIVER NAS	M	APP/DEP
120.075				

120.100	ACTIVE	DULLES	C	
120.125	ACTIVE			
120.150	ACTIVE			
120.175				
120.200	ACTIVE	CHAMBERS NAVY	M	
120.200		ZJX CRESTVIEW	C	
120.225				
120.250	ACTIVE			
120.275	ACTIVE	ZID PORTSMOUTH	C	
120.300		LANGLEY TWR	M	
120.325				
120.350				
120.375	KEEP	WASH DC AREA COVE	M	(1) langley afb 'jaws' push
120.375		ZDC-FALLS	C	
120.400		ZOB BELMONT	C	
120.425		ZTL ATHENS	C	
120.450	ACTIVE	DULLES APP	C	
120.450		ZOB LITCHFIELD	C	
120.450		ZTL COLUMBUS	C	
120.475				
120.500	ACTIVE			
120.525				
120.550		ZTL MONTGOMERY	C	
120.575				
120.600	ACTIVE	PATUXENT RIVER	M	
120.600		ZOB MOUNT HOPE	C	
120.620	ACTIVE	WMBG ATIS	C	
120.650	ACTIVE	ZDC-LINDEN,VA	C	
120.650		ZID MUNCIE	C	
120.675				
120.700	ACTIVE			
120.725		ZTL TRI CITY	C	
120.750	ACTIVE	REAGAN AIR-HELO	C	
120.775		ZOB CHARDON	C	
120.800	ACTIVE	ORK TWR	C	
120.825				
120.850		ZDC-WHITE SULPHER	C	
120.850		ZJX SAVANNAH	C	
120.875	ACTIVE	OCEANA APP MAIN	M	
120.900				
120.925				
120.950				
120.975				
121.000	ACTIVE			
121.025	ACTIVE	ZDC-MILLVILLE,NJ	C	
121.050	ACTIVE	MINNEAPOLIS	C	
121.075				
121.100	ACTIVE	RIC TWR	C	
121.125				
121.150	ACTIVE			

121.175		ZID NEW HOPE	C	
121.175		ZOB HOLLAND	C	
121.175				
121.200	ACTIVE	ZOB BLUE KNOB	C	
121.225				
121.250				
121.275		ZTL COLUMBUS	C	
121.300				
121.325		ZID LONDON 2	C	
121.325				
121.350		ATLANTA APP - LOGEN	C	
121.350	ACTIVE	FORT EUSTIS GRN	M	2 WAY
121.350		ZTL MT OGLETHORPE	C	
121.375				
121.400	ACTIVE	ZOB WARREN	C	
121.425				
121.450				
121.475				
121.500	ACTIVE	EMERGENCY	C	
121.500		ZJX JACKSONVILLE	C	
121.525				
121.550				
121.575				
121.600		NN PHF CLR/TAXIE	C	
121.625				
121.650		NN PHF CLR/TAXIE	C	
121.675	ACTIVE	ZDC-BUCKS	C	
121.700	ACTIVE	LANGLEY-GRN	M	
121.725				
121.750				
121.775				
121.800		GROUND CONTROL	C	
121.825				
121.850				
121.875				
121.900		NN PHF, RIC, ORK GRN	C	
121.900		ORK GRN	C	
121.900		RIC GRN	C	
121.925				
121.950				
121.975				
122.000	ACTIVE			
122.025				
122.050				
122.075				
122.100	ACTIVE			
122.125				
122.150				
122.175				
122.200	ACTIVE	FLIGHT SERVICE	C	
122.225				
122.250				

122.275				
122.300	ACTIVE			
122.325				
122.350				
122.375				
122.400	ACTIVE	MIL AIR CHECKIN?	C	
122.400				
122.450	ACTIVE			
122.475				
122.500	ACTIVE			
122.525				
122.550	ACTIVE			
122.575				
122.600	ACTIVE			
122.625				
122.650	ACTIVE			
122.675				
122.700	ACTIVE	UNICOM	C	
122.725		UNICOM	C	
122.750	ACTIVE	AIR-TO-AIR	C	
122.775	ACTIVE			
122.800	ACTIVE	UNICOM -WMBG	C	2WAY
122.825				
122.850	ACTIVE	MULTICOM-LANGLEY-	M	
122.875				
122.900	ACTIVE	MULTICOM (121 ST AT	M	
122.925	ACTIVE	MULTICOM	C	
122.950	ACTIVE	UNIC-RIC	C	
122.975		UNICOM	C	
123.000	ACTIVE	UNICOM	C	USCG HEARD
123.025		UNICOM HELICOPT	C	PENTAGON VIP
123.025	KEEP	WASH DC AREA COVE	M	Pentagon vip transport
123.050	ACTIVE	UNICOM HELIPORT	C	
123.075		UNICOM HELIPORT	C	
123.100	ACTIVE	SEARCH & RESCUE		
123.125				
123.150	ACTIVE	ELIZ CITY & USCG AIR	M	
123.175				
123.200		FLIGHT SCHOOLS	C	
123.225				
123.250				
123.275				
123.300		FLIGHT SCHOOLS	C	
123.325				
123.350				
123.375				
123.400		LANGLEY/DC GUARD	M	
123.425				
123.450	ACTIVE	MULTICOM	C	
123.475				
123.500	ACTIVE	BALLOONS	C	
123.525				
123.550	ACTIVE			

123.575				
123.600		AIRPORT ADVISORY	C	
123.625				
123.650				
123.675				
123.700		PATUXENT RIVER NAS	M	TOWER
123.725		ZTL OWING	C	
123.750		BWI TOWER	C	
123.775		ZID WINCHESTER	C	
123.800				
123.825				
123.850	ACTIVE	ZDC-WHALEYVILLE,VA	C	YORKTOWN AREA
123.875				
123.900	ACTIVE	OCEANA APP/DEP	M	
123.900		ZOB WATERVILLE	C	
123.925		ZID MERWYN	C	
123.950	ACTIVE	ORK APP/DEP CNTL	C	
123.950		ZTL MACON	C	
123.975				
124.000		DISCRETE	M	
124.025	ACTIVE	ZDC-WILMINGTON,NC	C	
124.050	ACTIVE	ZDC-SOUTH BOSTON	C	
124.075		ZJX CHARLESTON	C	
124.100	ACTIVE			
124.125				
124.150	ACTIVE			
124.175				
124.200	ACTIVE	WASHINGTON DC APP	C	
124.225		ZID PORTSMOUTH	C	
124.250	ACTIVE			
124.275				
124.300	ACTIVE	CHAMBERS NAVY	M	
124.325		ZOB WAYLAND	C	
124.325		ZTL HAMPTON	C	
124.325		ZTL HICKORY	C	
124.350	ACTIVE			
124.375		ZTL FOOTHILLS	C	
124.400	ACTIVE	ZOB BLUE KNOB	C	
124.425	ACTIVE	ATL CTN -	C	
124.450		ZID ZANESVILLE	C	
124.450		ZTL ATHENS	C	
124.450	ACTIVE			
124.475		ZJX CRESTVIEW	C	
124.475		ZJX CRESTVIEW	C	
124.500	ACTIVE	BWI - APP	C	
124.525		ZID INDIANAPOLIS	C	
124.550	ACTIVE	BWI - APP	C	
124.575		ZID TRI CITY	C	
124.600				
124.625		ZID NEW HOPE	C	
124.650	ACTIVE	DULLES APP	C	
124.675				

124.700	ACTIVE	REAGAN AIR	C	
124.700		ZJX COLUMBIA	C	
124.725		ZDC-MANTEO	C	
124.750				
124.770		ZDC-CEDAR LAKE	C	
124.775		ZID HENRYVILLE	C	
124.800		ZID LONDON	C	
124.825	ACTIVE	OCEANA APP SOUTH	M	NORFORK APP/DEP CONTROL
124.850				
124.875				
124.900	ACTIVE	NN PHF DEP-APP	C	2WAY
124.900		ORK APP/DEP CNTL	C	
124.925				
124.950	ACTIVE			
124.975				
125.000	ACTIVE	LANGLEY VHF TWR	M	2WAY
125.025	ACTIVE	ZTL JONESVILLE	C	
125.050	ACTIVE	DULLES DEP	C	
125.050		ZJX TALLAHASSEE	C	
125.075				
125.100				
125.125		121ST FS	M	
125.150		ZTL HICKORY	C	
125.175		ZJX LOWELL	C	
125.200	ACTIVE	ORK DEP	C	NORFORK DEP CONTROL
125.225				
125.250	ACTIVE			
125.275				
125.300				
125.325				
125.350	ACTIVE			
125.375		GIANTKILL - OCEANA	M	
125.400				
125.425	ACTIVE			
125.450	ACTIVE	ZDC-MILLVILLE,NJ	C	
125.475				
125.500	ACTIVE			
125.525		BWI APP	C	
125.550	ACTIVE	ZID MARIETTA	C	
125.575				
125.600		ZNY- SHIP BOTTOM	C	
125.625		ZTL OWING	C	
125.650	ACTIVE	DC GUARD/GIANTKILL	M	COM ALSO -USAIR
125.675				
125.700	ACTIVE	NN PHF,ORF APP	C	ONLY HEAR TOWER..???
125.700		ORK CLASS C	C	
125.725				
125.750		ZJX ALBANY	C	
125.750	ACTIVE			
125.800	ACTIVE	DULLES	C	
125.825				
125.850				
125.875		ZOB WAYLAND	C	

125.875		ZTL CHATTANOOGA	C	
125.875		ZTL MONTGOMERY	C	
125.900				
125.925		ZTL CROSSVILLE	C	
125.950		ZJX VALDOSTA	C	
125.975				
126.000				
126.025	ACTIVE			
126.050	ACTIVE	ORK/CHAPM APPROA	C	NORFORK APP/DEP CONTROL
126.075				
126.100	ACTIVE	DULLES APP	C	
126.125		ZJX SAVANNAH	C	
126.150				
126.175				
126.200				
126.225				
126.250				
126.275				
126.300	ACTIVE	FORT EUSTIS TWR	M	
126.325				
126.350		ZID ZANESVILLE	C	
		ZJX SAINT		
126.350		AUGUSTINE	C	
126.350				
126.375	ACTIVE	CHAMBERS HELO	M	
126.375		ZID WINCHESTER	C	
126.400	ACTIVE	RIC A/D 360-170	C	
126.425		ZTL MACON	C	
126.450				
126.475		ZTL GREENSBORO	C	
126.475		ZTL HAMPTON	C	
126.500				
126.525				
126.550				
126.575		ZID LONDON 2	C	
126.575		ZID LYNCH	C	
126.600	ACTIVE			
126.625				
126.650	ACTIVE	DULLES DEP	C	
126.675		ZTL CHATTANOOGA	C	
126.700				
126.725				
126.750		ZJX GLYNCO	C	
126.750		ZOB FLINT	C	
126.750				
126.775		ZTL TRI CITY	C	
126.800	ACTIVE	RIC A/D 171-263	C	
126.825		ZTL HUNTSVILLE	C	
126.850				
126.875	ACTIVE	ZDC-HOPEWELL	C	
126.900				
126.925		ZID LIVINGSTON	C	
		ZOB MOON		



126.950		TOWNSHIP	C	
126.950		ZOB MORGANTOWN	C	
126.950				
126.975				
127.000				
127.025		ZNY- SHIP BOTTOM	C	
127.050		ZTL BLACK JACK MT	C	
127.050	ACTIVE			
127.075				
127.100		ZID PORTSMOUTH	C	
127.125		ZTL GREENSBORO	C	
127.125		ZTL HAMPTON	C	
127.150	ACTIVE	ATIS NORFORK	C	
127.150		ORK ATIS	C	
127.175				
127.200				
127.225				
127.250	ACTIVE			
127.275	KEEP	DISCRETE- DC GUARD	M	
127.300		ZOB JACKSON	C	
127.325				
127.350				
127.375				
127.400		ZID CHARLESTON	C	
127.425	ACTIVE	ZDC-YORKTOWN	C	HEAR 2 WAY
127.450	ACTIVE			
		ZJX SAINT		
127.475		AUGUSTINE	C	
127.475		ZOB WAYLAND	C	
127.500	ACTIVE	FORT EUSTIS APP	M	
127.500		ZTL ATHENS	C	
127.525				
127.550	ACTIVE	RIC CLR/TAXIE	C	
127.550		ZTL NEWPORT	C	
127.575				
127.600				
127.625				
127.650	ACTIVE	GIANTKILL - OCEANA	M	
127.675				
127.700	ACTIVE	ZDC-SEA ISLE,NJ	C	
127.700		ZOB FLINT	C	
127.700		ZOB SAGINAW	C	
127.725				
127.750	ACTIVE	ZDC-BLACKSTONE,VA	C	
127.775				
127.800		ZJX PERRY FOLEY	C	
127.800	ACTIVE			
127.825				
127.850		ZTL GLADE SPRINGS	C	
127.850	ACTIVE			
127.875		ZJX COLUMBIA	C	
127.900	ACTIVE	ORK APPROACH	C	

127.900		ZOB SANDUSKY	C	
127.925	ACTIVE	ZDC-BUENA VISTA,VA	C	
127.950	ACTIVE	PATUXENT RIVER NAS	M	APP/DEP
127.950		ZJX CHARLESTON	C	
128.000	ACTIVE	2WAY GEN TALKING	C	
128.000		ZTL GREENSBORO	C	
128.000		ZTL HAMPTON	C	
128.025		ZTL MONTGOMERY	C	
128.050		ORK APP/DEP CNTL	C	
128.050		ZJX LOWELL	C	
128.075		ZJX TALLAHASSEE	C	
128.100		ZTL AUGUSTA	C	
128.125				
128.150	ACTIVE	ZOB PARIS	C	
128.175				
128.200		ZNY- BIG FLAT	C	
128.225		ZID WINCHESTER	C	
128.250				
128.275				
128.300		ZID EVANSVILLE	C	
128.300	ACTIVE	ZNY- SHIP BOTTOM	C	
128.325				
128.350		ZOB DETROIT NORTH	C	
128.350	ACTIVE			
128.375		ZID INDIANAPOLIS	C	
128.400		ZID BLUEFIELD	C	
128.425				
128.450		ZOB BLUE KNOB	C	
128.450				
128.475				
128.500		ZNY- ELK MT	C	
128.525	ACTIVE	ZDC-PATUXENT	C	
128.550				
128.575		ZNY- N. MT.	C	
128.600	ACTIVE	ZDC-ELKINS,WV	C	
128.625				
128.650	ACTIVE	NN PHF ATIS	C	
128.675				
128.700	ACTIVE	BWI - APP	C	
128.700		ZJX MYRTLE BEACH	C	
128.725				
128.750		ZNY-BARNSTABLE	C	
128.750		ZTL BIRMINGHAM	C	
128.775		ZID LONDON	C	
128.800	ACTIVE	ZTL GREENSBORO	C	
128.825				
128.850	ACTIVE	AMERICAN - AIRTRAN	C	
128.875				
128.900	ACTIVE	USAIR	C	
128.925				
128.950	ACTIVE	SKYSERVICE		
128.975	ACTIVE	NORTHWEST	C	

129.000	ACTIVE	AMERICAN-UNITED	C
129.025			
129.050			
129.075	ACTIVE	AIR TRAN	C
129.100			
129.125			
129.150	ACTIVE		
129.175			
129.200	ACTIVE	AMERICAN, FED EXPR	C
129.225			
129.250			
129.275			
129.300	ACTIVE	UNITED	C
129.325			
129.350			
129.375			
129.400			
129.425			
129.450	ACTIVE	ARINC PHONE PATCH	C
129.475			
129.500	ACTIVE	DELTA -UNITED	C
129.525	ACTIVE	SAM-INTERPLANE	M
129.550	ACTIVE	DELTA	C
129.575			
129.600	ACTIVE	DELTA	C
129.625			
129.650	ACTIVE	DELTA, CONTINENTAL,	C
129.675			
129.700			
129.725			
129.750	ACTIVE	PIEDMONT,	C
129.775	ACTIVE	ASKING FUEL	C
129.800	ACTIVE	USAIR	C
129.825			
129.850	ACTIVE	AMERICAN	C
129.875			
129.900	ACTIVE	DELTA,AMERICAN, CO	C
129.925			
129.950	ACTIVE	ALLEGHENY	C
129.975			
130.000	ACTIVE	DELTA ? SKIN	C
130.025			
130.050			
130.075			
130.100	ACTIVE	DELTA -US AIR	C
130.125			
130.150	ACTIVE		
130.175			
130.200	ACTIVE	DELTA, AMERICAN,	C
130.225			
130.250	ACTIVE	UNITED	C

130.275			
130.300	ACTIVE	NORTHWEST	C
130.325			
130.350	ACTIVE	NORTHWEST	C
130.375			
130.400	ACTIVE	CONTINENTAL,	C
130.425			
130.450	ACTIVE		
130.475	ACTIVE	SOUTHWEST,ALLEGHENY	
130.500	ACTIVE	US AIR,ALLEGHENY	C
130.525			
130.550	ACTIVE		
130.575			
130.600	ACTIVE		
130.625			
130.650	ACTIVE	CHAMBERS NAVY HEL	M
130.675	ACTIVE	CHAMBERS NAVY	M
130.700	ACTIVE		
130.725			
130.750			
130.775			
130.800	ACTIVE		
130.825			
130.850	ACTIVE		
130.875			
130.900	ACTIVE		
130.925			
130.950	ACTIVE		
130.975			
131.000	ACTIVE	CODE	C
131.000	ACTIVE		C
131.025			
131.050			
131.075			
131.100		ZTL MONTGOMERY	C
131.125			
131.150	ACTIVE		
131.175			
131.200	ACTIVE		
131.225			
131.250			
131.275			
131.300	ACTIVE	UNITED	C
131.325			
131.350	ACTIVE		
131.375			
131.400			
131.425			
131.450	ACTIVE	DELTA	C
131.475			
131.500	ACTIVE		
131.525			
131.550	ACTIVE		

131.575			
131.600	ACTIVE		
131.625			
131.650	ACTIVE	DELTA	C
131.675			
131.700			
131.725			
131.750	ACTIVE	DELTA	C
131.775			
131.800	ACTIVE		
131.825			
131.850	ACTIVE	DELTA	C
131.875	ACTIVE	FUEL CHECKS	C
131.900			
131.925			
131.950			
131.975			
132.000	ACTIVE		
132.025	ACTIVE	ZDC-GREEN BAY,VA	C
132.050		ZDC -SMYRNA	C
132.050	ACTIVE	ZDC-SMRNA,DE	C
132.050		ZTL CHATTANOOGA	C
132.075			
132.100		ZJX EGLIN	C
132.100		ZNY- FLINT HILL	C
132.100		ZNY- SAYRE	C
132.100	ACTIVE		
132.125		ZNY- PHILIPSBURG	C
132.125	ACTIVE	ZOB BLUE KNOB	C
132.150	ACTIVE	ZNY- BARNEGAT	C
132.150			
132.175			
132.200		ZID TERRE HAUTE	C
132.200		ZNY- DOUGLASTON	C
132.200	ACTIVE	ZNY- ELK MT	C
132.225	ACTIVE	ZDC-ROCKY MT,NC	C
132.225		ZOB ROCKY MOUNT	C
132.250		ZOB ALGONAC	C
132.250		ZTL UNIONTOWN	C
132.250	ACTIVE		
132.275	ACTIVE	ZDC-FALLS	C
132.300		ZJX ALMA	C
132.300	ACTIVE		
132.325		ZID MARMET	C
132.350	ACTIVE		
132.375			
132.400		ZOB WATERFORD	C
132.425		ZJX SAVANNAH	C
132.450		ZOB SANDUSKY	C
132.475		ZJX CHARLESTON	C
132.500		ZJX MILLEN	C
132.500		ZNY- JOLIET	C

132.525	ACTIVE	ZDC-MODENA,DE	C
132.525		ZID EVANSVILLE	C
132.550	ACTIVE	ZDC-CAPE CHARLES	C
132.575			
132.600		ZNY- N. MT.	C
132.625		ZTL SUGAR MT	C
132.650			
132.675		ZTL CROSSVILLE	C
132.700		ZID BROOKVILLE	C
132.725			
132.750			
132.775	ACTIVE	ZDC-IRONS,VA	C
132.775		ZID INDIANAPOLIS	C
132.800			
132.825	ACTIVE	ATIS	C
132.825		ZID ZANESVILLE	C
		ZJX SAINT	
132.825		AUGUSTINE	C
132.850	ACTIVE	RIC APP + 50M	C
132.875	ACTIVE	ZNY- PHILIPSBURG	C
132.900	ACTIVE	ZNY- BARNEGAT	C
132.900		ZTL TRI CITY	C
132.925		ZOB WARREN	C
132.950			
132.975	ACTIVE	ZTL HICKORY	C
133.000		BWI - APP	C
133.000			
133.025	ACTIVE	ZDC-BUENA VISTA,VA	C
133.050		ZID HENRYVILLE	C
		ZOB MOON	
133.075		TOWNSHIP	C
133.100		ZTL	C
133.125	ACTIVE	ZDC-SEA ISLE,NJ	C
133.150		ZTL ALBERMARLE	C
133.150	ACTIVE		
133.175		ZTL CHATTANOOGA	C
133.200	ACTIVE	ZDC-CASANOVA,VA	C
133.225			
133.250		ZTL UNIONTOWN	C
133.275	ACTIVE	ZDC-ELKINS,WV	C
133.300		ZJX ALMA	C
133.325		ZJX LOWELL	C
133.325		ZNY- MATAWAN	C
133.350		ZNY- SAYRE	C
133.375		ZOB MANSFIELD	C
133.400			
133.425			
133.450		ZJX FLORENCE	C
133.450		ZNY- BARNEGAT	C
133.475	ACTIVE	ZNY- SHIP BOTTOM	C
133.500		ZNY- N. MT.	C
133.525			
133.550	ACTIVE	ZDC-APP/DEP	C

133.575	ACTIVE	ZDC-LYNCHBURG,VA	C	
133.600		ZTL CROSSVILLE	C	
133.600	ACTIVE			
133.625		ZJX CHARLESTON	C	
133.650	ACTIVE	ZDC-BLUE RIDGE,VA	C	
133.675				
133.700		ZJX VALDOSTA	C	
133.725	ACTIVE	ZDC-GREEN BAY,VA	C	
133.750	ACTIVE	BWI- AEP	C	
133.775		ZID ZANESVILLE	C	
133.800		ZOB FINDLAY	C	
133.800		ZTL GADSEN	C	
133.825	ACTIVE	ZDC-NORFORK	C	MIL & COM FLIGHTS
133.850		ZDC-SAMPSON,NC	C	
133.875		ZOB SAGINAW	C	
133.875				
133.900	ACTIVE	ZDC-CALVERT,MD	C	
133.925				
133.950	ACTIVE			
133.975	ACTIVE	ZDC-FALLS	C	
134.000		ZID LONDON	C	
134.000		ZJX DAYTONA BEACH	C	
134.000	ACTIVE			
134.025	ACTIVE	ZDC-HOPEWELL	C	
134.050		ZTL BIRMINGHAM	C	
134.075		ZTL NEWPORT	C	
134.100				
134.125		ZOB WARREN	C	
134.125				
134.150	ACTIVE	ZDC-	C	
134.150		ZJX CRESTVIEW	C	
134.175		ZID TERRE HAUTE	C	
134.175		ZNY-BARNSTABLE	C	
134.200	ACTIVE			
134.225		ZID CHARLESTON	C	
134.250	ACTIVE			
134.275		ZID HENRYVILLE		
134.300		ZJX DOTHAN	C	
134.300		ZOB ALGONAC	C	
134.325				
134.350		ZJX FLORENCE	C	
134.375				
134.400		ZDC-BUEBA VISTA,VA	C	
134.400		ZJX GAINESVILLE	C	
134.425				
134.450		ZJX ALBANY	C	
134.475				
134.500	ACTIVE	ZDC-BALITMORE,MD	C	
134.500		ZTL MACON	C	
134.525				
134.550	ACTIVE	ZTL HICKORY	C	

134.575				
134.600		ZID ROSSVILLE	C	
134.600	ACTIVE	ZNY- FLINT HILL	C	
134.600	ACTIVE	ZNY- N. MT.	C	
134.600		ZTL MONTGOMERY	C	
134.625	ACTIVE	ZDC-BUENA VISTA,VA	C	
134.650		ZNY- DOUGLASTON	C	
134.650		ZOB LITCHFIELD	C	
134.675		ZID LIVINGSTON	C	
134.700	ACTIVE	RIC A/D 264-359	C	
134.700		ZID ROSEWOOD	C	
134.725				
134.750	ACTIVE			
134.775		ZOB CARLETON	C	
134.775				
134.800	ACTIVE	ZNY- PHILIPSBURG	C	
134.800		ZTL MT OGLETHORPE	C	
134.825				
134.850	ACTIVE	ZJX JACKSONVILLE	C	
134.875				
134.900		ZOB MANSFIELD	C	
134.900	ACTIVE			
134.925				
134.950		ZTL ANNISTON	C	
134.975				
135.000		ZTL	C	
135.000	ACTIVE			
135.025				
135.050	ACTIVE	ZJX MYRTLE BEACH	C	
135.075		WMBG/RADAR GRN	C	
135.100		ZOB FINDLAY	C	
135.100	ACTIVE			
135.125		ZID BROOKVILLE	C	
135.150	ACTIVE			
135.175	ACTIVE	ZOB BELMONT	C	
135.200	ACTIVE	ZDC-	M	PATUXENT RIVER CLER
135.225	ACTIVE	GIANTKILLER NORTH	M	NORTH OPS
135.250				
135.275				
135.300	ACTIVE	ZDC-ROCKY MT,NC	C	
135.325		ZJX TALLAHASSEE	C	
135.350		ZTL OWING	C	
135.375				
135.400	ACTIVE	ZDC-BUCKS	C	DEPARTING?
135.425				
135.450		ZNY- BIG FLAT	C	
135.450	ACTIVE			
135.475		ZNY-BARNSTABLE	C	
135.500	ACTIVE	ZDC-NEW BERN,NC	C	
135.525		ZDC-FALLS CHURCH	C	
135.550		ZTL MILLEN	C	
135.575		ZID MERWYN	C	



135.600				
135.625				
135.650		ZJX GAINESVILLE	C	
135.675				
135.700	ACTIVE			
135.725		GIANTKILLER NORTH	M	NORTH OPS
135.725		ZOB LITCHFIELD	C	
135.750		ZJX LOWELL	C	
135.750		ZNY- ELK MT	C	
135.750		ZNY- FLINT HILL	C	
135.775		ZOB HOLLAND	C	
135.800		ZID BROOKVILLE	C	
135.800	ACTIVE	ZNY- DOUGLSTON	C	
135.800		ZNY-BARNSTABLE	C	
135.825		ZNY- MATAWAN	C	
135.850				
135.875	ACTIVE	GIANTKILLER SOUTH	M	SOUTH OPS
135.900				
135.925				
135.950				
135.975	ACTIVE	CAMP PEARY	M	
135.975		ZJX ALMA	C	
136.000				
136.025				
136.050				
136.075				
136.100				
136.125				
136.150				
136.175				
136.200				
136.225				
136.250				
136.275				
136.300				
136.325				
136.350				
136.375				
136.400				
136.425				
136.450				
136.475				
136.500				
136.525				
136.550				
136.575				
136.600				
136.625				
136.650				
136.675				
136.700				
136.725		SAM-INTERPLANE-DC	M	
136.750				

136.775				
136.800				
136.825				
136.850				
136.875				
136.900				
136.925				
136.950				
136.975				
138.000	ACTIVE	NAT GUARD-	M	HEARD12/25/03
138.250	KEEP	NAT GUARD	M	
138.425	ACTIVE	CAP OVER WASH DC-	M	
138.425	KEEP	WASH DC AREA COVE	M	Air - air
138.450	KEEP	NAT GUARD-	M	
139.150	KEEP	WASH DC AREA COVE	M	(1) air-air
139.575		NORFORK NAVAL FIRE	MO	FIRE F2
139.625	ACTIVE	NAT GUARD	M	
139.700		NORFORK NAVAL PD	MO	POLICE
139.750	KEEP	NAT GUARD	M	
139.900	KEEP	NAT GUARD	M	
139.900	KEEP	WASH DC AREA COVE	M	Air - air
139.975		NORFORK NAVAL FIRE	MO	FIRE F3
140.000	KEEP	NAT GUARD	M	
140.100	PACTIVE	NORFORK NAVAL FIRE	MO	FIRE F1
140.200	PACTIVE	YORKTOWN	M	FIRE & POLICE
140.700	PACTIVE	NORFORK NAVAL FIRE	MO	FIRE
141.550	ACTIVE	SAM COMM- AM SIGNA	M	
141.600	KEEP	NAT GUARD V1	M	
141.625	KEEP	NAT GUARD V16	M	
141.650	KEEP	NAT GUARD	M	
141.750	ACTIVE	NAT GUARD V4	M	
141.825	ACTIVE	NAT GUARD V17	M	
141.850	KEEP	NAT GUARD V18	M	
141.850	KEEP	WASH DC AREA COVE	M	Air - air
141.875	ACTIVE	NAT GUARD V15	M	
142.175	ACTIVE	NAT GUARD	M	
142.300	KEEP	WASH DC AREA COVE	M	(1) air - air
142.550	KEEP	NAT GUARD V9	M	
142.750	PACTIVE	POLICE..???	MO	
143.425	PACTIVE	NORFORK NAVAL PD F	MO	POLICE F2
143.450	KEEP	NAT GUARD V19	M	
143.600	PACTIVE	NORFORK NAVAL PD F	M	POLICE F1
143.675	KEEP	NAT GUARD	M	
143.800	KEEP	WASH DC AREA COVE	M	Hill afb f-16's - langley (updated 3/12/03)
143.825	KEEP	NAT GUARD-TKRS	M	
148.125	ACTIVE	NORAD -NG	M	
148.150	ACTIVE	VA-CIVIL AIR PAT	M	JEFFERSON ???
148.650		NATIONAL GUARD - VA	M	
148.825	PACTIVE	COAST GUARD AUX	MO	NATIONAL FREQ
149.100	PACTIVE	NAVAL WEAPONS	MO	

149.425	PACTIVE	YORKTOWN ??	MO	FIRE
149.450		WILLIAMSBURG	MO	FIRE/POLICE
149.450		YORKTOWN ??	MO	POLICE
149.925		CAP	M	
150.550		NATIONAL GUARD - VA	M	FM
162.688		AIR FORCE 1	M	FM
163.413		COR OF ENGS	MO	
165.100		CAMP PEARY	MO	
167.150	PACTIVE	COLONIAL PARKWAY	MO	
168.425	PACTIVE	COLONIAL PARKWAY	MO	
173.540		LANGLEY FIRE F1	MO	
173.590		LANGLEY FIRE F2	MO	
225.000		NORAD	M	
225.000	KEEP	WASH DC AREA COVE	M	Norad (updated 3/12/03)
225.025			XX	
225.050			XX	
225.075			XX	
225.100			XX	
225.125			XX	
225.150	ACTIVE	JSTAR E8 DISCRETE	M	
225.175			XX	
225.200			XX	
225.225			XX	
225.250			XX	
225.275			XX	
225.300			XX	
225.325			XX	
225.350			XX	
225.375			XX	
225.400	ACTIVE	MIL. GRN CLEARANCE	M	
225.400		NN CLR	M	
225.425			XX	
225.450		ACC TRAINING	M	
225.475			XX	
225.500			XX	
225.525			XX	
225.550			XX	
225.575	ACTIVE	JSTAR E8 DISCRETE	M	
225.600		NORAD	M	
225.625			XX	
225.650	ACTIVE	WING-71 ST IRON OPS	M	
225.675			XX	
225.700			XX	
225.725		JSTAR E8 DISCRETE	M	
225.750			XX	
225.775			XX	
225.800		WASH STATE CAP AW	M	
225.825			XX	
225.850		ACC TRAINING	M	
225.875		USAF AIR-AIR	M	

225.900	USAF AIR-AIR	M
225.925		XX
225.950	ACC TRAINING	M
225.975	JSTAR E8 DISCRETE	M
226.000		XX
226.025	JSTAR E8 DISCRETE	M
226.050		XX
226.075		XX
226.100	USAF AIR-AIR	M
226.125		XX
226.150	ACC TRAINING	M
226.175		XX
226.200		XX
226.225		XX
226.250	ACC TRAINING	M
226.275		XX
226.300		XX
226.325		XX
226.350		XX
226.375		XX
226.400		XX
226.425		XX
226.450		XX
226.475		XX
226.500		XX
226.525		XX
226.550		XX
226.575		XX
226.600		XX
226.625		XX
226.650		XX
226.675		XX
226.700		XX
226.725		XX
226.750		XX
226.775		XX
226.800	ZJX ALBANY	M
226.825		XX
226.850		XX
226.875	ACC TRAINING	M
226.900		XX
226.925		XX
226.950		XX
226.975		XX
227.000		XX
227.025		XX
227.050		XX
227.075		XX
227.100		XX
227.125		XX
227.150		XX
227.175		XX
227.200		XX

227.225			XX
227.250			XX
227.275			XX
227.300			XX
227.325			XX
227.350			XX
227.375			XX
227.400			XX
227.425			XX
227.450			XX
227.475			XX
227.500			XX
227.525			XX
227.550			XX
227.575			XX
227.600			XX
227.625			XX
227.650			XX
227.675			XX
227.700			XX
227.725		JSTAR E8 DISCRETE	M
227.750			XX
227.775			XX
		ZOB MOON	
227.800		TOWNSHIP	M
227.825			XX
227.850			XX
227.875			XX
227.900		USAF AIR-AIR	M
227.925		JSTAR E8 DISCRETE	M
227.950		ACC TRAINING	M
227.975			XX
228.000			XX
228.025		ACC TRAINING	M
228.050			XX
228.075			XX
228.100		USAF AIR-AIR	M
228.125			XX
228.150	ACTIVE	ACC TRAINING	M
228.175			XX
228.200			XX
228.225		JSTAR E8 DISCRETE	M
228.250		ACC TRAINING	M
228.275			XX
228.300		USAF SPECIAL OPS	M
228.325			XX
228.350		USAF AIR-AIR	M
228.375			XX
228.400		NORAD	M
228.425			XX
228.450		WING-27 TH BULL OPS	M
228.475		ACC TRAINING	M
228.500			XX

228.525			XX	
228.550		REFUELING	M	
228.575			XX	
228.600		NORAD	M	
228.625			XX	
228.650		ACC TRAINING	M	
228.675			XX	
228.700		NORAD	M	
228.725		ACC TRAINING	M	
228.750		JSTAR E8 DISCRETE	M	
228.775			XX	
228.800		NORAD	M	
228.825			XX	
228.850		ACC TRAINING	M	
228.875			XX	
228.900	ACTIVE	CAP WASH DC / WASH	M	
228.900	ACTIVE	WASH DC AREA COVE	M	Huntress (norad)
228.925			XX	
228.950			XX	
228.975		ACC TRAINING	M	
229.000			XX	
229.025			XX	
229.050			XX	
229.075		ACC TRAINING	M	
229.100		NORAD	M	
229.125			XX	
229.150			XX	
229.175			XX	
229.200			XX	
229.225			XX	
229.250			XX	
229.275		ACC TRAINING	M	
229.300			XX	
229.325			XX	
229.350			XX	
229.375			XX	
229.400	ACTIVE	FORT EUSTIS	M	
229.425			XX	
229.450			XX	
229.475			XX	
229.500			XX	
229.525			XX	
229.550			XX	
229.575			XX	
229.600			XX	
229.625			XX	
229.650			XX	
229.675			XX	
229.700			XX	
229.725			XX	
229.750			XX	
229.775			XX	
229.800			XX	

229.825		XX
229.850		XX
229.875		XX
229.900		XX
229.925		XX
229.950		XX
229.975		XX
230.000		XX
230.025		XX
230.050		XX
230.075		XX
230.100		XX
230.125		XX
230.150		XX
230.175		XX
230.200		XX
230.225		XX
230.250		XX
230.275		XX
230.300		XX
230.325		XX
230.350		XX
230.375		XX
230.400		XX
230.425		XX
230.450		XX
230.475		XX
230.500		XX
230.525		XX
230.550		XX
230.575		XX
230.600		XX
230.625		XX
230.650		XX
230.675		XX
230.700	USAF AIR-AIR	M
230.725		XX
230.750		XX
230.775		XX
230.800		XX
230.825		XX
230.850		XX
230.875		XX
230.900		XX
230.925		XX
230.950		XX
230.975		XX
231.000		XX
231.025		XX
231.050		XX
231.075		XX
231.100		XX
231.125		XX

231.150		XX
231.175		XX
231.200	NATIONAL GUARD - VA	M
231.225		XX
231.250		XX
231.275		XX
231.300		XX
231.325		XX
231.350		XX
231.375		XX
231.400		XX
231.425		XX
231.450		XX
231.475		XX
231.500		XX
231.525		XX
231.550		XX
231.575		XX
231.600		XX
231.625		XX
231.650		XX
231.675		XX
231.700		XX
231.725		XX
231.750	JSTAR E8 DISCRETE	M
231.775		XX
231.800		XX
231.825		XX
231.850		XX
231.875		XX
231.900		XX
231.925		XX
231.950		XX
231.975		XX
232.000		XX
232.025		XX
232.050		XX
232.075		XX
232.100		XX
232.125		XX
232.150		XX
232.175		XX
232.200		XX
232.225		XX
232.250		XX
232.275		XX
232.300		XX
232.325		XX
232.350		XX
232.375		XX
232.400		XX
232.425		XX
232.450		XX



232.475			XX	
232.500			XX	
232.525			XX	
232.550			XX	
232.575			XX	
232.600			XX	
232.625			XX	
232.650			XX	
232.675			XX	
232.700			XX	
232.725			XX	
232.750			XX	
232.775			XX	
232.800			XX	
232.825			XX	
232.850			XX	
232.875			XX	
232.900			XX	
232.925			XX	
232.950			XX	
232.975			XX	
233.000			XX	
233.025			XX	
233.050			XX	
233.075			XX	
233.100			XX	
233.125			XX	
233.150			XX	
233.175			XX	
233.200			XX	
233.225			XX	
233.250			XX	
233.275			XX	
233.300			XX	
233.325			XX	
233.350			XX	
233.375			XX	
233.400			XX	
233.425			XX	
233.450			XX	
233.475			XX	
233.500			XX	
233.525	ACTIVE	AIR FORCE 1	M	ACTIVE AF ONE
233.550			XX	
233.575			XX	
233.600		NORAD	M	
233.625			XX	
233.650			XX	
233.675			XX	
233.700		GIANTKILL - OCEANA	M	EAST OPS
233.725			XX	
233.750			XX	
233.775			XX	

233.800			XX	
233.825			XX	
233.850			XX	
233.875			XX	
233.900			XX	
233.925			XX	
233.950			XX	
233.975			XX	
234.000			XX	
234.025			XX	
234.050			XX	
234.075			XX	
234.100			XX	
234.125			XX	
234.150			XX	
234.175			XX	
234.200			XX	
234.225			XX	
234.250			XX	
234.275			XX	
234.300			XX	
234.325			XX	
234.350			XX	
234.375			XX	
234.400		FORT EUSTIS	M	
234.425			XX	
234.450			XX	
234.475			XX	
234.500	ACTIVE	TRAINING JETS	M	
234.525			XX	
234.550			XX	
234.575			XX	
234.600	ACTIVE	CAP WASH DC	M	
234.600	ACTIVE	WASH DC AREA COVE	M	Huntress (norad)
234.625			XX	
234.650	ACTIVE	TRAINING JETS	M	TAC 4
234.675			XX	
234.700			M	
234.725			XX	
234.750			XX	
234.775			XX	
234.800		CAP AIR-AIR - NORAD -	M	
234.825			XX	
234.850			XX	
234.875			XX	
234.900			XX	
234.925			XX	
234.950			XX	
234.975			XX	
235.000			XX	
235.025			XX	
235.050	ACTIVE	JSTAR E8 DISCRETE	M	
235.075			XX	

235.100		REFUELING	M
235.125			XX
235.150		ACC TRAINING	M
235.175		JSTAR E8 DISCRETE	M
235.200	ACTIVE		M
235.225			XX
235.250		USAF TBIRDS	M
235.275			XX
235.300			XX
235.325			XX
235.350			XX
235.375			XX
235.400	ACTIVE	NASA AIR - AIR	M
235.425			XX
235.450			XX
235.475			XX
235.500			XX
235.525			XX
235.550			XX
235.575			XX
235.600			XX
235.625			XX
235.650			XX
235.675			XX
235.700			XX
235.725			XX
235.750			XX
235.775			XX
235.800		NORAD	M
235.825			XX
235.850			XX
235.875			XX
235.900		AIR FORCE 1 NORAD	M
235.925			XX
235.950			XX
235.975			XX
236.000		USAF RESCUE	M
236.025			XX
236.050			XX
236.075			XX
		ZDC MOON	
236.100		TOWNSHIP	M
236.125			XX
236.150		ACC TRAINING	M
236.175			XX
236.200			XX
236.225			XX
236.250		USN AIR-AIR	M
236.275			XX
236.300		USN AIR-AIR	M
236.325			XX
236.350			XX
236.375			XX

236.400		XX
236.425		XX
236.450		XX
236.475		XX
236.500	ZTL NEWPORT	M
236.525		XX
236.550	WING-71 ST IRON OPS	M
236.575		XX
236.600	ANDREWS ALT TWR	M
236.625		XX
236.650	ACC TRAINING	M
236.675		XX
	ZJX SAINT	
236.700	AUGUSTINE	M
236.700	ZTL CROSSVILLE	M
236.725		XX
236.750	REFUELING	M
236.775		XX
236.800		XX
236.825		XX
236.850		XX
236.875		XX
236.900		XX
236.925		XX
236.950		XX
236.975		XX
237.000		XX
237.025		XX
237.050		XX
237.075		XX
237.100		XX
237.125		XX
237.150	USAF AWACS	M
237.175		XX
237.200		XX
237.225		XX
237.250		XX
237.275		XX
237.300		XX
237.325		XX
237.350		XX
237.375		XX
237.400		XX
237.425		XX
237.450		XX
237.475		XX
237.500	FORT EUSTIS	M
237.525		XX
237.550		XX
237.575		XX
237.600		XX
237.625		XX
237.650		XX

237.675			XX	
237.700			XX	
237.725			XX	
237.750			XX	
237.775			XX	
237.800			XX	
237.825		USMC HARRIER	M	
237.850			XX	
237.875			XX	
237.900		USCG- S & R	M	
237.925			XX	
237.950			XX	
237.975			XX	
238.000	ACTIVE	OCEANA DISCRETE	M	
238.025			XX	
238.050		USN AIR-AIR	M	
238.075			XX	
238.100	ACTIVE	GIANTKILL - OCEANA	M	EAST OPS
238.125			XX	
238.150			XX	
238.175			XX	
238.200			XX	
238.225			XX	
238.250			XX	
238.275			XX	
238.300			XX	
238.325			XX	
238.350		ACC TRAINING	M	
238.375			XX	
238.400	ACTIVE	NAT GUARD - DC	M	
238.425			XX	
238.450			XX	
238.475			XX	
238.500		NORAD	M	
238.525			XX	
238.550			XX	
238.575			XX	
238.600			XX	
238.625			XX	
238.650		REFUELING	M	
238.675			XX	
238.700			XX	
238.725			XX	
238.750			XX	
238.775			XX	
238.800			XX	
238.825		WING-94TH SPAD OPS	M	
238.850			XX	
238.875			XX	
238.900	ACTIVE	REFUELING	M	SWITCH TWO SECONDARY FREQ
238.925			XX	
238.950			XX	
238.975			XX	

239.000			XX
239.025			XX
239.050			XX
239.075			XX
239.100			XX
239.125			XX
239.150			XX
239.175			XX
239.200		NORAD	M
239.225			XX
239.250		ZID MERWYN	M
239.275			XX
239.300		ZOB MORGANTOWN	M
239.325			XX
239.350		JSTAR E8 DISCRETE	M
239.350		ZTL COLUMBUS	M
239.375			XX
239.400		NORAD	M
239.425			XX
239.450			XX
239.475			XX
239.500			XX
239.525			XX
239.550			XX
239.575			XX
239.600			XX
239.625			XX
239.650			XX
239.675			XX
239.700		NORAD	M
239.725			XX
239.750			XX
239.775			XX
239.800	ACTIVE	USAF WEATHER	M
239.825			XX
239.850			XX
239.875			XX
239.900		USAF DROP TRAINING	M
239.925			XX
239.950		JSTAR E8 DISCRETE	M
239.975			XX
240.000			XX
240.025			XX
240.050			XX
240.075			XX
240.100		USAF DROP TRAINING	M
240.125			XX
240.150			XX
240.175			XX
240.200		NORAD	M
240.225			XX
240.250			XX
240.275			XX

240.300		XX
240.325		XX
240.350		XX
240.375		XX
240.400		XX
240.425		XX
240.450		XX
240.475		XX
240.500		XX
240.525		XX
240.550		XX
240.575		XX
240.600		XX
240.625		XX
240.650		XX
240.675		XX
240.700		XX
240.725		XX
240.750		XX
240.775		XX
240.800		XX
240.825		XX
240.850		XX
240.875		XX
240.900		XX
240.925		XX
240.950		XX
240.975		XX
241.000	NAT GUARD	M
241.025		XX
241.050		XX
241.075		XX
241.100		XX
241.125		XX
241.150		XX
241.175		XX
241.200		XX
241.225		XX
241.250		XX
241.275		XX
241.300		XX
241.325		XX
241.350		XX
241.375		XX
241.400		XX
241.425		XX
241.450		XX
241.475		XX
241.500		XX
241.525		XX
241.550		XX
241.575		XX
241.600		XX

241.625		XX
241.650		XX
241.675		XX
241.700		XX
241.725		XX
241.750		XX
241.775		XX
241.800		XX
241.825		XX
241.850		XX
241.875		XX
241.900		XX
241.925		XX
241.950		XX
241.975		XX
242.000		XX
242.025		XX
242.050		XX
242.075		XX
242.100		XX
242.125		XX
242.150		XX
242.175		XX
242.200		XX
242.225		XX
242.250		XX
242.275		XX
242.300		XX
242.325		XX
242.350		XX
242.375		XX
242.400		XX
242.425		XX
242.450		XX
242.475		XX
242.500	USMC HARRIER	M
242.525		XX
242.550		XX
242.575		XX
242.600		XX
242.625		XX
242.650		XX
242.675		XX
242.700		XX
242.725		XX
242.750		XX
242.775		XX
242.800		XX
242.825		XX
242.850		XX
242.875		XX
242.900		XX
242.925		XX



242.950			XX
242.975			XX
243.000	ACTIVE	EMERGENCY	M
243.000		ZID INDIANAPOLIS	M
243.000		ZJX DOTHAN	M
243.000		ZOB WAYLAND	M
243.000		ZTL PINE LEVEL	M
243.025			XX
243.050			XX
243.075			XX
243.100			XX
243.125			XX
243.150			XX
243.175			XX
243.200			XX
243.225			XX
243.250			XX
243.275			XX
243.300			XX
243.325			XX
243.350			XX
243.375			XX
243.400			XX
243.425			XX
243.450			XX
243.475			XX
243.500		NORAD	M
243.525			XX
243.550			XX
243.575			XX
243.600	ACTIVE	USAF F18	M
243.600			XX
243.625			XX
243.650			XX
243.675			XX
243.700			XX
243.725			XX
243.750			XX
243.775			XX
243.800			XX
243.825			XX
243.850			XX
243.875			XX
243.900		USMC HARRIER	M
243.925			XX
243.950			XX
243.975			XX
244.000			XX
244.025			XX
244.050			XX
244.075			XX
244.100			XX
244.125			XX

244.150	XX
244.175	XX
244.200	XX
244.225	XX
244.250	XX
244.275	XX
244.300	XX
244.325	XX
244.350	XX
244.375	XX
244.400	XX
244.425	XX
244.450	XX
244.475	XX
244.500	XX
244.525	XX
244.550	XX
244.575	XX
244.600	XX
244.625	XX
244.650	XX
244.675	XX
244.700	XX
244.725	XX
244.750	XX
244.775	XX
244.800	XX
244.825	XX
244.850	XX
244.875	XX
244.900	XX
244.925	XX
244.950	XX
244.975	XX
245.000	XX
245.025	XX
245.050	XX
245.075	XX
245.100	XX
245.125	XX
245.150	XX
245.175	XX
245.200	XX
245.225	XX
245.250	XX
245.275	XX
245.300	XX
245.325	XX
245.350	XX
245.375	XX
245.400	XX
245.425	XX
245.450	XX

245.475		XX
245.500		XX
245.525		XX
245.550		XX
245.575		XX
245.600		XX
245.625		XX
245.650		XX
245.675		XX
245.700		XX
245.725		XX
245.750		XX
245.775		XX
245.800		XX
245.825		XX
245.850		XX
245.875		XX
245.900		XX
245.925		XX
245.950		XX
245.975		XX
246.000	ZID LONDON 2	M
246.025		XX
246.050		XX
246.075		XX
246.100		XX
246.125		XX
246.150		XX
246.175		XX
246.200		XX
246.225		XX
246.250		XX
246.275		XX
246.300		XX
246.325		XX
246.350		XX
246.375		XX
246.400		XX
246.425		XX
246.450		XX
246.475		XX
246.500		XX
246.525		XX
246.550		XX
246.575		XX
246.600		XX
246.625		XX
246.650		XX
246.675		XX
246.700		XX
246.725		XX
246.750		XX
246.775		XX

246.800	XX
246.825	XX
246.850	XX
246.875	XX
246.900	XX
246.925	XX
246.950	XX
246.975	XX
247.000	XX
247.025	XX
247.050	XX
247.075	XX
247.100	XX
247.125	XX
247.150	XX
247.175	XX
247.200	XX
247.225	XX
247.250	XX
247.275	XX
247.300	XX
247.325	XX
247.350	XX
247.375	XX
247.400	XX
247.425	XX
247.450	XX
247.475	XX
247.500	XX
247.525	XX
247.550	XX
247.575	XX
247.600	XX
247.625	XX
247.650	XX
247.675	XX
247.700	XX
247.725	XX
247.750	XX
247.775	XX
247.800	XX
247.825	XX
247.850	XX
247.875	XX
247.900	XX
247.925	XX
247.950	XX
247.975	XX
248.000	XX
248.025	XX
248.050	XX
248.075	XX
248.100	XX

248.125		XX
248.150		XX
248.175		XX
248.200	FORT EUSTIS	M
248.225		XX
248.250		XX
248.275		XX
248.300		XX
248.325		XX
248.350		XX
248.375		XX
248.400		XX
248.425		XX
248.450		XX
248.475		XX
248.500		XX
248.525		XX
248.550		XX
248.575		XX
248.600		XX
248.625		XX
248.650		XX
248.675		XX
248.700		XX
248.725		XX
248.750		XX
248.775		XX
248.800		XX
248.825		XX
248.850		XX
248.875		XX
248.900		XX
248.925		XX
248.950		XX
248.975		XX
249.000		XX
249.025		XX
249.050		XX
249.075		XX
249.100		XX
249.125		XX
249.150		XX
249.175		XX
249.200		XX
249.225		XX
249.250		XX
249.275		XX
249.300		XX
249.325		XX
249.350		XX
249.375		XX
249.400		XX
249.425		XX

249.450			XX	
249.475			XX	
249.500			XX	
249.525			XX	
249.550			XX	
249.575			XX	
249.600			XX	
249.625			XX	
249.650			XX	
249.675			XX	
249.700			XX	
249.725			XX	
249.750			XX	
249.775			XX	
249.800		GIANTKILLER NORTH	M	
249.825			XX	
249.850			XX	
249.875			XX	
249.900	ACTIVE	LANGLEY - OCEANA A	M	BUTTON 17
249.925			XX	
249.950			XX	
249.975			XX	
250.000			XX	
250.025			XX	
250.050			XX	
250.075			XX	
250.100			XX	
250.125		USMC HARRIER	M	
250.125			XX	
250.150	ACTIVE	USMC HARRIER	M	
250.175			XX	
250.200			XX	
250.225			XX	
250.250	ACTIVE	DISCRETE	M	
250.250	ACTIVE	NAT GUARD	M	
250.275			XX	
250.300			XX	
250.325			XX	
250.350			XX	
250.375			XX	
250.400			XX	
250.425			XX	
250.450			XX	
250.475			XX	
250.500			XX	
250.525			XX	
250.550			XX	
250.575			XX	
250.600			XX	
250.625			XX	
250.650			XX	
250.675			XX	
250.700			XX	

250.725			XX	
250.750			XX	
250.775			XX	
250.800		NORAD	M	
250.825			XX	
250.850			XX	
250.875			XX	
250.900		JSTAR E8 DISCRETE	M	
250.925			XX	
250.950			XX	
250.975			XX	
251.000		NORAD	M	
251.025			XX	
251.050			XX	
251.075			XX	
251.100		ZID INDIANAPOLIS	M	
251.100		ZTL ALBEMARLE	M	
251.125			XX	
251.150			XX	
251.175			XX	
251.200		USAF459TH	M	
251.225			XX	
251.250	ACTIVE	NORAD	M	
251.275			XX	
251.300		GIANTKILLER SOUTH	M	
251.325			XX	
251.350			XX	
251.375			XX	
251.400	ACTIVE	USMC HARRIER	M	
251.425			XX	
251.450			XX	
251.475			XX	
251.500			XX	
251.525			XX	
251.550			XX	
251.575			XX	
251.600	ACTIVE	GIANTKILLER SOUTH-	M	MUSTANG CHERRY POINT
251.625			XX	
251.650			XX	
251.675			XX	
251.700			XX	
251.725			XX	
251.750			XX	
251.775			XX	
251.800		NORAD	M	
251.825			XX	
251.850			XX	
251.875			XX	
251.900		USAF RESCUE	M	
251.925			XX	
251.950			XX	
251.975			XX	

252.000		CAP OVER WASH	M
252.025			XX
252.050			XX
252.075			XX
252.100		NAT GUARD DC	M
252.125			XX
252.150			XX
252.175			XX
252.200			XX
252.225			XX
252.250			XX
252.275			XX
252.300			XX
252.325			XX
252.350			XX
252.375			XX
252.400			XX
252.425			XX
252.450			XX
252.475			XX
252.500			XX
252.525			XX
252.550			XX
252.575			XX
252.600			XX
252.625			XX
252.650			XX
252.675			XX
252.700			XX
252.725			XX
252.750			XX
252.775	ACTIVE	WING-94TH SPAD OPS	M
252.800			XX
252.825			XX
252.850			XX
252.875			XX
252.900		ZTL UNIONTOWN	M
252.925		JSTAR E8 DISCRETE	M
252.950			XX
252.975			XX
253.000		LANGLEY-TWR ALT AP	M
253.025			XX
253.050			XX
253.075			XX
253.100			XX
253.125			XX
253.150			XX
253.175			XX
253.200	ACTIVE	DISCRETE	M
253.225			XX
253.250			XX
253.275			XX



253.300			XX	
253.325			XX	
253.350			XX	
253.375		USAF AIR- GRN	M	
253.400			XX	
253.425			XX	
253.450			XX	
253.475			XX	
253.500	ACTIVE	LANGLEY UHF TWR	M	GEAR DOWN
253.500		ZID LONDON 2	M	
253.525			XX	
253.550			XX	
253.575			XX	
253.600			XX	
253.625			XX	
253.650			XX	
253.675			XX	
253.700			XX	
253.725			XX	
253.750			XX	
253.775			XX	
253.800			XX	
253.825			XX	
253.850			XX	
253.875			XX	
253.900			XX	
253.925			XX	
253.950			XX	
253.975			XX	
254.000		ZNY- SHIP BOTTOM	M	
254.025			XX	
254.050			XX	
254.075			XX	
254.100			XX	
254.125			XX	
254.150			XX	
254.175			XX	
254.200		NORAD-NORTHERN	M	
254.225			XX	
254.250		WASH CLASS B	M	
254.275			XX	
254.300		ZDC-MILLVILLE,NJ	M	
254.300		ZTL CROSSVILLE	M	
254.325			XX	
254.350		ZTL ATHENS	M	
254.375			XX	
254.400			XX	
254.425			XX	
254.450			XX	
254.475			XX	
254.500		NORAD	M	
254.525			XX	

254.550			XX	
254.575			XX	
254.600		REFUELING	M	
254.625			XX	
254.650			XX	
254.675			XX	
254.700			XX	
254.725			XX	
254.750			XX	
254.775			XX	
254.800			XX	
254.825			XX	
254.850			XX	
254.875			XX	
254.900			XX	
254.925			XX	
254.950			XX	
254.975			XX	
255.000		GIANTKILLER NORTH	M	
255.025			XX	
255.050			XX	
255.075			XX	
255.100			XX	
255.125			XX	
255.150			XX	
255.175			XX	
255.200			XX	
255.225			XX	
255.250			XX	
255.275			XX	
255.300			XX	
255.325			XX	
255.350			XX	
255.375			XX	
255.400	ACTIVE	RIC / OCEANA FLIGHT	M	
255.425			XX	
255.450			XX	
255.475			XX	
255.500			XX	
255.525			XX	
255.550			XX	
255.575			XX	
255.600			XX	
255.625			XX	
255.650			XX	
255.675			XX	
255.700			XX	
255.725			XX	
255.750		REFUELING	M	
255.775			XX	
255.800		CAP WASH DC	M	
255.800	K	WASH DC AREA COVE	M	Huntress (norad)
255.825			XX	

255.850			XX
255.875			XX
255.900			XX
255.925			XX
255.950			XX
255.975			XX
256.000			XX
256.025			XX
256.050			XX
256.075			XX
256.100			XX
256.125			XX
256.150			XX
256.175			XX
256.200			XX
256.225			XX
256.250			XX
256.275			XX
256.300			XX
256.325			XX
256.350			XX
256.375			XX
256.400			XX
256.425			XX
256.450			XX
256.475			XX
256.500			XX
256.525			XX
256.550			XX
256.575			XX
256.600		NORAD	M
256.625			XX
256.650			XX
256.675			XX
256.700		ZDC-NEW BERN,NC	M
256.725			XX
256.750			XX
256.775			XX
256.800	ACTIVE	ZDC-SHIPBOTTOM,MD	M
256.825			XX
256.850			XX
256.875			XX
256.900			XX
256.925			XX
256.950			XX
256.975			XX
257.000			XX
257.025			XX
257.050			XX
257.075	ACTIVE	WING-27 TH BULL OPS	M
257.100			XX
257.125			XX
257.150			XX

257.175			XX	
257.200		ZDC - REG APP	M	
257.225			XX	
257.250		JSTAR E8 DISCRETE	M	
257.275			XX	
257.300	ACTIVE	LANGLEY APP/NORFO	M	SWITCH UP
257.325			XX	
257.350			XX	
257.375			XX	
257.400			XX	
257.425			XX	
257.450			XX	
257.475			XX	
257.500	ACTIVE		M	TRAINING
257.525			XX	
257.550			XX	
257.575			XX	
257.600			XX	
257.625		LANGLEY APP	M	
257.625			XX	
257.650			XX	
257.675			XX	
257.700		ZDC-PATUXENT	M	
257.700			XX	
257.725			XX	
257.750			XX	
257.775			XX	
257.800		ORK TOWER	M	
257.800	ACTIVE	RIC & NORF .TOWER	M	GENERAL CIVIL TWRS
257.800		RIC TWR	M	
257.825			XX	
257.850		ZID BLUEFIELD	M	
257.875			XX	
257.900	ACTIVE	NN TOWER-GROUND	M	
257.900		ZTL JONESVILLE	M	
257.925			XX	
257.950			XX	
257.975			XX	
258.000		NORAD	M	
258.000			XX	
258.025			XX	
258.050			XX	
258.075			XX	
258.100		REFUELING-DISCRETE	M	
258.100		ZDC-WHALEYVILLE,VA	M	
258.125			XX	
258.150			XX	
258.175			XX	
258.200			XX	
258.225			XX	
258.250			XX	
258.275			XX	

258.300		XX
258.325		XX
258.350		XX
258.375		XX
258.400		XX
258.425		XX
258.450		XX
258.475		XX
258.500		XX
258.525		XX
258.550		XX
258.575	USAF AIR- GRN	M
258.600		XX
258.625		XX
258.650		XX
258.675		XX
258.700		XX
258.725		XX
258.750		XX
258.775		XX
258.800		XX
258.825		XX
258.850		XX
258.875		XX
258.900		XX
258.925		XX
258.950		XX
258.975		XX
259.000	USAF SAR	M
259.025		XX
259.050		XX
259.075		XX
259.100		XX
259.125		XX
259.150		XX
259.175		XX
259.200		XX
259.225		XX
259.250		XX
259.275		XX
259.300		XX
259.325		XX
259.350		XX
259.375		XX
259.400		XX
259.425		XX
259.450		XX
259.475		XX
259.500		XX
259.525		XX
259.550		XX
259.575		XX
259.600	NORAD	M

259.625			XX	
259.650			XX	
259.675			XX	
259.700		NASA SHUTTLE	M	
259.725			XX	
259.750			XX	
259.775			XX	
259.800		USAF AIR- GRN	M	
259.825			XX	
259.850			XX	
259.875			XX	
259.900			XX	
259.925			XX	
259.950			XX	
259.975			XX	
260.000			XX	
260.025			XX	
260.050			XX	
260.075			XX	
260.100			XX	
260.125			XX	
260.150			XX	
260.175			XX	
260.200		REFUELING	M	
260.225			XX	
260.250			XX	
260.275			XX	
260.300			XX	
260.325			XX	
260.350			XX	
260.375			XX	
260.400			XX	
260.425			XX	
260.450			XX	
260.475			XX	
260.500			XX	
260.525			XX	
260.550			XX	
260.575			XX	
260.600			XX	
260.625			XX	
260.650			XX	
260.675			XX	
260.700			XX	
260.725			XX	
260.750			XX	
260.775			XX	
260.800		NORAD	M	
260.825			XX	
260.850			XX	
260.875			XX	
260.900	ACTIVE	TANKERS NORAD	M	USED BY VA NATIONAL GUARD
260.925			XX	

260.950		XX
260.975		XX
261.000		XX
261.025		XX
261.050		XX
261.075		XX
261.100		XX
261.125		XX
261.150		XX
261.175		XX
261.200	USAF AWACS	M
261.225		XX
261.250		XX
261.275		XX
261.300		XX
261.325		XX
261.350		XX
261.375		XX
261.400		XX
261.425		XX
261.450		XX
261.475		XX
261.500	ZOB SANDUSKY	M
261.500	ZTL BIRMINGHAM	M
261.525		XX
261.550		XX
261.575		XX
261.600	NORAD	M
261.625		XX
261.650		XX
261.675		XX
261.700	NORAD	M
261.725		XX
261.750		XX
261.775		XX
261.800	NORAD	M
261.825		XX
261.850		XX
261.875		XX
261.900		XX
261.925		XX
261.950		XX
261.975		XX
262.000		XX
262.025		XX
262.050		XX
262.075		XX
262.100		XX
262.125		XX
262.150		XX
262.175		XX
262.200		XX
262.225		XX

262.250			XX
262.275			XX
262.300			XX
262.325		NORAD	M
262.350			XX
262.375			XX
262.400		NORAD	M
262.425			XX
262.450	ACTIVE	JSTAR E8 DISCRETE	M
262.475			XX
262.500			XX
262.525			XX
262.550			XX
262.575			XX
262.600			XX
262.625			XX
262.650			XX
262.675			XX
262.700		OCEANA DISCRETE	M
262.725		USMC HARRIER	M
262.725			XX
262.750			XX
262.775			XX
262.800		NORAD VF-143	M
262.825			XX
262.850			XX
262.875			XX
262.900			XX
262.925			XX
262.950			XX
262.975			XX
263.000		ZTL HICKORY	M
263.025		RIC ATIS	M
263.025			XX
263.050		ZID WINCHESTER	M
263.075			XX
263.100		ZDC-BUCKS	M
263.100		ZOB DUNKIRK	M
263.125			XX
263.150			XX
263.175			XX
263.200		NORAD	M
263.225			XX
263.250			XX
263.275			XX
263.300			XX
263.325			XX
263.350			XX
263.375			XX
263.400			XX
263.425			XX
263.450			XX
263.475			XX



263.500			XX	
263.525			XX	
263.550			XX	
263.575			XX	
263.600		USMC HARRIER	M	
263.625			XX	
263.650			XX	
263.675			XX	
263.700			XX	
263.725			XX	
263.750			XX	
263.775			XX	
263.800		OCEANA DISCRETE	M	
263.825			XX	
263.850			XX	
263.875			XX	
263.900			XX	
263.925			XX	
263.950			XX	
263.975			XX	
264.000			XX	
264.025			XX	
264.050			XX	
264.075			XX	
264.100			XX	
264.125			XX	
264.150			XX	
264.175			XX	
264.200		DISCRETE	M	
264.200		ZTL HAMPTON	M	
264.225			XX	
264.250			XX	
264.275			XX	
264.300			XX	
264.325			XX	
264.350			XX	
264.375			XX	
264.400	ACTIVE	NORAD	M	
264.425			XX	
264.450	ACTIVE		M	
264.475			XX	
264.500			XX	
264.525			XX	
264.550			XX	
264.575			XX	
264.600	ACTIVE	JSTAR E8 DISCRETE	M	IRON CROSS - STAR GATE
264.625			XX	
264.650			XX	
264.675			XX	
264.700			XX	
264.725			XX	
264.750			XX	

264.775		XX
264.800	NORAD	M
264.825		XX
264.850		XX
264.875		XX
264.900	REFUELING	M
264.925		XX
264.950		XX
264.975		XX
265.000		XX
265.025		XX
265.050		XX
265.075		XX
265.100	OCEANA	M
265.125		XX
265.150		XX
265.175		XX
265.200		XX
265.225		XX
265.250		XX
265.275		XX
265.300		XX
265.325		XX
265.350		XX
265.375		XX
265.400	CAP AIR-AIR - NORAD	M
265.425		XX
265.450		XX
265.475		XX
265.500		XX
265.525		XX
265.550		XX
265.575		XX
265.600		XX
265.625		XX
265.650		XX
265.675		XX
265.700		XX
265.725		XX
265.750		XX
265.775		XX
265.800	MARINE ONE PRES.	M
265.825		XX
265.850		XX
265.875		XX
265.900		XX
265.925		XX
265.950		XX
265.975		XX
266.000		XX
266.025		XX
266.050		XX
266.075		XX

266.100			XX	
266.125			XX	
266.150			XX	
266.175			XX	
266.200			XX	
266.225			XX	
266.250			XX	
266.275			XX	
266.300			XX	
266.325			XX	
266.350			XX	
266.375			XX	
266.400	ACTIVE	REFUELING	M	
266.425			XX	
266.450			XX	
266.475			XX	
266.500		REFUELING	M	
266.525			XX	
266.550			XX	
266.575			XX	
266.625			XX	
266.650			XX	
266.675			XX	
266.700		NORAD	M	
266.725			XX	
266.750			XX	
266.775			XX	
266.800	ACTIVE	AIR COMMAND POST	M	NORFORK APP/DEP CONTROL
266.825			XX	
266.850			XX	
266.875			XX	
266.900			XX	
266.925			XX	
266.950			XX	
266.975			XX	
267.000			XX	
267.025			XX	
267.050			XX	
267.075			XX	
267.100			XX	
267.125			XX	
267.150			XX	
267.175			XX	
267.200			XX	
267.225			XX	
267.250			XX	
267.275			XX	
267.300		ZOB WARREN	M	
267.300			XX	
267.325			XX	
267.350			XX	
267.375			XX	
267.400	ACTIVE	OCEANA TACK COM	M	

267.425			XX
267.450			XX
267.475			XX
267.500			XX
267.525			XX
267.550			XX
267.575			XX
267.600			XX
267.625			XX
267.650			XX
267.675			XX
267.700			XX
267.725			XX
267.750			XX
267.775			XX
267.800		USAF AIR-AIR	M
267.825			XX
267.850		JSTAR E8 DISCRETE	M
267.875			XX
267.900		ZTL MONROEVILLE	M
267.925			XX
267.950			XX
267.975			XX
268.000			XX
268.025			XX
268.050			XX
268.075			XX
268.100			XX
268.125			XX
268.150			XX
268.175			XX
268.200			XX
268.225			XX
268.250			XX
268.275			XX
268.300			XX
268.325			XX
268.350			XX
268.375			XX
268.400			XX
268.425			XX
268.450			XX
268.475			XX
268.500			XX
268.525			XX
268.550			XX
268.575			XX
268.600			XX
268.625			XX
268.650			XX
268.675			XX
268.700	ACTIVE	USMC HARRIER C. POI	M
268.725			XX

268.750			XX	
268.775			XX	
268.800			XX	
268.825			XX	
268.850			XX	
268.875			XX	
268.900			XX	
268.925			XX	
268.950			XX	
268.975			XX	
269.000		ZDC	M	
269.000		ZID ROSEWOOD	M	
269.025			XX	
269.050			XX	
269.075			XX	
269.100		ZNY- N. MT.	M	
269.100		ZTL OWING	M	
269.125			XX	
269.150			XX	
269.175			XX	
269.200		ZJX JACKSONVILLE	M	
269.200		ZOB ALGONAC	M	
269.225			XX	
269.250		CAP JAX CENTER	M	
269.250			XX	
269.275			XX	
269.300		CAP JAX CENTER-ZDC	M	HOPEWELL SECTOR
269.300		ZNY-BARNSTABLE	M	
269.300		ZOB FINDLAY	M	
269.325			XX	
269.350			XX	
269.375			XX	
269.400	ACTIVE	ZDC-GREEN BAY, VA -	M	NATIONAL GUARD FLANKLIN SECT
269.400			XX	
269.425			XX	
269.450		ZID HENRYVILLE	M	
269.475			XX	
269.500		ZOB CARLETON	M	
269.500		ZTL NEWPORT	M	
269.500			XX	
269.525			XX	
269.550			XX	
269.575			XX	
269.600		ZID CHARLESTON	M	
269.625			XX	
269.650		AIR COMMAND POST	M	
269.650		ZDC-MARTINSBURG	M	
269.675			XX	
269.700		USMC HARRIER	M	
269.725			XX	
269.750			XX	
269.775			XX	
269.800	ACTIVE	FORT EUSTIS / OCEAN	M	

269.825			XX	
269.850			XX	
269.875			XX	
269.900		NORAD	M	
269.900			XX	
269.925			XX	
269.950			XX	
269.975			XX	
270.000			XX	
270.025			XX	
270.050			XX	
270.075			XX	
270.100			XX	
270.125			XX	
270.150			XX	
270.175			XX	
270.200	ACTIVE	NORAD	M	
270.225			XX	
270.250		ZTL MONTGOMERY	M	
270.275			XX	
270.285		WASH APPROACH	M	
270.300		ZID TERRE HAUTE	M	
270.325			XX	
270.350		ZDC-LYNCHBURG,VA	M	
270.375			XX	
270.400		NORAD	M	
270.425			XX	
270.450			XX	
270.475			XX	
270.500			XX	
270.525			XX	
270.550			XX	
270.575			XX	
270.600		ZTL CHATTANOOGA	M	
270.625			XX	
270.650			XX	
270.675			XX	
270.700			XX	
270.725			XX	
270.750			XX	
270.775			XX	
270.800			XX	
270.825			XX	
270.850			XX	
270.875			XX	
270.900			XX	
270.925			XX	
270.950			XX	
270.975			XX	
271.000		USAF AWACS- JSTAR	M	WASH DC/NYC/WASH STATE/NEVAI
271.000	KEEP	WASH DC AREA COVE	M	Huntress (norad)
271.025			XX	
271.050			XX	

271.075		XX	
271.100		XX	
271.125		XX	
271.150		XX	
271.175		XX	
271.200		XX	
271.225		XX	
271.250		XX	
271.275		XX	
271.300	LANGLEY-TWR-CLR	M	
271.325		XX	
271.350		XX	
271.375		XX	
271.400	USMC HARRIER	M	
271.425		XX	
271.450		XX	
271.475		XX	
271.500	GIANTKILL - OCEANA	M	
271.500	GIANTKILLER	M	EAST OPS
271.525		XX	
271.550		XX	
271.575		XX	
271.600		XX	
271.625		XX	
271.650		XX	
271.675		XX	
271.700		XX	
271.725		XX	
271.750		XX	
271.775		XX	
271.800		XX	
271.825		XX	
271.850		XX	
271.875		XX	
271.900		XX	
271.925		XX	
271.950	JSTAR E8 DISCRETE	M	
271.975		XX	
272.000		XX	
272.025		XX	
272.050		XX	
272.075		XX	
272.100		XX	
272.125		XX	
272.150		XX	
272.175		XX	
272.200		XX	
272.225		XX	
272.250		XX	
272.275		XX	
272.300		XX	
272.325		XX	
272.350		XX	

272.375			XX	
272.400			XX	
272.425			XX	
272.450			XX	
272.475			XX	
272.500			XX	
272.525			XX	
272.550			XX	
272.575			XX	
272.600			XX	
272.625			XX	
272.650			XX	
272.675			XX	
272.700		ZNY- PHILIPSBURG	M	
272.725			XX	
272.750	ACTIVE	ZDC- COFIELD/NEW	M	NEW BERN SECTOR
272.775			XX	
272.800			XX	
272.825			XX	
272.850			XX	
272.875			XX	
272.900			XX	
272.925			XX	
272.950			XX	
272.975			XX	
273.000			XX	
273.025			XX	
273.050			XX	
273.075			XX	
273.100			XX	
273.125			XX	
273.150			XX	
273.175			XX	
273.200			XX	
273.225			XX	
273.250			XX	
273.275			XX	
273.300			XX	
273.325			XX	
273.350			XX	
273.375			XX	
273.400			XX	
273.425			XX	
273.450			XX	
273.475			XX	
273.500			XX	
273.525			XX	
273.550		CAP JAX CENTER	M	
273.550		ZJX DAYTONA	M	
273.575			XX	
273.600		ZNY- N. MT.	M	
273.625			XX	
273.650			XX	



273.675			XX
273.700			XX
273.725			XX
273.750			XX
273.775			XX
273.800	ACTIVE	OCEANA DISCRETE	M
273.825			XX
273.850			XX
273.875			XX
273.900			XX
273.925			XX
273.950			XX
273.975			XX
274.000			XX
274.025			XX
274.050			XX
274.075			XX
274.100			XX
274.125			XX
274.150			XX
274.175			XX
274.200			XX
274.225			XX
274.250			XX
274.275			XX
274.300			XX
274.325			XX
274.350			XX
274.375			XX
274.400		NORAD	M
274.400			XX
274.425			XX
274.450			XX
274.475			XX
274.500			XX
274.525			XX
274.550			XX
274.575			XX
274.600			XX
274.625			XX
274.650			XX
274.675			XX
274.700		OCEANA DISCRETE	M
274.725			XX
274.750			XX
274.775			XX
274.800			XX
274.825			XX
274.850			XX
274.875			XX
274.900			XX
274.925			XX
274.950			XX

274.975			XX
275.000		NORAD	M
275.025			XX
275.050			XX
275.075			XX
275.100			XX
275.125			XX
275.150			XX
275.175			XX
275.200		CIL CONTRACTORS	M
275.225			XX
275.250			XX
275.275			XX
275.300			XX
275.325			XX
275.350		USN BLUE ANGLES	M
275.375			XX
275.400			XX
275.425			XX
275.450			XX
275.475			XX
275.500			XX
275.525			XX
275.550			XX
275.575			XX
275.600			XX
275.625			XX
275.650			XX
275.675			XX
275.700		NATIONAL GUARD - VA	M
275.700		ZDC-CAPE CHARLES	M
275.725			XX
275.750			XX
275.775			XX
275.800	ACTIVE	CAP OVER WASH	M
275.825			XX
275.850		NATIONAL GUARD - VA	M
275.875			XX
275.900		NORAD	M
275.925			XX
275.950		REFUELING	M
275.975			XX
276.000			XX
276.025			XX
276.050		JSTAR E8 DISCRETE	M
276.075		JSTAR E8 DISCRETE	M
276.100		REFUELING	M
276.125			XX
276.150			XX
276.175			XX
276.200			XX
276.225			XX
276.250			XX

276.275			XX
276.300			XX
276.325			XX
276.350			XX
276.375			XX
276.400		NORAD- HELOS	M
276.425			XX
276.450			XX
276.475			XX
276.500		REFUELING	M
276.525			XX
276.550			XX
276.575			XX
276.600			XX
276.625			XX
276.650	ACTIVE	NORAD	M
276.675		WASH STATE CAP-71S	M
276.700			XX
276.725			XX
276.750			XX
276.775			XX
276.800			XX
276.825			XX
276.850			XX
276.875			XX
276.900		AIR COMMAND POST	M
276.925			XX
276.950			XX
276.975			XX
277.000			XX
277.025			XX
277.050			XX
277.075			XX
277.100			XX
277.125			XX
277.150			XX
277.175			XX
277.200			XX
277.225			XX
277.250			XX
277.275			XX
277.300			XX
277.325			XX
277.350			XX
277.375			XX
277.400		ZDC-SMRNA,DE	M
277.400		ZJX GLYNCO	M
277.400		ZOB LITCHFIELD	M
277.425			XX
277.450			XX
277.475			XX
277.500			XX
277.525			XX

277.550		XX
277.575		XX
277.600	NORAD WASH STATE	M
277.625		XX
277.650		XX
277.675		XX
277.700		XX
277.725		XX
277.750		XX
277.775		XX
277.800	USN FLEET COMMON	M
277.825		XX
277.850		XX
277.875		XX
277.900		XX
277.925		XX
277.950		XX
277.975		XX
278.000	NORAD WORLD	M
278.025		XX
278.050		XX
278.075		XX
278.100		XX
278.125		XX
278.150		XX
278.175		XX
278.200	NORAD	M
278.225		XX
278.250		XX
278.275		XX
278.300	ZNY- FLINT HILL	M
278.325		XX
278.350		XX
278.375		XX
278.400	NORAD	M
278.425		XX
278.450		XX
278.475		XX
278.500	ZDC-SEA ISLE,NJ	M
278.500	ZID HENRYVILLE	M
278.525		XX
278.550		XX
278.575		XX
278.600	NORAD	M
278.625		XX
278.650	USMC HARRIER	M
278.675		XX
278.700		XX
278.725		XX
278.750		XX
278.775		XX
278.800	USMC HARRIER	M

278.825		XX	
278.850		XX	
278.875		XX	
278.900		XX	
278.925		XX	
278.950		XX	
278.975		XX	
279.000		XX	
279.025		XX	
279.050		XX	
279.075		XX	
279.100		XX	
279.125		XX	
279.150		XX	
279.175		XX	
279.200	OCEANA APP/DEP	M	NORFORK APP/DEP CONTROL
279.200	ZTL HAMPTON	M	
279.225		XX	
279.250		XX	
279.275		XX	
279.300		XX	
279.325		XX	
279.350		XX	
279.375		XX	
279.400	NORAD	M	
279.425		XX	
279.450		XX	
279.475		XX	
279.500	ZTL CROSSVILLE	M	
279.525		XX	
279.550		XX	
279.575		XX	
279.600		XX	
279.625		XX	
279.650		XX	
279.675		XX	
279.700		XX	
279.725		XX	
279.750	JSTAR E8 DISCRETE	M	
279.775		XX	
279.800	REFUELING	M	
279.825		XX	
279.850	COMBAT CONTROL	M	
279.875		XX	
279.900	NASA SHUTTLE	M	
279.925		XX	
279.950		XX	
279.975		XX	
280.000		XX	
280.025		XX	
280.050		XX	
280.075		XX	
280.100	ZTL MONTGOMERY	M	

280.125			XX	
280.150			XX	
280.175			XX	
280.200	ACTIVE	USMC HARRIER	M	
280.225			XX	
280.250			XX	
280.275			XX	
280.300			XX	
280.325			XX	
280.350			XX	
280.375			XX	
280.400			XX	
280.425			XX	
280.450			XX	
280.475			XX	
280.500			XX	
280.525			XX	
280.550			XX	
280.575			XX	
280.600			XX	
280.625			XX	
280.650			XX	
280.675			XX	
280.700			XX	
280.725			XX	
280.750			XX	
280.775			XX	
280.800			XX	
280.825			XX	
280.850			XX	
280.875			XX	
280.900			XX	
280.925			XX	
280.950			XX	
280.975			XX	
281.000			XX	
281.025			XX	
281.050			XX	
281.075			XX	
281.100		ZTL SUGARLOAF MOUNTAIN	M	
281.125			XX	
281.150			XX	
281.175			XX	
281.200	ACTIVE	CHAMBERS NAVY	M	
281.225			XX	
281.250			XX	
281.275			XX	
281.300			XX	
281.325			XX	
281.350			XX	
281.375			XX	
281.400	ACTIVE	ZDC-PATUXENT	M	CALVERT SECTOR

281.400		ZID MERWYN	M	
281.425			XX	
281.450			XX	
281.475			XX	
281.500		NORAD	M	
281.500		ZOB BELMONT	M	
281.525			XX	
281.550			XX	
281.575			XX	
281.600	ACTIVE	NORAD	M	
281.625			XX	
281.650			XX	
281.675			XX	
281.700			XX	
281.725			XX	
281.750			XX	
281.775			XX	
281.800		PATUXENT RIVER NAS	M	APP/DEP
281.825			XX	
281.850			XX	
281.875			XX	
281.900			XX	
281.925			XX	
281.950			XX	
281.975			XX	
282.000			XX	
282.025			XX	
282.050			XX	
282.075			XX	
282.100			XX	
282.125			XX	
282.150			XX	
282.175			XX	
282.200		ZDC - CASANOVA,VA	M	
282.225			XX	
282.250			XX	
282.275			XX	
282.300		ZID BROOKVILLE	M	
282.300		ZJX ALMA	M	
282.300		ZNY- MATAWAN	M	
282.325			XX	
282.350			XX	
282.375			XX	
282.400			XX	
				Us customs - flies low cover; cap handles high altitudes (updated 3/12/03)
282.425	KEEP	WASH DC AREA COVE	M	
282.425			XX	
282.450			XX	
282.475			XX	
282.500		NORAD	M	
282.525			XX	
282.550			XX	

282.575			XX
282.600		CAP OVER WASH	M
282.625			XX
282.650			XX
282.675		WING-71 ST IRON OPS	M
282.700	ACTIVE	REFUELING	M
282.725			XX
282.750			XX
282.775			XX
282.800		SAR/USCG	M
282.825			XX
282.850			XX
282.875			XX
282.900			XX
282.925			XX
282.950			XX
282.975			XX
283.000			XX
283.025			XX
283.050			XX
283.075			XX
283.100			XX
283.125			XX
283.150			XX
283.175			XX
283.200			XX
283.225			XX
283.250			XX
283.275			XX
283.300			XX
283.325			XX
283.350			XX
283.375			XX
283.400			XX
283.425			XX
283.450			XX
283.475			XX
283.500			XX
283.525			XX
283.550			XX
283.575			XX
283.600			XX
283.625			XX
283.650			XX
283.675			XX
283.700			XX
283.725			XX
283.750	ACTIVE	USAF 457TH COMBAT	M
283.775			XX
283.800			XX
283.825			XX
283.850			XX



283.875			XX	
283.900		REFUELING	M	
283.925			XX	
283.950			XX	
283.975			XX	
284.000		NORAD	M	
284.025			XX	
284.050			XX	
284.075			XX	
284.100			XX	
284.125			XX	
284.150		JSTAR E8 DISCRETE	M	
284.150			XX	
284.175			XX	
284.200			XX	
284.225			XX	
284.250			XX	
284.275			XX	
284.300			XX	
284.325			XX	
284.350			XX	
284.375			XX	
284.400			XX	
284.425			XX	
284.450			XX	
284.475			XX	
284.500			XX	
284.525			XX	
284.550			XX	
284.575			XX	
284.600		NORAD	M	
284.625			XX	
284.650		ZID EVANSVILLE	M	
284.675			XX	
284.700		ZDC-BUCKS	M	
284.725			XX	
284.750			XX	
284.775			XX	
284.800		NORAD	M	
284.825			XX	
284.850			XX	
284.875			XX	
284.900	ACTIVE	OCEANA DISCRETE	M	BASE OPS
284.925			XX	
284.950			XX	
284.975			XX	
285.000			XX	
285.025			XX	
285.050			XX	
285.075			XX	
285.100			XX	
285.125			XX	
285.150			XX	

285.175		XX	
285.200		XX	
285.225		XX	
285.250		XX	
285.275		XX	
285.300		XX	
285.325		XX	
285.350		XX	
285.375		XX	
285.400	ZDC-SEA ISLE,NJ	M	CASINO SECTOR
285.425		XX	
285.450		XX	
285.475		XX	
285.500	ZDC-ROCKY MT,NC	M	
285.525		XX	
285.550		XX	
285.575		XX	
285.600	ZDC-GRANTSVILLE,VA	M	
285.625		XX	
285.650	ZJX SAVANNAH	M	
285.675		XX	
285.700		XX	
285.725		XX	
285.750		XX	
285.775		XX	
285.800		XX	
285.825		XX	
285.850		XX	
285.875		XX	
285.900	NORAD	M	
285.925		XX	
285.950		XX	
285.975		XX	
286.000		XX	
286.025		XX	
286.050		XX	
286.075		XX	
286.100		XX	
286.125		XX	
286.150		XX	
286.175		XX	
286.200	WARREN GROVE RAN	M	
286.225		XX	
286.250		XX	
286.275		XX	
286.300	REFUELING	M	
286.325		XX	
286.350		XX	
286.375		XX	
286.400		XX	
286.425		XX	
286.450		XX	
286.475		XX	

286.500		XX
286.525		XX
286.550		XX
286.575		XX
286.600	ZJX JACKSONVILLE	M
286.600		M
286.625		XX
286.650		XX
286.675		XX
286.700		XX
286.725		XX
286.750		XX
286.775		XX
286.800		XX
286.825		XX
286.850		XX
286.875		XX
286.900	REFUELING	M
286.925		XX
286.950		XX
286.975		XX
287.000		XX
287.025		XX
287.050		XX
287.075		XX
287.100		XX
287.125		XX
287.150		XX
287.175		XX
287.200		XX
287.225		XX
287.250		XX
287.275		XX
287.300		XX
287.325		XX
287.350		XX
287.375		XX
287.400		XX
287.425		XX
287.450		XX
287.475		XX
287.500	NORAD	M
287.525		XX
287.550		XX
287.575		XX
287.600		XX
287.625		XX
287.650	COMBAT CONTROL	M
287.675		XX
287.700		XX
287.725		XX
287.750		XX
287.775	WING-27 TH BULL OPS	M

287.800		XX	
287.825		XX	
287.850		XX	
287.875		XX	
287.900	ZDC-MODENA,DE	M	
287.925		XX	
287.950		XX	
287.975		XX	
288.000		XX	
288.025		XX	
288.050	ZDC-SAMPSON,NC	M	
288.075		XX	
288.100	ZID ZANESVILLE	M	
	ZJX SAINT		
288.100	AUGUSTINE	M	
288.125		XX	
288.150		XX	
288.175		XX	
288.200	USAF AWACS	M	
288.225		XX	
288.250		XX	
288.275		XX	
288.300	OCEANA APP/DEP	M	NORFORK APP/DEP CONTROL
288.300	ZJX DOTHAN	M	
288.300	ZOB FINDLAY	M	
288.325		XX	
288.350		XX	
288.375		XX	
288.400	CAP OVER WASH	M	
288.425		XX	
288.450		XX	
288.475		XX	
288.500		XX	
288.525		XX	
288.550		XX	
288.575		XX	
288.600		XX	
288.625		XX	
288.650		XX	
288.675		XX	
288.700		XX	
288.725		XX	
288.750		XX	
288.775		XX	
288.800		XX	
288.825		XX	
288.850		XX	
288.875		XX	
288.900	REFUELING	M	
288.925		XX	
288.950		XX	
288.975		XX	
289.000		XX	

289.025			XX
289.050		JSTAR E8 DISCRETE	M
289.075			XX
289.100			XX
289.125			XX
289.150			XX
289.175			XX
289.200			XX
289.225			XX
289.250			XX
289.275			XX
289.300		NAT GUARD-RIC	M
289.300		RIC OPERATIONS	M
289.350		NAT GUARD	M
289.375			XX
289.400		USAF GROUND	M
289.425			XX
289.450			XX
289.475			XX
289.500			XX
289.525			XX
289.550			XX
289.575			XX
289.600		ANDREWS TWR	M
289.625			XX
289.650			XX
289.675			XX
289.700	ACTIVE	REFUELING	M
289.725			XX
289.750			XX
289.775			XX
289.800			XX
289.825			XX
289.850			XX
289.875			XX
289.900		OCEANA DISCRETE	M
289.925			XX
289.950			XX
289.975			XX
290.000	ACTIVE		M
290.025			XX
290.050			XX
290.075			XX
290.100			XX
290.125			XX
290.150			XX
290.175			XX
290.200		ZNY- FLINT HILL	M
290.200		ZTL HICKORY	M
290.225			XX
290.250			XX
290.275			XX

290.300	ZID INDIANAPOLIS	M
290.300	ZNY-BARNSTABLE	M
290.325		XX
290.350		XX
290.375		XX
290.400	ZID PORTSMOUTH	M
290.400	ZJX ALMA	M
290.400	ZNY- ELK MT	M
290.425		XX
290.450		XX
290.475		XX
290.500	ZDC-WILMINGTON,NC	M
290.500	ZID LONDON	M
290.500	ZTL	M
290.500	ZTL MONTGOMERY	M
290.525		XX
290.550		XX
290.575		XX
290.600		XX
290.625		XX
290.650		XX
290.675		XX
290.700		XX
290.725		XX
290.750		XX
290.775		XX
	ZTL MOUNT	
290.800	OGLETHORPE	M
290.825		XX
290.850		XX
290.875		XX
290.900		XX
290.925		XX
290.950		XX
290.975		XX
291.000		XX
291.025		XX
291.050		XX
291.075		XX
291.100		XX
291.125		XX
291.150	ACTIVE	M
291.150		XX
291.175		XX
291.200		XX
291.225		XX
291.250		XX
291.275		XX
291.300		XX
291.325		XX
291.350		XX
291.375		XX
291.400		XX

291.425			XX
291.450			XX
291.475			XX
291.500			XX
291.525			XX
291.550			XX
291.575			XX
291.600		ZOB BELMONT	M
291.625			XX
291.650		ZOB WARREN	M
291.675			XX
291.700		ZJX GAINESVILLE	M
291.725			XX
291.750		ZTL JONESVILLE	M
291.775			XX
291.800			XX
291.825			XX
291.850			XX
291.875			XX
291.900	ACTIVE	REFUELING	M
291.925			XX
291.950			XX
291.975			XX
292.000		AMC AIR-AIR	M
292.025			XX
292.050			XX
292.075			XX
292.100			XX
292.125			XX
292.150			XX
292.175			XX
292.200		AIR WING	M
292.225			XX
292.250			XX
292.275			XX
292.300	ACTIVE	OCEANA DISCRETE	M
292.325			XX
292.350			XX
292.375			XX
292.400		NORAD	M
292.425			XX
292.450			XX
292.475			XX
292.500			XX
292.525			XX
292.550			XX
292.575			XX
292.600		REFUELING	M
292.625			XX
292.650			XX
292.675			XX
292.700		NORAD	M
292.700			XX

292.725			XX
292.750			XX
292.775			XX
292.800		NORAD	M
292.825			XX
292.850			XX
292.875			XX
292.900			XX
292.925			XX
292.950			XX
292.975			XX
293.000	ACTIVE	REFUELING	M
293.025			XX
293.050			XX
293.075			XX
293.100			XX
293.125			XX
293.150			XX
293.175			XX
293.200		NORAD	M
293.225			XX
293.250			XX
293.275			XX
293.300			XX
293.325			XX
293.350			XX
293.375			XX
293.400			XX
293.425			XX
293.450			XX
293.475			XX
293.500			XX
293.525			XX
293.550		JSTAR E8 DISCRETE	M
293.575			XX
293.600		NORAD	M
293.625			XX
293.650			XX
293.675			XX
293.700		TANKERS	M
293.725			XX
293.750			XX
293.775			XX
293.800			XX
293.825			XX
293.850			XX
293.875			XX
293.900			XX
293.925			XX
293.950			XX
293.975			XX
294.000			XX
294.025			XX



294.050		XX
294.075		XX
294.100		XX
294.125		XX
294.150		XX
294.175		XX
294.200		XX
294.225		XX
294.250		XX
294.275		XX
294.300		XX
294.325		XX
294.350		XX
294.375		XX
294.400		XX
294.425		XX
294.450		XX
294.475		XX
294.500	WASH CLASS B APPR	M
294.525		XX
294.550		XX
294.575		XX
294.600		XX
294.625		XX
294.650		XX
294.675		XX
294.700		XX
294.725		XX
294.750		XX
294.775		XX
294.800	USAF AIR- GRN	M
294.825		XX
294.850		XX
294.875		XX
294.900		XX
294.925		XX
294.950		XX
294.975		XX
295.000		XX
295.025		XX
295.050		XX
295.075		XX
295.100		XX
295.125		XX
295.150		XX
295.175		XX
295.200		XX
295.225		XX
295.250		XX
295.275		XX
295.300		XX
295.325		XX
295.350		XX

295.375		XX
295.400	REFUELING	M
295.425		XX
295.450		XX
295.475		XX
295.500		XX
295.525		XX
295.550		XX
295.575		XX
295.600		XX
295.625		XX
295.650		XX
295.675		XX
295.700		XX
295.725		XX
295.750		XX
295.775		XX
295.800	AIR-AIR REFUELING	M
295.825		XX
295.850		XX
295.875		XX
295.900		XX
295.925		XX
295.950		XX
295.975		XX
296.000		XX
296.025		XX
296.050		XX
296.075		XX
296.100		XX
296.125		XX
296.150		XX
296.175		XX
296.200	ACC AIR-AIR	M
296.225		XX
296.250		XX
296.275		XX
296.300		XX
296.325		XX
296.350		XX
296.375		XX
296.400		XX
296.425		XX
296.450		XX
296.475		XX
296.500		XX
296.525		XX
296.550		XX
296.575		XX
296.600		XX
296.625		XX
296.650	USAF AWACS	M
296.675		XX

296.700	ZDC-WHALEYVILLE,VA	M
296.725		XX
296.750		XX
296.775		XX
296.800	NASA SHUTTLE	M
296.825		XX
296.850		XX
296.875		XX
296.900		XX
296.915	LANGLEY-WING	M
296.925	WING-94TH SPAD OPS	M
296.950		XX
296.975		XX
297.000	AMC AIR-AIR	M
297.025		XX
297.050		XX
297.075		XX
297.100		XX
297.125		XX
297.150		XX
297.175		XX
297.200		XX
297.225		XX
297.250		XX
297.275		XX
297.300	REFUELING	M
297.325		XX
297.350		XX
297.375		XX
297.400	ZTL UNIONTOWN	M
297.425		XX
297.450		XX
297.475		XX
297.500		XX
297.525		XX
297.550		XX
297.575		XX
297.600	NORAD	M
297.625		XX
297.650		XX
297.675		XX
297.700	NORAD	M
297.725		XX
297.750		XX
297.775		XX
297.800	NORAD	M
297.825		XX
297.850		XX
297.875		XX
297.900		XX
297.925		XX
297.950		XX
297.975		XX

298.000			XX
298.025			XX
298.050			XX
298.075			XX
298.100		NORAD	M
298.125			XX
298.150			XX
298.175			XX
298.200			XX
298.225			XX
298.250			XX
298.275			XX
298.300		NORAD	M
298.325			XX
298.350			XX
298.375			XX
298.400			XX
298.425			XX
298.450			XX
298.475			XX
298.500		NORAD	M
298.525			XX
298.550			XX
298.575			XX
298.600			XX
298.625			XX
298.650	ACTIVE	JSTAR E8 DISCRETE	M
298.675			XX
298.700			XX
298.725			XX
298.750			XX
298.775			XX
298.800	ACTIVE	NORAD	M
298.825			XX
298.850			XX
298.875			XX
298.900		ZJX COLUMBIA	M
298.900		ZNY- ELK MT	M
298.925			XX
298.950		ZOB CHARDON	M
298.950			XX
298.975			XX
299.000			XX
299.025			XX
299.050			XX
299.075			XX
299.100			XX
299.125			XX
299.150			XX
299.175			XX
299.200		ZOB BLUE KNOB	M
299.200		ZTL CHATTANOOGA	M
299.225			XX

299.250			XX	
299.275			XX	
299.300	ACTIVE	USMC HARRIER	M	
299.325			XX	
299.350			XX	
299.375			XX	
299.400			XX	
299.425			XX	
299.450			XX	
299.475			XX	
299.500		OCEANA OPS	M	
299.525			XX	
299.550			XX	
299.575			XX	
299.600		CHERRY POINT	M	
299.625			XX	
299.650			XX	
299.675			XX	
299.700			XX	
299.725			XX	
299.750			XX	
299.775			XX	
299.800			XX	
299.825			XX	
299.850			XX	
299.875			XX	
299.900			XX	
299.925			XX	
299.950			XX	
299.975			XX	
300.000			XX	
300.025			XX	
300.050			XX	
300.075			XX	
300.100			XX	
300.125		CAP AIR-AIR - NORAD	M	OVER WASH STATE
300.150			XX	
300.175			XX	
300.200			XX	
300.225			XX	
300.250			XX	
300.275			XX	
300.300			XX	
300.325	ACTIVE		M	
300.350			XX	
300.375			XX	
300.400		OCEANA APP	M	
300.400	ACTIVE	OCEANA APP SECOND	M	
300.425			XX	
300.450			XX	
300.475			XX	
300.500			XX	
300.525			XX	

300.550			XX
300.575			XX
300.600			XX
300.625	ACTIVE	TRAINING JETS	M
300.650			XX
300.675			XX
300.700			XX
300.725			XX
300.750			XX
300.775			XX
300.800			XX
300.825			XX
300.850			XX
300.875			XX
300.900			XX
300.925			XX
300.950			XX
300.975			XX
301.000			XX
301.025			XX
301.050			XX
301.075			XX
301.100			XX
301.125			XX
301.150			XX
301.175			XX
301.200			XX
301.225			XX
301.250		USN AIR-AIR	M
301.275			XX
301.300			XX
301.325			XX
301.350			XX
301.375			XX
301.400		ZTL TRI CITY	M
301.425			XX
301.450			XX
301.475			XX
301.500		ZDC	M
301.525			XX
301.550			XX
301.575			XX
301.600			XX
301.625			XX
301.650			XX
301.675			XX
301.700			XX
301.725			XX
301.750			XX
301.775			XX
301.800			XX
301.825			XX
301.850			XX

301.875			XX	
301.900			XX	
301.925			XX	
301.950			XX	
301.975			XX	
302.000	ACTIVE	CHAMBERS NAVY	M	
302.025			XX	
302.050			XX	
302.075			XX	
302.100			XX	
302.125			XX	
302.150			XX	
302.175			XX	
302.200			XX	
302.225			XX	
302.250			XX	
302.275			XX	
302.300			XX	
302.325			XX	
302.350			XX	
302.375			XX	
302.400		NORAD	M	
302.425			XX	
302.450			XX	
302.475			XX	
302.500			XX	
302.525			XX	
302.550			XX	
302.575			XX	
302.600			XX	
302.625			XX	
302.650			XX	
302.675			XX	
302.700			XX	
302.725			XX	
302.750			XX	
302.775			XX	
302.800			XX	
302.825			XX	
302.850			XX	
302.875			XX	
302.900			XX	
302.925			XX	
302.950			XX	
302.975			XX	
303.000	ACTIVE	CAP TANKERS NORAD	M	
303.000	ACTIVE	WASH DC AREA COVE	M	Mid-air cap refueling
303.025			XX	
303.050			XX	
303.075			XX	
303.100		JSTAR E8 DISCRETE	M	
303.125			XX	
303.150			XX	

303.175		XX
303.200		XX
303.225		XX
303.250		XX
303.275	JSTAR E8 DISCRETE	M
303.300		XX
303.325		XX
303.350		XX
303.375		XX
303.400		XX
303.425		XX
303.450		XX
303.475		XX
303.500		XX
303.525		XX
303.550		XX
303.575		XX
303.600		XX
303.625		XX
303.650		XX
303.675		XX
303.700		XX
303.725		XX
303.750		XX
303.775		XX
303.800		XX
303.825	USAF AIR- GRN	M
303.850		XX
303.875		XX
303.900	NORAD	M
303.925		XX
303.950		XX
303.975		XX
304.000		XX
304.025		XX
304.050		XX
304.075		XX
304.100		XX
304.125		XX
304.150		XX
304.175		XX
304.200		XX
304.225		XX
304.250		XX
304.275		XX
304.300		XX
304.325		XX
304.350		XX
304.375		XX
304.400		XX
304.425		XX
304.450		XX
304.475		XX



304.500			XX	
304.525			XX	
304.550			XX	
304.575			XX	
304.600			XX	
304.625			XX	
304.650			XX	
304.675			XX	
304.700			XX	
304.725			XX	
304.750			XX	
304.775			XX	
304.800			XX	
304.825			XX	
304.850			XX	
304.875			XX	
304.900			XX	
304.925			XX	
304.950			XX	
304.975			XX	
305.000		GIANTKILLER NORTH	M	NORTH OPS
305.025			XX	
305.050			XX	
305.075			XX	
305.100			XX	
305.125			XX	
305.150			XX	
305.175			XX	
305.200			XX	
305.225			XX	
305.250			XX	
305.275			XX	
305.300			XX	
305.325			XX	
305.350			XX	
305.375			XX	
305.400		CAP AIR-AIR - NORAD	M	
305.425			XX	
305.450			XX	
305.475			XX	
305.500		REFUELING	M	
305.525			XX	
305.550		AIR FORCE 1	M	
305.575			XX	
305.600			XX	
305.625			XX	
305.650			XX	
305.675			XX	
305.700	ACTIVE	ACC AIR-AIR	M	
305.725			XX	
305.750			XX	
305.775			XX	
305.800			XX	

305.825			XX
305.850			XX
305.875			XX
305.900			XX
305.925			XX
305.950			XX
305.975			XX
306.000			XX
306.025			XX
306.050			XX
306.075			XX
306.100			XX
306.125			XX
306.150			XX
306.175			XX
306.200		ZNY- BIG FLAT	M
306.200		ZNY- PHILIPSBURG	M
306.200		ZTL ANNISTON	M
306.225			XX
306.250		ZTL BIRMINGHAM	M
306.275			XX
306.300		ZJX FLORENCE	M
306.325			XX
306.350			XX
306.375			XX
306.400		NORAD	M
306.425			XX
306.450			XX
306.475			XX
306.500			XX
306.525			XX
306.550			XX
306.575			XX
306.600			XX
306.625			XX
306.650			XX
306.675			XX
306.700			XX
306.725			XX
306.750			XX
306.775			XX
306.800			XX
306.825			XX
306.850			XX
306.875			XX
306.900		OCEANA DISCRETE	M
306.900		ZOB HOLLAND	M
306.925			XX
306.950			XX
306.975			XX
307.000	ACTIVE	ZDC-SOUTH	M
307.025			XX
307.050			XX

307.075			XX	
307.100		ZID TERRE HAUTE	M	
307.100		ZOB BLUE KNOB	M	
307.125			XX	
307.150		ZTL PINE LEVEL	M	
307.175			XX	
307.200		RIC APP/DEP	M	
307.200		ZJX TALLAHASSEE	M	
307.200		ZOB MOUNT HOPE	M	
307.225			XX	
307.250		CAP AIR-AIR - NORAD	M	
307.250	KEEP	WASH DC AREA COVE	M	Cap control
		ZJX SAINT		
307.250		AUGUSTINE	M	
307.275			XX	
307.300		ZID MARMET	M	
307.300		ZNY-BARNSTABLE	M	
307.325			XX	
307.350		ZTL HICKORY	M	
307.375			XX	
307.400		USMC HARRIER	M	
307.425			XX	
307.450			XX	
307.475			XX	
307.500			XX	
307.525			XX	
307.550			XX	
307.575			XX	
307.600			XX	
307.625			XX	
307.650			XX	
307.675			XX	
307.700			XX	
307.725			XX	
307.750			XX	
307.775			XX	
307.800		ZOB SAGINAW	M	
307.825			XX	
307.850			XX	
307.875			XX	
307.900		ZID BROOKVILLE	M	
		ZTL MOUNT		
307.900		OGLETHORPE	M	
307.925			XX	
307.950			XX	
307.975			XX	
308.000			XX	
308.025			XX	
308.050			XX	
308.075			XX	
308.100		NORAD	M	
308.125			XX	
308.150			XX	

308.175			XX
308.200			XX
308.225			XX
308.250			XX
308.275			XX
308.300			XX
308.325			XX
308.350			XX
308.375			XX
308.400			XX
308.425			XX
308.450			XX
308.475			XX
308.500			XX
308.525			XX
308.550			XX
308.575			XX
308.600		LANGLEY AIR SHOW	M
308.600		ZTL MONTGOMERY	M
308.625			XX
308.650			XX
308.675			XX
308.700		ACC AIR-AIR	M
308.725			XX
308.750	ACTIVE	JSTAR E8 DISCRETE	M
308.775			XX
308.800			XX
308.825			XX
308.850		JSTAR E8 DISCRETE	M
308.875			XX
308.900		CIL CONTRACTORS	M
308.925			XX
308.950			XX
308.975			XX
309.000			XX
309.025			XX
309.050			XX
309.075			XX
309.100			XX
309.125			XX
309.150			XX
309.175			XX
309.200			XX
309.225			XX
309.250			XX
309.275			XX
309.300			XX
309.325			XX
309.350			XX
309.375			XX
309.400		NORAD	M
309.425			XX
309.450			XX

309.475		XX
309.500	NORAD WASH STATE	M
309.525		XX
309.550		XX
309.575		XX
309.600		XX
309.625		XX
309.650		XX
309.675		XX
309.700		XX
309.725		XX
309.750		XX
309.775		XX
309.800		XX
309.825		XX
309.850		XX
309.875		XX
309.900		XX
309.925		XX
309.950		XX
309.975		XX
310.000	GIANTKILLER SOUTH	M
310.025		XX
310.050		XX
310.075		XX
310.100	OCEANA DISCRETE-	M
310.125		XX
310.150		XX
310.175		XX
310.200		XX
310.225		XX
310.250		XX
310.275		XX
310.300		XX
310.325		XX
310.350		XX
310.375		XX
310.400		XX
310.425		XX
310.450		XX
310.475		XX
310.500		XX
310.525		XX
310.550		XX
310.575		XX
310.600		XX
310.625		XX
310.650		XX
310.675		XX
310.700		XX
310.725		XX
310.750		XX

310.775			XX	
310.800	ACTIVE	OCEANA GRN APP	M	
310.825			XX	
310.850			XX	
310.875			XX	
310.900			XX	
310.925			XX	
310.950			XX	
310.975			XX	
311.000	ACTIVE	STRAREGIC COMM-NO	M	2 WAY
311.025			XX	
311.050			XX	
311.075			XX	
311.100			XX	
311.125			XX	
311.150			XX	
311.175			XX	
311.200			XX	
311.225			XX	
311.250			XX	
311.275			XX	
311.300			XX	
311.325			XX	
311.350			XX	
311.375			XX	
311.400			XX	
311.425			XX	
311.450			XX	
311.475			XX	
311.500	ACTIVE	OCEANA OPS VF-101	M	
311.525	ACTIVE	USMC HARRIER	M	
311.550			XX	
311.575			XX	
311.600			XX	
311.625			XX	
311.650			XX	
311.675			XX	
311.700			XX	
311.725			XX	
311.750			XX	
311.775			XX	
311.800			XX	
311.825			XX	
311.850			XX	
311.875			XX	
311.900			XX	
311.925			XX	
311.950			XX	
311.975			XX	
312.000			XX	
312.025			XX	
312.050			XX	
312.075			XX	

312.100			XX	
312.125			XX	
312.150			XX	
312.175			XX	
312.200			XX	
312.225			XX	
312.250			XX	
312.275			XX	
312.300	ACTIVE	GIANTKILLER NORTH	M	NORTH OPS
312.325			XX	
312.350			XX	
312.375			XX	
312.400			XX	
312.425			XX	
312.450			XX	
312.475			XX	
312.500			XX	
312.525			XX	
312.550			XX	
312.575			XX	
312.600			XX	
312.625			XX	
312.650			XX	
312.675			XX	
312.700			XX	
312.725			XX	
312.750			XX	
312.775			XX	
312.800		NORAD	M	
312.825			XX	
312.850			XX	
312.875			XX	
312.900			XX	
312.925			XX	
312.950			XX	
312.975			XX	
313.000			XX	
313.025			XX	
313.050			XX	
313.075			XX	
313.100			XX	
313.125			XX	
313.150			XX	
313.175			XX	
313.200			XX	
313.225			XX	
313.250			XX	
313.275			XX	
313.300			XX	
313.325			XX	
313.350			XX	
313.375			XX	
313.400			XX	

313.425			XX	
313.450			XX	
313.475			XX	
313.500			XX	
313.525			XX	
313.550			XX	
313.575			XX	
313.600	ACTIVE	USAF AWACS	M	
313.625			XX	
313.650		JSTAR E8 DISCRETE	M	
313.675			XX	
313.700			XX	
313.725			XX	
313.750			XX	
313.775			XX	
313.800			XX	
313.825			XX	
313.850			XX	
313.875			XX	
313.900	ACTIVE	LANGLEY- DISCRETE	M	
313.925			XX	
313.950			XX	
313.975			XX	
314.000		PATUXENT RIVER NAS	M	APP/DEP
314.025			XX	
314.050			XX	
314.075			XX	
314.100			XX	
314.125			XX	
314.150			XX	
314.175			XX	
314.200			XX	
314.225			XX	
314.250		USAF 201 ST	M	
314.275			XX	
314.300			XX	
314.325			XX	
314.350			XX	
314.375			XX	
314.400			XX	
314.425			XX	
314.450		JSTAR E8 DISCRETE	M	
314.475			XX	
314.500			XX	
314.525			XX	
314.550			XX	
314.575			XX	
314.600		CIL CONTRACTORS	M	
314.625			XX	
314.650			XX	
314.675			XX	
314.700			XX	
314.725			XX	



314.750		XX
314.775		XX
314.800		XX
314.825		XX
314.850		XX
314.875		XX
314.900		XX
314.925		XX
314.950		XX
314.975		XX
315.000		XX
315.025		XX
315.050		XX
315.075		XX
315.100		XX
315.125	WING-94TH SPAD OPS	M
315.150		XX
315.175		XX
315.200		XX
315.225		XX
315.250		XX
315.275	JSTAR E8 DISCRETE	M
315.300		XX
315.325		XX
315.350		XX
315.375		XX
315.400	NORAD - ATIS	M
315.425		XX
315.450		XX
315.475		XX
315.500		XX
315.525		XX
315.550		XX
315.575		XX
315.600		XX
315.625		XX
315.650		XX
315.675		XX
315.700		XX
315.725		XX
315.750		XX
315.775		XX
315.800		XX
315.825		XX
315.850		XX
315.875		XX
315.900		XX
315.925		XX
315.950		XX
315.975		XX
316.000		XX
316.025		XX
316.050	ZTL ATHENS	M

316.075		XX
316.100	ZOB WARREN	M
316.125		XX
316.150		XX
316.175		XX
316.200	NORAD	M
316.225		XX
316.250		XX
316.275		XX
316.300	NORAD	M
316.325		XX
316.350		XX
316.375		XX
316.400		XX
316.425		XX
316.450		XX
316.475		XX
316.500		XX
316.525		XX
316.550		XX
316.575		XX
316.600		XX
316.625		XX
316.650		XX
316.675		XX
316.700	ZDC	M
316.725		XX
316.750		XX
316.775		XX
316.800		XX
316.825		XX
316.850		XX
316.875		XX
316.900		XX
316.925		XX
316.950		XX
316.975		XX
317.000		XX
317.025		XX
317.050		XX
317.075		XX
317.100	USMC HARRIER	M
317.125		XX
317.150		XX
317.175		XX
317.200		XX
317.225		XX
317.250		XX
317.275		XX
317.300		XX
317.325		XX
317.350		XX
317.375		XX

317.400			XX
317.425			XX
317.450			XX
317.475			XX
317.500			XX
317.525			XX
317.550			XX
317.575			XX
317.600		ZJX LOWELL	M
317.625			XX
317.650			XX
317.675			XX
317.700	ACTIVE	ZDC-BUENA VISTA,VA	M
317.700		ZOB MANSFIELD	M
317.700		ZTL ATLANTAOA	M
317.725			XX
317.750		ZID WINCHESTER	M
317.775			XX
317.800		USCG/DISCRETE	M
317.825			XX
317.850			XX
317.875			XX
317.900			XX
317.925			XX
317.950	ACTIVE	USAF AWACS	M
317.975			XX
318.000		REFUELING	M
318.025			XX
318.050			XX
318.075			XX
318.100		NORAD	M
318.125			XX
318.150			XX
318.175			XX
318.200			XX
318.225			XX
318.250			XX
318.275			XX
318.300		USAF AIR-GRN	M
318.325			XX
318.350			XX
318.375			XX
318.400		NORAD WASH STATE	M
318.425			XX
318.450			XX
318.475			XX
318.500			XX
318.525			XX
318.550			XX
318.575			XX
318.600			XX
318.625			XX
318.650			XX

318.675			XX
318.700			XX
318.725			XX
318.750			XX
318.775			XX
318.800			XX
318.825			XX
318.850			XX
318.875			XX
318.900			XX
318.925			XX
318.950			XX
318.975			XX
319.000		ZDC-BUENA VISTA,VA	M
319.025			XX
319.050			XX
319.075			XX
319.100		ZDC - LINDIN,VA HI AL	M
319.100		ZTL	M
319.100		ZTL MONTGOMERY	M
319.125			XX
319.150		ZID LIVINGSTON	M
319.175			XX
319.200		ZID ROSSVILLE	M
319.200		ZJX COLUMBIA	M
		ZOB MOON	
319.200		TOWNSHIP	M
319.225			XX
319.250		ZTL OWING	M
319.275			XX
319.300			XX
319.325		WING-94TH SPAD OPS	M
319.350			XX
319.375			XX
319.400	ACTIVE	TANKERS AIR-AIR	M
319.425			XX
319.450			XX
319.475			XX
319.500		REFUELING	M
319.525			XX
319.550			XX
319.575			XX
319.600			XX
319.625			XX
319.650			XX
319.675			XX
319.700	ACTIVE	OCEANA DISCRETE	M
319.725			XX
319.750			XX
319.775			XX
319.800		RIC APP/DEP	M
319.800		ZID MUNCIE	M

319.825			XX	
319.850		ZJX MYRTLE BEACH	M	
319.875			XX	
319.900		ZNY- N. MT.	M	
319.900		ZOB DETROIT NORTH	M	
319.900		ZTL TRI CITY	M	
319.925			XX	
319.950			XX	
319.975			XX	
320.000			XX	
320.025			XX	
320.050			XX	
320.075			XX	
320.100			XX	
320.125			XX	
320.150			XX	
320.175			XX	
320.200		DARE BOMB RUN 2ND	M	
320.225			XX	
320.250			XX	
320.275			XX	
320.300			XX	
320.325			XX	
320.350			XX	
320.375			XX	
320.400			XX	
320.425			XX	
320.450			XX	
320.475			XX	
320.500			XX	
320.525			XX	
320.550	ACTIVE		M	
320.575			XX	
320.600	ACTIVE	USAF AWACS	M	
320.600	ACTIVE	WASH DC AREA COVE	M	Refueling boom freq (updated 3/12/03)
320.625			XX	
320.650			XX	
320.675			XX	
320.700			XX	
320.725			XX	
320.750			XX	
320.775			XX	
320.800			XX	
320.825			XX	
320.850			XX	
320.875			XX	
320.900		WASH STATE CAP-REF	M	
320.925			XX	
320.950			XX	
320.975			XX	
321.000		ACC AIR-AIR	M	
321.025			XX	

321.050		XX
321.075		XX
321.100		XX
321.125		XX
321.150		XX
321.175		XX
321.200		XX
321.225		XX
321.250		XX
321.275		XX
321.300	CAP OVER WASH	M
321.300	ZNY-BARNSTABLE	M
321.325		XX
321.350		XX
321.375		XX
321.400	ZJX FLORENCE	M
321.425		XX
321.450		XX
321.475		XX
321.500		XX
321.525		XX
321.550		XX
321.575		XX
321.600		XX
321.625		XX
321.650		XX
321.675		XX
321.700		XX
321.725		XX
321.750		XX
321.775		XX
321.800	USMC HARRIER	M
321.825		XX
321.850		XX
321.875		XX
321.900		XX
321.925		XX
321.950		XX
321.975		XX
322.000	OCEANA GCA	M
322.025		XX
322.050		XX
322.075		XX
322.100	USMC HARRIER	M
322.125		XX
322.150		XX
322.175		XX
322.200		XX
322.225		XX
322.250		XX
322.275		XX
322.300		XX
322.325		XX

322.350			XX	
322.375			XX	
322.400		ZNY- BIG FLAT	M	
322.425			XX	
322.450		ZDC-	M	
322.475			XX	
322.500		ZJX SAVANNAH	M	
322.500		ZNY- JOLIET	M	
322.525			XX	
322.550		ZOB DETROIT NORTH	M	
322.575			XX	
322.600			XX	
322.625			XX	
322.650			XX	
322.675			XX	
322.700			XX	
322.725			XX	
322.750			XX	
322.775			XX	
322.800		REFUELING	M	
322.825			XX	
322.850			XX	
322.875			XX	
322.900		USAF TBIRDS	M	
322.925			XX	
322.950			XX	
322.975			XX	
323.000	ACTIVE	ZDC-WHALEYVILLE,VA	M	COFIELD SECTOR
323.000		ZTL AUGUSTA	M	
323.025			XX	
323.050		ZJX CRESTVIEW	M	
323.075			XX	
323.100			XX	
323.125			XX	
323.150			XX	
323.175			XX	
323.200		ZID LIVINGSTON	M	
323.200		ZOB WATERFORD	M	
323.225			XX	
323.250			XX	
323.275			XX	
323.300		USMC HARRIER	M	
323.325			XX	
323.350			XX	
323.375			XX	
323.400			XX	
323.425			XX	
323.450			XX	
323.475			XX	
323.500			XX	
323.525			XX	
323.550			XX	

323.575			XX	
323.600			XX	
323.625			XX	
323.650			XX	
323.675			XX	
323.700			XX	
323.725			XX	
323.750			XX	
323.775			XX	
323.800			XX	
323.825			XX	
323.850			XX	
323.875			XX	
323.900			XX	
323.925			XX	
323.950			XX	
323.975			XX	
324.000	ACTIVE	OCEANA DISCRETE- N	M	USED BY VA NATIONAL GUARD
324.000	ACTIVE	WASH DC AREA COVE	M	Cap corrdination (updated 3/12/0:
324.025			XX	
324.050			XX	
324.075			XX	
324.100			XX	
324.125			XX	
324.150			XX	
324.175			XX	
324.200		USAF AIR-GRN	M	
324.225			XX	
324.250			XX	
324.275			XX	
324.300			XX	
324.325			XX	
324.350			XX	
324.375			XX	
324.400		AIR COMBAT	M	
324.425			XX	
324.450			XX	
324.475			XX	
324.500			XX	
324.525			XX	
324.550			XX	
324.575			XX	
324.600		USAF AIR-AIR	M	
324.625			XX	
324.650	ACTIVE	USAF AWACS	M	STARGATE FIGHTER 41
324.675			XX	
324.700			XX	
324.725			XX	
324.750			XX	
324.775			XX	
324.800			XX	
324.825			XX	
324.850			XX	



324.875			XX
324.900	ACTIVE	USMC HARRIER	M
324.925			XX
324.950			XX
324.975			XX
325.000		NORAD	M
325.025			XX
325.050			XX
325.075			XX
325.100			XX
325.125			XX
325.150			XX
325.175			XX
325.200		OCEANA GRN APP/GC	M
325.225			XX
325.250			XX
325.275			XX
325.300			XX
325.325			XX
325.350			XX
325.375			XX
325.400	ACTIVE	OCEANA DISCRETE	M
325.425			XX
325.450			XX
325.475			XX
325.500		NORAD	M
325.525			XX
325.550			XX
325.575			XX
325.600		TANKERS	M
325.625			XX
325.650			XX
325.675			XX
325.700			XX
325.725		WING-71 ST IRON OPS	M
325.750			XX
325.775			XX
325.800		NORAD	M
325.825			XX
325.850			XX
325.875			XX
325.900			XX
325.925			XX
325.950			XX
325.975			XX
326.000			XX
326.025			XX
326.050			XX
326.075			XX
326.100			XX
326.125			XX
326.150			XX
326.175			XX

326.200			XX
326.225			XX
326.250			XX
326.275			XX
326.300		USAF AIR-GRN	M
326.325			XX
326.350			XX
326.375			XX
326.400		NORAD	M
326.425			XX
326.450			XX
326.475			XX
326.500			XX
326.525			XX
326.550			XX
326.575			XX
326.600			XX
326.625			XX
326.650			XX
326.675			XX
326.700			XX
326.725			XX
326.750			XX
326.775			XX
326.800			XX
326.825			XX
326.850			XX
326.875			XX
326.900			XX
326.925			XX
326.950			XX
326.975			XX
327.000	ACTIVE	ZDC-FALLS	M
327.000		ZOB SANDUSKY	M
327.000		ZTL OWING	M
327.025			XX
327.050		ZID PORTSMOUTH	M
327.075			XX
327.100		ZJX JACKSONVILLE	M
327.100		ZOB BLUE KNOB	M
327.125			XX
327.150		ZTL ATHENS	M
327.175			XX
327.200	ACTIVE	NORAD	M
327.225			XX
327.250			XX
327.275			XX
327.300			XX
327.325			XX
327.350			XX
327.375			XX
327.400			XX
327.425			XX

327.450		XX
327.475		XX
327.500		XX
327.525		XX
327.550		XX
327.575		XX
327.600	REFUELING	M
327.625		XX
327.650		XX
327.675		XX
327.700		XX
327.725		XX
327.750		XX
327.775		XX
327.800	ZDC-WHALEYVILLE,VA	M
327.825		XX
327.850		XX
327.875		XX
327.900	NORAD	M
327.925		XX
327.950		XX
327.975		XX
328.000	NORAD	M
328.025		XX
328.050		XX
328.075		XX
328.100		XX
328.125		XX
328.150		XX
328.175		XX
328.200	USN DISCRETE	M
328.225		XX
328.250		XX
328.275		XX
328.300		XX
328.325		XX
328.350		XX
328.375		XX
328.400	OCEANA APP/DEP	M
328.425		XX
328.450		XX
328.475		XX
328.500		XX
328.525		XX
328.550		XX
328.575		XX
328.600		XX
328.625		XX
328.650		XX
328.675		XX
328.700		XX
328.725		XX
328.750		XX

328.775	XX
328.800	XX
328.825	XX
328.850	XX
328.875	XX
328.900	XX
328.925	XX
328.950	XX
328.975	XX
329.000	XX
329.025	XX
329.050	XX
329.075	XX
329.100	XX
329.125	XX
329.150	XX
329.175	XX
329.200	XX
329.225	XX
329.250	XX
329.275	XX
329.300	XX
329.325	XX
329.350	XX
329.375	XX
329.400	XX
329.425	XX
329.450	XX
329.475	XX
329.500	XX
329.525	XX
329.550	XX
329.575	XX
329.600	XX
329.625	XX
329.650	XX
329.675	XX
329.700	XX
329.725	XX
329.750	XX
329.775	XX
329.800	XX
329.825	XX
329.850	XX
329.875	XX
329.900	XX
329.925	XX
329.950	XX
329.975	XX
330.000	XX
330.025	XX
330.050	XX
330.075	XX

330.100		XX
330.125		XX
330.150		XX
330.175		XX
330.200		XX
330.225		XX
330.250		XX
330.275		XX
330.300		XX
330.325		XX
330.350		XX
330.375		XX
330.400		XX
330.425		XX
330.450		XX
330.475		XX
330.500		XX
330.525		XX
330.550		XX
330.575		XX
330.600		XX
330.625		XX
330.650		XX
330.675		XX
330.700		XX
330.725		XX
330.750		XX
330.775		XX
330.800		XX
330.825		XX
330.850		XX
330.875		XX
330.900		XX
330.925		XX
330.950		XX
330.975		XX
331.000	USMC HARRIER	M
331.025		XX
331.050		XX
331.075		XX
331.100		XX
331.125		XX
331.150		XX
331.175		XX
331.200		XX
331.225		XX
331.250		XX
331.275		XX
331.300		XX
331.325		XX
331.350		XX
331.375		XX
331.400		XX

331.425	XX
331.450	XX
331.475	XX
331.500	XX
331.525	XX
331.550	XX
331.575	XX
331.600	XX
331.625	XX
331.650	XX
331.675	XX
331.700	XX
331.725	XX
331.750	XX
331.775	XX
331.800	XX
331.825	XX
331.850	XX
331.875	XX
331.900	XX
331.925	XX
331.950	XX
331.975	XX
332.000	XX
332.025	XX
332.050	XX
332.075	XX
332.100	XX
332.125	XX
332.150	XX
332.175	XX
332.200	XX
332.225	XX
332.250	XX
332.275	XX
332.300	XX
332.325	XX
332.350	XX
332.375	XX
332.400	XX
332.425	XX
332.450	XX
332.475	XX
332.500	XX
332.525	XX
332.550	XX
332.575	XX
332.600	XX
332.625	XX
332.650	XX
332.675	XX
332.700	XX
332.725	XX

332.750	XX
332.775	XX
332.800	XX
332.825	XX
332.850	XX
332.875	XX
332.900	XX
332.925	XX
332.950	XX
332.975	XX
333.000	XX
333.025	XX
333.050	XX
333.075	XX
333.100	XX
333.125	XX
333.150	XX
333.175	XX
333.200	XX
333.225	XX
333.250	XX
333.275	XX
333.300	XX
333.325	XX
333.350	XX
333.375	XX
333.400	XX
333.425	XX
333.450	XX
333.475	XX
333.500	XX
333.525	XX
333.550	XX
333.575	XX
333.600	XX
333.625	XX
333.650	XX
333.675	XX
333.700	XX
333.725	XX
333.750	XX
333.775	XX
333.800	XX
333.825	XX
333.850	XX
333.875	XX
333.900	XX
333.925	XX
333.950	XX
333.975	XX
334.000	XX
334.025	XX
334.050	XX

334.075	XX
334.100	XX
334.125	XX
334.150	XX
334.175	XX
334.200	XX
334.225	XX
334.250	XX
334.275	XX
334.300	XX
334.325	XX
334.350	XX
334.375	XX
334.400	XX
334.425	XX
334.450	XX
334.475	XX
334.500	XX
334.525	XX
334.550	XX
334.575	XX
334.600	XX
334.625	XX
334.650	XX
334.675	XX
334.700	XX
334.725	XX
334.750	XX
334.775	XX
334.800	XX
334.825	XX
334.850	XX
334.875	XX
334.900	XX
334.925	XX
334.950	XX
334.975	XX
335.000	XX
335.025	XX
335.050	XX
335.075	XX
335.100	XX
335.125	XX
335.150	XX
335.175	XX
335.200	XX
335.225	XX
335.250	XX
335.275	XX
335.300	XX
335.325	XX
335.350	XX
335.375	XX



335.400		INS. LANDING SYSTEM	M
335.425			XX
335.450			XX
335.475			XX
335.500		ZDC	M
335.500		ZJX COLUMBIA	M
335.525			XX
335.550		ZJX LOWELL	M
335.575			XX
335.600		ZID TRI CITY	M
335.600		ZNY- SHIP BOTTOM	M
335.600		ZOB FLINT	M
335.600		ZTL PINE LEVEL	M
335.625	ACTIVE	ORK CLASS C	M
335.650			XX
335.675			XX
335.700		USAF AIR-GRN	M
335.725			XX
335.750			XX
335.775			XX
335.800		MIL GROUND	M
335.825			XX
335.850			XX
335.875			XX
335.900			XX
335.925			XX
335.950		DISCRETE AWACS	M
335.975			XX
336.000			XX
336.025			XX
336.050			XX
336.075			XX
336.100		REFUELING	M
336.125			XX
336.150			XX
336.175			XX
336.200			XX
336.225			XX
336.250			XX
336.275			XX
336.300			XX
336.325			XX
336.350			XX
336.375			XX
336.400	ACTIVE	OCEANA / PATUXENT	M
336.425			XX
336.450			XX
336.475			XX
336.500			XX
336.525			XX
336.550			XX

336.575			XX	
336.600		NORAD	M	
336.625			XX	
336.650			XX	
336.675			XX	
336.700		OCEANA DISCRETE	M	
336.725			XX	
336.750			XX	
336.775			XX	
336.800		AIR FORCE 1	M	
336.825			XX	
336.850			XX	
336.875			XX	
336.900			XX	
336.925			XX	
336.950			XX	
336.975			XX	
337.000	ACTIVE	USMC-HARRIER-	M	2 WAY
337.025			XX	
337.050			XX	
337.075			XX	
337.100			XX	
337.125			XX	
337.150			XX	
337.175			XX	
337.200			XX	
337.225		OCEANA DISCRETE	M	
337.250			XX	
337.275			XX	
337.300			XX	
337.325			XX	
337.350			XX	
337.375			XX	
337.400			XX	
337.425			XX	
337.450			XX	
337.475			XX	
337.500			XX	
337.525			XX	
337.550			XX	
337.575			XX	
337.600			XX	
337.625			XX	
337.650			XX	
337.675			XX	
337.700		JSTAR E8 DISCRETE	M	
337.725			XX	
337.750			XX	
337.775			XX	
337.800			XX	
337.825			XX	
337.850			XX	
337.875			XX	

337.900		XX	
337.925		XX	
337.950		XX	
337.975		XX	
338.000		XX	
338.025		XX	
338.050		XX	
338.075		XX	
338.100	GIANTKILLER NORTH	M	NORTH OPS
338.125		XX	
338.150		XX	
338.175		XX	
338.200		XX	
338.225		XX	
338.250		XX	
338.275		XX	
338.300	ZJX CRESTVIEW	M	
338.325		XX	
338.350	ZOB WAYLAND	M	
338.375		XX	
338.400	NORAD	M	
338.425		XX	
338.450		XX	
338.475		XX	
338.500	USAF AIR-GRN	M	
338.525		XX	
338.550		XX	
338.575		XX	
338.600		XX	
338.625		XX	
338.650		XX	
338.675		XX	
338.700		XX	
338.725		XX	
338.750	CAP AIR-AIR - NORAD	M	
338.775		XX	
338.800	NORAD	M	
338.825		XX	
338.850		XX	
338.875		XX	
338.900		XX	
338.925		XX	
338.950		XX	
338.975		XX	
339.000		XX	
339.025		XX	
339.050		XX	
339.075		XX	
339.100	ZTL UNIONTOWN	M	
339.125		XX	
339.150		XX	
339.175		XX	
339.200	REFUELING	M	

339.225			XX	
339.250			XX	
339.275			XX	
339.300			XX	
339.325			XX	
339.350			XX	
339.375			XX	
339.400			XX	
339.425			XX	
339.450			XX	
339.475			XX	
339.500			XX	
339.525			XX	
339.550			XX	
339.575			XX	
339.600		USMC-HARRIER	M	
339.625			XX	
339.650			XX	
339.675			XX	
339.700			XX	
339.725			XX	
339.750			XX	
339.775			XX	
339.800		ZNY- FLINT HILL	M	
339.825			XX	
339.850			XX	
339.875			XX	
339.900			XX	
339.925			XX	
339.950			XX	
339.975			XX	
340.000			XX	
340.025			XX	
340.050			XX	
340.075			XX	
340.100			XX	
340.125			XX	
340.150			XX	
340.175			XX	
340.200	ACTIVE	CHAMBERS NAVY	M	
340.200		PATUXENT RIVER NAS	M	TOWER
340.225			XX	
340.250			XX	
340.275			XX	
340.300			XX	
340.325			XX	
340.350			XX	
340.375			XX	
340.400			XX	
340.425			XX	
340.450			XX	
340.475			XX	
340.500			XX	

340.525			XX
340.550			XX
340.575			XX
340.600		COMBAT CONTROL	M
340.625			XX
340.650			XX
340.675			XX
340.700			XX
340.725			XX
340.750			XX
340.775			XX
340.800			XX
340.825			XX
340.850			XX
340.875			XX
340.900			XX
340.925			XX
340.950			XX
340.975			XX
341.000			XX
341.025			XX
341.050			XX
341.075			XX
341.100		NORAD	M
341.125			XX
341.150			XX
341.175			XX
341.200		OCEANA OPS	M
341.225			XX
341.250			XX
341.275			XX
341.300			XX
341.325			XX
341.350			XX
341.375			XX
341.400		REFUELING	M
341.425			XX
341.450			XX
341.475			XX
341.500			XX
341.525			XX
341.550			XX
341.575			XX
341.600			XX
341.625			XX
341.650			XX
341.675			XX
341.700			XX
341.725			XX
341.750	ACTIVE	USAF AWACS-DIGITAL	M
341.775			XX
341.800	ACTIVE	NORAD	M
341.825			XX

341.850			XX
341.875			XX
341.900			XX
341.925			XX
341.950			XX
341.975			XX
342.000			XX
342.025			XX
342.050			XX
342.075			XX
342.100		NORAD	M
342.125			XX
342.150			XX
342.175			XX
342.200			XX
342.225			XX
342.250			XX
342.275			XX
342.300			XX
342.325			XX
342.350			XX
342.375			XX
342.400			XX
342.450			XX
342.475			XX
342.500		USAF WEATHER	M
342.525			XX
342.550			XX
342.575			XX
342.600		NORAD	M
342.625			XX
342.650			XX
342.675			XX
342.700			XX
342.725			XX
342.750			XX
342.775			XX
342.800			XX
342.825			XX
342.850			XX
342.875			XX
342.900	ACTIVE	OCEANA DISCRETE	M
342.925			XX
342.950	ACTIVE	OCEANA DISCRETE	M
342.975			XX
343.000			XX
343.025			XX
343.050			XX
343.075			XX
343.100		REFUELING	M
343.125			XX
343.150			XX
343.175			XX

343.200			XX	
343.225			XX	
343.250			XX	
343.275			XX	
343.300	ACTIVE	DISCRETE	M	3 LEGS DONE
343.325			XX	
343.350			XX	
343.375			XX	
343.400			XX	
343.425			XX	
343.450			XX	
343.475			XX	
343.500	ACTIVE	REFUELING	M	
343.525			XX	
343.550			XX	
343.575			XX	
343.600		ZID ZANESVILLE	M	
343.600		ZJX MYRTLE BEACH	M	
343.625			XX	
343.650		ZID WINCHESTER	M	
343.650			XX	
343.675			XX	
343.700		REG APP	M	
343.725			XX	
343.750		ZTL MILLEN	M	
343.775			XX	
343.800		ZJX TALLAHASSEE	M	
343.800		ZOB LITCHFIELD	M	
343.800		ZTL GREENSBORO	M	
343.825			XX	
343.850			XX	
343.875			XX	
343.900		ZNY- PHILIPSBURG	M	
343.900		ZTL HAMPTON	M	
343.925			XX	
343.950			XX	
343.975			XX	
344.000		NORAD	M	
344.025			XX	
344.050			XX	
344.075			XX	
344.100			XX	
344.125			XX	
344.150			XX	
344.175			XX	
344.200			XX	
344.225			XX	
344.250			XX	
344.275			XX	
344.300			XX	
344.325			XX	
344.350			XX	
344.375			XX	

344.400		PATUXENT RIVER NAS	M	TOWER
344.425			XX	
344.450			XX	
344.475			XX	
344.500			XX	
344.525			XX	
344.550			XX	
344.575			XX	
344.600	ACTIVE	CANADA	M	
344.600	ACTIVE	USMC HARRIER WEAT	M	
344.625			XX	
344.650			XX	
344.675			XX	
344.700		REFUELING	M	
344.725			XX	
344.750			XX	
344.775			XX	
344.800		LANGLEY CP	M	
344.825			XX	
344.850			XX	
344.875			XX	
344.900			XX	
344.925			XX	
344.950			XX	
344.975			XX	
345.000	ACTIVE	OCEANA OPS JSAR	M	
345.025			XX	
345.050			XX	
345.075			XX	
345.100			XX	
345.125			XX	
345.150			XX	
345.175			XX	
345.200			XX	
345.225			XX	
345.250			XX	
345.275			XX	
345.300			XX	
345.325			XX	
345.350			XX	
345.375			XX	
345.400		CIL CONTRACTORS	M	
345.425			XX	
345.450			XX	
345.475			XX	
345.500			XX	
345.525			XX	
345.550			XX	
345.575			XX	
345.600			XX	
345.625			XX	
345.650			XX	
345.675			XX	



345.700		XX
345.725		XX
345.750		XX
345.775		XX
345.800		XX
345.825		XX
345.850		XX
345.875		XX
345.900		XX
345.925		XX
345.950		XX
345.975		XX
346.000	OCEANA GCA MAIN	M
346.025		XX
346.050		XX
346.075		XX
346.100		XX
346.125		XX
346.150		XX
346.175		XX
346.200	CAP JAX CENTER	M
346.225		XX
	ZJX SAINT	
346.250	AUGUSTINE	M
346.275		XX
346.300	ZID LONDON	M
346.300	ZJX ALMA	M
346.325		XX
346.350	ZJX PANAMA CITY	M
346.350	ZJX PANAMA CITY	M
346.375		XX
346.400	ZJX CRESTVIEW	M
346.425		XX
346.450		XX
346.475		XX
346.500		XX
346.525		XX
346.550		XX
346.575		XX
346.600	OCEANA DISCRETE	M
346.625		XX
346.650		XX
346.675		XX
346.700		XX
346.725		XX
346.750		XX
346.775		XX
346.800		XX
346.825		XX
346.850		XX
346.875		XX
346.900		XX
346.925		XX

346.950		XX
346.975		XX
347.000		XX
347.025		XX
347.050		XX
347.075		XX
347.100		XX
347.125		XX
347.150		XX
347.175		XX
347.200		XX
347.225		XX
347.250		XX
347.275		XX
347.300		XX
347.325		XX
347.350		XX
347.375		XX
347.400	NORAD	M
347.425		XX
347.450		XX
347.475		XX
347.500		XX
347.525		XX
347.550		XX
347.575		XX
347.600		XX
347.625		XX
347.650		XX
347.675		XX
347.700		XX
347.725		XX
347.750		XX
347.775		XX
347.800		XX
347.825		XX
347.850		XX
347.875		XX
347.900		XX
347.925		XX
347.950		XX
347.975		XX
348.000	CHAMBERS NAVY	M
348.025		XX
348.050		XX
348.075		XX
348.125		XX
348.150		XX
348.175		XX
348.200	NORAD	M
348.225		XX
348.250		XX
348.275		XX

348.300		ZJX VALDOSTA	M	
348.325			XX	
348.350			XX	
348.375			XX	
348.400			XX	
348.425			XX	
348.450			XX	
348.475			XX	
348.500		USAF AIR-GRN	M	
348.525			XX	
348.550			XX	
348.575			XX	
348.600		NN TOWER	M	
348.600		RIC - N N GRN	M	GROUND CONTROL
348.625			XX	
348.650		ZDC-	M	
348.675			XX	
348.700		ZOB PARIS	M	
348.725		REG APP	M	
348.750			XX	
348.775			XX	
348.800		NORAD	M	
348.800			XX	
348.825			XX	
348.850			XX	
348.875			XX	
348.900		REFUELING	M	
348.925			XX	
348.950			XX	
348.975			XX	
349.000	ACTIVE	ANDREWS TWR - NEW	M	
349.025			XX	
349.050			XX	
349.075			XX	
349.100	ACTIVE	DARE BOMB RUN	M	
349.125			XX	
349.150			XX	
349.175			XX	
349.200			XX	
349.225			XX	
349.250			XX	
349.275			XX	
349.300			XX	
349.325			XX	
349.350			XX	
349.375			XX	
349.400	ACTIVE	AMC AIR-AIR-TWRS	M	
349.425			XX	
349.450			XX	
349.475			XX	
349.500			XX	
349.525			XX	

349.550			XX	
349.575			XX	
349.600			XX	
349.625			XX	
349.650			XX	
349.675			XX	
349.700			XX	
349.725			XX	
349.750			XX	
349.775			XX	
349.800			XX	
349.825			XX	
349.850			XX	
349.875			XX	
349.900			XX	
349.925			XX	
349.950			XX	
349.975			XX	
350.000	ACTIVE	GIANTKILL - OCEANA	M	EAST OPS
350.025			XX	
350.050			XX	
350.075			XX	
350.100			XX	
350.125			XX	
350.150			XX	
350.175			XX	
350.200		ZOB MANSFIELD	M	
350.225			XX	
350.250			XX	
350.275			XX	
350.300		ZNY- ELK MT	M	
350.300		ZNY- MATAWAN	M	
350.325			XX	
350.350		ZDC-MANTEO	M	
350.375			XX	
350.400			XX	
350.425			XX	
350.450		MIL SPECIAL OPS	C	
350.475			XX	
350.500		OCEANA DISCRETE	M	
350.525			XX	
350.550			XX	
350.575			XX	
350.600			XX	
350.625			XX	
350.650			XX	
350.675			XX	
350.700			XX	
350.725			XX	
350.750			XX	
350.775			XX	
350.800			XX	
350.825			XX	

350.850			XX	
350.875			XX	
350.900			XX	
350.925			XX	
350.950			XX	
350.975			XX	
351.000	ACTIVE	WING-27 TH BULL OPS	M	
351.025		JSTAR E8 DISCRETE	M	
351.050			XX	
351.075			XX	
351.100			XX	
351.125			XX	
351.150			XX	
351.175			XX	
351.200		AIR WING	M	
351.225			XX	
351.250			XX	
351.275			XX	
351.300			XX	
351.325			XX	
351.350			XX	
351.375			XX	
351.400			XX	
351.425			XX	
351.450			XX	
351.475			XX	
351.500		NORAD	M	
351.525			XX	
351.550			XX	
351.575			XX	
351.600		NORAD	M	
351.625			XX	
351.650			XX	
351.675			XX	
351.700			XX	
351.725			XX	
351.750			XX	
351.775			XX	
351.800	ACTIVE	ZDC-FALLS	M	IRON SECTOR
351.800		ZID BROOKVILLE	M	
351.825			XX	
351.850			XX	
351.875			XX	
351.900		ZDC-GREEN BAY,VA	M	
351.900		ZOB SAGINAW	M	
351.925			XX	
351.950			XX	
351.975			XX	
352.000		ZID HENRYVILLE	M	
352.000		ZJX PERRY FOLEY	M	
352.000		ZNY- SAYRE	M	
352.025			XX	
352.050			XX	

352.075		XX
352.100		XX
352.125		XX
352.150		XX
352.175		XX
352.200	OCEANA GCA ALT	M
352.225		XX
352.250		XX
352.275		XX
352.300		XX
352.325		XX
352.350		XX
352.375		XX
352.400	CHAMBERS NAVY	M
352.425		XX
352.450		XX
352.475		XX
352.500		XX
352.525		XX
352.550		XX
352.575		XX
352.600	REFUELING	M
352.625		XX
352.650		XX
352.675		XX
352.700	REFUELING	M
352.725		XX
352.750		XX
352.775		XX
352.800	ZTL UNIONTOWN	M
352.825		XX
352.850		XX
352.875		XX
352.900	REFUELING	M
352.925		XX
352.950		XX
352.975		XX
353.000	REFUELING	M
353.025		XX
353.050		XX
353.075		XX
353.100		XX
353.125		XX
353.150		XX
353.175		XX
353.200		XX
353.225		XX
353.250		XX
353.275		XX
353.300		XX
353.325		XX
353.350		XX
353.375		XX

353.400			XX	
353.425			XX	
353.450			XX	
353.475			XX	
353.500		ZID ZANESVILLE	M	
353.500		ZJX DOTHAN	M	
353.500		ZNY- SHIP BOTTOM	M	
353.525			XX	
353.550			XX	
353.575			XX	
353.600			XX	
353.625			XX	
353.650		ZID NEW HOPE	M	
353.675			XX	
353.700		ORKAPPOACH	M	
353.700	ACTIVE	ORKCLASS C	M	
353.700		ZTL GADSDEN	M	
353.725			XX	
353.750			XX	
353.775			XX	
353.800		ZOB BLUE KNOB	M	
353.800		ZTL CHATTANOOGA	M	
353.825			XX	
353.850		ZOB WAYLAND	M	
353.875			XX	
353.900		ZDC-BUENA VISTA,VA	M	
353.925			XX	
353.950			XX	
353.975			XX	
354.000		ZNY-BARNSTABLE	M	
354.000		ZOB ALGONAC	M	
354.025			XX	
354.050		ZTL HUNTSVILLE	M	
354.075			XX	
354.100	ACTIVE	ZDC-ROCKY MT,NC	M	MUSTANG 11
354.100		ZOB CARLETON	M	
354.125			XX	
354.150		ZTL TRI CITY	M	
354.175			XX	
354.200		USMC-HARRIER	M	
354.225			XX	
354.250			XX	
354.275			XX	
354.300			XX	
354.325			XX	
354.350			XX	
354.375			XX	
354.400			XX	
354.425			XX	
354.450			XX	
354.475			XX	
354.500			XX	
354.525			XX	

354.550			XX
354.575			XX
354.600			XX
354.625			XX
354.650			XX
354.675			XX
354.700			XX
354.725			XX
354.750			XX
354.775			XX
354.800	ACTIVE		M
354.825			XX
354.850			XX
354.875			XX
354.900			XX
354.925			XX
354.950			XX
354.975			XX
355.000			XX
355.025			XX
355.050			XX
355.075			XX
355.100		DISCRETE	M
355.125			XX
355.150			XX
355.175			XX
355.200	ACTIVE	TANKERS-NORAD	M
355.225			XX
355.250			XX
355.275			XX
355.300			XX
355.325			XX
355.350			XX
355.375			XX
355.400			XX
355.425			XX
355.450			XX
355.475			XX
355.500			XX
355.525			XX
355.550			XX
355.575			XX
355.600		ELIZ CITY & USCG AIR	M
355.625			XX
355.650			XX
355.675			XX
355.700			XX
355.725			XX
355.750			XX
355.775			XX
355.800			XX
355.825			XX
355.850			XX



355.875			XX	
355.900			XX	
355.925			XX	
355.950			XX	
355.975			XX	
356.000		NORAD	M	
356.025			XX	
356.050			XX	
356.075			XX	
356.100			XX	
356.125			XX	
356.150			XX	
356.175			XX	
356.200		PATUXENT RIVER NAS	M	METRO
356.225			XX	
356.250			XX	
356.275			XX	
356.300			XX	
356.325			XX	
356.350			XX	
356.375			XX	
356.400			XX	
356.425			XX	
356.450			XX	
356.475			XX	
356.500			XX	
356.525			XX	
356.550			XX	
356.575			XX	
356.600			XX	
356.625			XX	
356.650			XX	
356.675			XX	
356.700			XX	
356.725			XX	
356.750			XX	
356.775			XX	
356.800			XX	
356.825			XX	
356.850			XX	
356.875			XX	
356.900			XX	
356.925			XX	
356.950			XX	
356.975			XX	
357.000			XX	
357.025			XX	
357.050			XX	
357.075			XX	
357.100	ACTIVE	WASH DC AREA COVE	M	(1) langley afb 'jaws" ops
357.100	ACTIVE	WING-71 ST SE AIR DE	M	
357.100		ZJX DAYTONA BEACH	M	

357.125			XX
357.150			XX
357.175			XX
357.200			XX
357.225			XX
357.250			XX
357.275			XX
357.300			XX
357.325			XX
357.350			XX
357.375			XX
357.400			XX
357.425			XX
357.450			XX
357.475			XX
357.500		USMC-HARRIER	M
357.525			XX
357.550			XX
357.575			XX
357.600		ZDC-FALLS	M
357.600		ZTL COLUMBUS	M
357.625			XX
357.650			XX
357.675			XX
357.700			XX
357.725			XX
357.750			XX
357.775			XX
357.800	ACTIVE	OCEANA DISCRETE	M
357.825			XX
357.850			XX
357.875			XX
357.900			XX
357.925			XX
357.950		USMC-HARRIER	M
357.975			XX
358.000			XX
358.025			XX
358.050			XX
358.075			XX
358.100			XX
358.125			XX
358.150			XX
358.175			XX
358.200		USAF AIR-AIR	M
358.225			XX
358.250			XX
358.275			XX
358.300			XX
358.325			XX
358.350			XX
358.375			XX
358.400			XX

358.425			XX	
358.450			XX	
358.475			XX	
358.500			XX	
358.525			XX	
358.550			XX	
358.575			XX	
358.600			XX	
358.625			XX	
358.650			XX	
358.675			XX	
358.700			XX	
358.725			XX	
358.750			XX	
358.775			XX	
358.800	ACTIVE	DARE BOMB RUN	M	
358.825			XX	
358.850			XX	
358.875			XX	
358.900	ACTIVE		M	BAGGAGE??
358.925			XX	
358.950			XX	
358.975			XX	
359.000		ZJX ALBANY	M	
359.025			XX	
359.050			XX	
359.075			XX	
359.100		REFUELING	M	
359.125			XX	
359.150			XX	
359.175			XX	
359.200			XX	
359.225		WING-27 TH BULL OPS	M	
359.250			XX	
359.275			XX	
359.300			XX	
359.325			XX	
359.350			XX	
359.375			XX	
359.400			XX	
359.425			XX	
359.450			XX	
359.475			XX	
359.500			XX	
359.525			XX	
359.550			XX	
359.575			XX	
359.600			XX	
359.625			XX	
359.650			XX	
359.675			XX	
359.700			XX	
359.725			XX	

359.750			XX	
359.775			XX	
359.800		NORAD	M	
359.825			XX	
359.850			XX	
359.875			XX	
359.900			XX	
359.925			XX	
359.950			XX	
359.975			XX	
360.000			XX	
360.025			XX	
360.050			XX	
360.075		USAF AIR-AIR	M	
360.100			XX	
360.125			XX	
360.150		WASH STATE CAP	M	
360.175			XX	
360.200	ACTIVE	OCEANA NAS TWR	M	
360.225			XX	
360.250			XX	
360.275			XX	
360.300			XX	
360.325			XX	
360.350			XX	
360.375			XX	
360.400			XX	
360.425			XX	
360.450			XX	
360.475			XX	
360.500		REFUELING	M	
360.525			XX	
360.550			XX	
360.575			XX	
360.600	ACTIVE	ORKCLASS C	M	MUSTANG 11
360.600		ZJX EGLIN	M	
360.625			XX	
360.650		ZDC-NEW BERN,NC	M	
360.675			XX	
360.700	KEEP	WASH DC AREA COVE	M	Washington center
360.700	ACTIVE	ZDC-BALITMORE,MD	M	USE FOR CAP -SWAN SECTOR
360.700		ZJX LOWELL	M	
360.700		ZOB LITCHFIELD	M	
360.725			XX	
360.750		ZTL MACON	M	
360.775			XX	
360.800		ZDC	M	
360.825			XX	
360.850			XX	
360.875			XX	
360.900			XX	
360.925			XX	
360.950			XX	

360.975		XX
361.000	OCEANA	M
361.025		XX
361.050		XX
361.075		XX
361.100		XX
361.125		XX
361.150		XX
361.175		XX
361.200		XX
361.225		XX
361.250		XX
361.275		XX
361.300	OCEANA DISCRETE	M
361.325		XX
361.350		XX
361.375		XX
361.400		XX
361.425		XX
361.450		XX
361.475		XX
361.500		XX
361.525		XX
361.550		XX
361.575		XX
361.600		XX
361.625		XX
361.650		XX
361.675		XX
361.700	REFUELING	M
361.725		XX
361.750		XX
361.775		XX
361.800		XX
361.825		XX
361.850		XX
361.875		XX
361.900		XX
361.925		XX
361.950		XX
361.975		XX
362.000	USMC HARRIER	M
362.025		XX
362.050		XX
362.075		XX
362.100		XX
362.125		XX
362.150		XX
362.175		XX
362.200		XX
362.225		XX
362.250		XX
362.275		XX

362.300	KEEP	WASH DC AREA COVE	M	Awac/f-16's (gator)
362.300		ZDC-CEDAR LAKE	M	CAP OVER PHILA
362.325			XX	
362.350		ZJX LOWELL	M	
362.375			XX	
362.400			XX	
362.425			XX	
362.450			XX	
362.475			XX	
362.500			XX	
362.525			XX	
362.550			XX	
362.575			XX	
362.600			XX	
362.625			XX	
362.650			XX	
362.675			XX	
362.700			XX	
362.725			XX	
362.750			XX	
362.775			XX	
362.800			XX	
362.825			XX	
362.850			XX	
362.875			XX	
362.900			XX	
362.925			XX	
362.950			XX	
362.975			XX	
363.000		ZDC-MILLVILLE,NJ	M	
363.000		ZJX VALDOSTA	M	
363.025			XX	
363.050			XX	
363.075			XX	
363.100		ZTL CHATTANOOGA	M	
363.125			XX	
363.150			XX	
363.175			XX	
363.200		ZID PORTSMOUTH	M	
363.200		ZJX MILLEN	M	
363.200		ZNY- ELK MT	M	
363.225			XX	
363.250		ZTL HAMPTON	M	
363.275			XX	
363.300			XX	
363.325			XX	
363.350			XX	
363.375			XX	
363.400		USMC HARRIER	M	
363.425			XX	
363.450			XX	
363.475			XX	

363.500			XX	
363.525			XX	
363.550			XX	
363.575			XX	
363.600		OCEANA GCA/FT. EUTI	M	
363.625			XX	
363.650			XX	
363.675			XX	
363.700			XX	
363.725			XX	
363.750			XX	
363.775			XX	
363.800			XX	
363.825			XX	
363.850			XX	
363.875			XX	
363.900		LANGLEY- DISCRETE	M	
363.925			XX	
363.950			XX	
363.975			XX	
364.000		LANGLEY-WING	M	
364.025			XX	
364.050			XX	
364.075			XX	
364.100			XX	
364.125	ACTIVE	WASH DC CAP -94TH	M	2 WAY
364.150			XX	
364.175			XX	
364.200	ACTIVE	CAP OVER WASHDC A	M	E3 OVER WASH DC
364.200	ACTIVE	WASH DC AREA COVE	M	E-3 awacs
364.225			XX	
364.250			XX	
364.275			XX	
364.300			XX	
364.325			XX	
364.350			XX	
364.375			XX	
364.400			XX	
364.425			XX	
364.450			XX	
364.475			XX	
364.500			XX	
364.525			XX	
364.550			XX	
364.575			XX	
364.600			XX	
364.625			XX	
364.650			XX	
364.675			XX	
364.700			XX	
364.725			XX	
364.750			XX	
364.775			XX	

364.800	CAP OVER CHICAGO	M
364.800	ZJX CRESTVIEW	M
364.800	ZJX DAYTONA BEACH	M
364.800	ZJX TALLAHASSEE	M
364.825		XX
364.850		XX
364.875		XX
364.900		XX
364.925		XX
364.950		XX
364.975		XX
365.000		XX
365.025		XX
365.050		XX
365.075		XX
365.100		XX
365.125		XX
365.150		XX
365.175		XX
365.200		XX
365.225		XX
365.250		XX
365.275		XX
365.300		XX
365.325		XX
365.350		XX
365.375		XX
365.400		XX
365.425		XX
365.450		XX
365.475		XX
365.500		XX
365.525		XX
365.550		XX
365.575		XX
365.600		XX
365.625		XX
365.650		XX
365.675		XX
365.700		XX
365.725		XX
365.750		XX
365.775		XX
365.800		XX
365.825		XX
365.850		XX
365.875		XX
365.900		XX
365.925		XX
365.950		XX
365.975		XX
366.000		XX



366.025		XX
366.050		XX
366.075		XX
366.100		XX
366.125		XX
366.150		XX
366.175		XX
366.200	REFUELING	M
366.225		XX
366.250		XX
366.275		XX
366.300		XX
366.325		XX
366.350		XX
366.375		XX
366.400		XX
366.425		XX
366.450		XX
366.475		XX
366.500		XX
366.525		XX
366.550		XX
366.575		XX
366.600		XX
366.625		XX
366.650		XX
366.675		XX
366.700		XX
366.725		XX
366.750		XX
366.775		XX
366.800		XX
366.825		XX
366.850		XX
366.875		XX
366.900		XX
366.925		XX
366.950		XX
366.975		XX
367.000		XX
367.025		XX
367.050		XX
367.075		XX
367.100		XX
367.125		XX
367.150		XX
367.175		XX
367.200		XX
367.225		XX
367.250		XX
367.275		XX
367.300		XX
367.325		XX

367.350		XX
367.375		XX
367.400		XX
367.425		XX
367.450		XX
367.475		XX
367.500		XX
367.525		XX
367.550		XX
367.575		XX
367.600		XX
367.625		XX
367.650		XX
367.675		XX
367.700		XX
367.725		XX
367.750		XX
367.775		XX
367.800		XX
367.825		XX
367.850		XX
367.875		XX
367.900		XX
367.925		XX
367.950		XX
367.975		XX
368.000		XX
368.025		XX
368.050		XX
368.075		XX
368.100		XX
368.125		XX
368.150		XX
368.175		XX
368.200		XX
368.225		XX
368.250		XX
368.275		XX
368.300		XX
368.325		XX
368.350		XX
368.375		XX
368.400		XX
368.425		XX
368.450		XX
368.475		XX
368.500		XX
368.525		XX
368.550		XX
368.575		XX
368.600	REFUELING	M
368.625		XX
368.650		XX

368.675		XX
368.700		XX
368.725		XX
368.750		XX
368.775		XX
368.800		XX
368.825		XX
368.850		XX
368.875		XX
368.900		XX
368.925		XX
368.950		XX
368.975		XX
369.000	NORAD	M
369.025		XX
369.050		XX
369.075		XX
369.100	USAF AIR-GRN	M
369.125		XX
369.150		XX
369.175		XX
369.200		XX
369.225		XX
369.250		XX
369.275		XX
369.300		XX
369.325		XX
369.350		XX
369.375		XX
369.400		XX
369.425		XX
369.450		XX
369.475		XX
369.500		XX
369.525		XX
369.550		XX
369.575		XX
369.600		XX
369.625		XX
369.650		XX
369.675		XX
369.700		XX
369.725		XX
369.750		XX
369.775		XX
369.800		XX
369.825		XX
369.850		XX
369.875		XX
369.900	ZOB WAYLAND	M
369.900	ZTL ATLANTAOA	M
369.925		XX
369.950		XX

369.975			XX	
370.000			XX	
370.025			XX	
370.050			XX	
370.075			XX	
370.100	KEEP	WASH DC AREA COVE	M	(1) tacamo aircraft
370.100			XX	
370.125			XX	
370.150			XX	
370.175			XX	
370.200			XX	
370.225			XX	
370.250			XX	
370.275			XX	
370.300			XX	
370.325			XX	
370.350			XX	
370.375			XX	
370.400		REFUELING	M	
370.425			XX	
370.450			XX	
370.475			XX	
370.500			XX	
370.525			XX	
370.550			XX	
370.575			XX	
370.600			XX	
370.625			XX	
370.650			XX	
370.675			XX	
370.700			XX	
370.725			XX	
370.750			XX	
370.775			XX	
370.800			XX	
370.825			XX	
370.850			XX	
370.875			XX	
370.900		ZID ZANESVILLE	M	
370.900		ZNY-BARNSTABLE	M	
370.900		ZTL BLACK JACK		
370.900		MOUNTAIN	M	
370.925	ACTIVE	ORKAPP/DEP	M	FIGHTER 31 DOWN TOO
370.950		ZJX CHARLESTON	M	
370.975			XX	
371.000		NORAD USMC	M	
371.000		ZDC-ELKIN,WV	M	
371.025			XX	
371.050			XX	
371.075			XX	
371.100		RIC FINAL APP	M	
371.125			XX	
371.150			XX	

371.175			XX	
371.200			XX	
371.225			XX	
371.250			XX	
371.275			XX	
371.300			XX	
371.325			XX	
371.350			XX	
371.375			XX	
371.400			XX	
371.425			XX	
371.450			XX	
371.475			XX	
371.500			XX	
371.525			XX	
371.550			XX	
371.575			XX	
371.600			XX	
371.625			XX	
371.650			XX	
371.675			XX	
371.700			XX	
371.725			XX	
371.750			XX	
371.775			XX	
371.800		NORAD	M	
371.825			XX	
371.850		ZTL GLADE SPRINGS	M	
371.875			XX	
371.900		ZDC-MILLVILLE,NJ	M	ELKINS SECTOR
371.900		ZJX CRESTVIEW	M	
371.925			XX	
371.950		ZOB SANDUSKY	M	
371.950		ZTL HAMPTON	M	
371.975			XX	
372.000		ZNY- SAYRE	M	
372.025			XX	
372.050			XX	
372.075			XX	
372.100	ACTIVE	ORK-CHAMBERS	M	LANGLEY BUTTON 15
372.125			XX	
372.150		JSTAR E8 DISCRETE	M	
372.175			XX	
372.200	ACTIVE	USAF PILOT-	M	
372.225			XX	
372.250			XX	
372.275			XX	
372.300		REFUELING	M	
372.325			XX	
372.350			XX	
372.375			XX	
372.400			XX	

372.425			XX
372.450			XX
372.475			XX
372.500			XX
372.525			XX
372.550			XX
372.575			XX
372.600			XX
372.625			XX
372.650			XX
372.675			XX
372.700			XX
372.725			XX
372.750			XX
372.775			XX
372.800			XX
372.825			XX
372.850			XX
372.875			XX
372.900			XX
372.925			XX
372.950			XX
372.975			XX
373.000			XX
373.025			XX
373.050			XX
373.075			XX
373.100	ACTIVE	DISCRETE-DARKSTAR	M
373.100			XX
373.125			XX
373.150			XX
373.175			XX
373.200			XX
373.225			XX
373.250			XX
373.275			XX
373.300			XX
373.325			XX
373.350			XX
373.375			XX
373.400			XX
373.425			XX
373.450			XX
373.475			XX
373.500			XX
373.525			XX
373.550			XX
373.575			XX
373.600			XX
373.625			XX
373.650			XX
373.675			XX
373.700			XX

373.725		XX
373.750		XX
373.775		XX
373.800		XX
373.825		XX
373.850		XX
373.875		XX
373.900		XX
373.925		XX
373.950		XX
373.975		XX
374.000	NORAD	M
374.025		XX
374.050		XX
374.075		XX
374.100		XX
374.125		XX
374.150		XX
374.175		XX
374.200		XX
374.225		XX
374.250		XX
374.275		XX
374.300		XX
374.325		XX
374.350		XX
374.375		XX
374.400		XX
374.425		XX
374.450		XX
374.475		XX
374.500		XX
374.525		XX
374.550		XX
374.575		XX
374.600		XX
374.625		XX
374.650		XX
374.675		XX
374.700		XX
374.725		XX
374.750		XX
374.775		XX
374.800	OCEANA APP/DEP MAI	M
374.800	ZJX CRESTVIEW	M
374.825		XX
374.850		XX
374.875		XX
374.900	USMC HARRIER	M
374.925		XX
374.950		XX
374.975		XX
375.000		XX

375.025			XX
375.050			XX
375.075			XX
375.100		NORAD	M
375.125			XX
375.150			XX
375.175			XX
375.200		USAF WEATHER	M
375.225			XX
375.250			XX
375.275			XX
375.300			XX
375.325			XX
375.350			XX
375.375			XX
375.400			XX
375.425			XX
375.450			XX
375.475			XX
375.500			XX
375.525			XX
375.550			XX
375.575			XX
375.600			XX
375.625			XX
375.650			XX
375.675			XX
375.700		REFUELING	M
375.725		USAF AWACS	M
375.750			XX
375.775			XX
375.800			XX
375.825		USAF AWACS	M
375.850			XX
375.875			XX
375.900			XX
375.925		USAF AWACS	M
375.950			XX
375.975		USAF AWACS	M
376.000		LANGLEY PT-DISP	M
376.025		USAF AWACS	M
376.050			XX
376.075			XX
376.100			XX
376.125		JSTAR E8 DISCRETE	M
376.125			XX
376.150			XX
376.175			XX
376.200	ACTIVE	NORAD	M
376.200			XX
376.225			XX
376.250			XX
376.275			XX



376.300		XX	
376.325		XX	
376.350		XX	
376.375		XX	
376.400		XX	
376.425		XX	
376.450		XX	
376.475		XX	
376.500		XX	
376.525		XX	
376.550		XX	
376.575		XX	
376.600		XX	
376.625		XX	
376.650		XX	
376.675		XX	
376.700		XX	
376.725		XX	
376.750		XX	
376.775		XX	
376.800		XX	
376.825		XX	
376.850		XX	
376.875		XX	
376.900		XX	
376.925		XX	
376.950		XX	
376.975		XX	
377.000	NORAD	M	
377.025		XX	
377.050	ZOB WAYLAND	M	
	ZTL MOUNT		
377.050	OGLETHORPE	M	
377.075		XX	
377.100	ZDC-GREEN BAY,VA	M	DOMINION SECTOR
377.125		XX	
377.150		XX	
377.175		XX	
377.200	ZDC-BUENA VISTA,VA	M	
377.225		XX	
377.250		XX	
377.275		XX	
377.300		XX	
377.325		XX	
377.350		XX	
377.375		XX	
377.400		XX	
377.425		XX	
377.450		XX	
377.475		XX	
377.500		XX	
377.525		XX	
377.550		XX	

377.575			XX
377.600			XX
377.625			XX
377.650			XX
377.675			XX
377.700			XX
377.725			XX
377.750			XX
377.775			XX
377.800			XX
377.825			XX
377.850			XX
377.875			XX
377.900			XX
377.925			XX
377.950			XX
377.975			XX
378.000			XX
378.025			XX
378.050			XX
378.075			XX
378.100	ACTIVE	SAM COMM	M
378.100			XX
378.150			XX
378.175			XX
378.200		REFUELING	M
378.225			XX
378.250			XX
378.275			XX
378.300			XX
378.325			XX
378.350			XX
378.375			XX
378.400			XX
378.425			XX
378.450			XX
378.475			XX
378.500			XX
378.525			XX
378.550			XX
378.575			XX
378.600			XX
378.625			XX
378.650			XX
378.675			XX
378.700			XX
378.725			XX
378.750			XX
378.775			XX
378.800			XX
378.825			XX
378.850			XX
378.875			XX

378.900		USAF AIR- GRN	M
378.925			XX
378.950			XX
378.975			XX
379.000		NORAD	M
379.025			XX
379.050			XX
379.075			XX
379.100	ACTIVE	LANGLEY APP FROM N	M
379.100		ORK DEP	M
379.100		ZJX CHARLESTON	M
379.100		ZOB BELMONT	M
379.125			XX
379.150			XX
379.175			XX
379.200		ZDC	M
379.200		ZJX VALDOSTA	M
379.200		ZOB WATERVILLE	M
379.200		ZTL GREENSBORO	M
379.225			XX
379.250			XX
379.275			XX
379.300		ZJX PANAMA CITY	M
379.325			XX
379.350			XX
379.375			XX
379.400			XX
379.425		INTER-SQUAD RADIO 5	M
379.450			XX
379.475			XX
379.500			XX
379.525			XX
379.550			XX
379.575			XX
379.600			XX
379.625			XX
379.650			XX
379.675			XX
379.700			XX
379.725			XX
379.750			XX
379.775			XX
379.800			XX
379.825			XX
379.850			XX
379.875			XX
379.900			XX
379.925			XX
379.950			XX
379.975			XX
380.000			XX
380.025			XX
380.050		ZJX SAVANNAH	M

380.075			XX
380.100			XX
380.125			XX
380.150	ZTL HAMPTON		M
380.175			XX
380.200	ZID LONDON		M
380.200	ZNY- JOLIET		M
380.225			XX
380.250			XX
380.275			XX
380.300	ZDC-GREEN BAY,VA		M
380.325			XX
380.350	ZTL FOOTHILLS		M
380.375			XX
380.400			XX
380.425			XX
380.450			XX
380.475			XX
380.500			XX
380.525			XX
380.550			XX
380.575			XX
380.600	ZOB ALGONAC		M
380.625			XX
380.650			XX
380.675			XX
380.700			XX
380.725			XX
380.750			XX
380.775			XX
380.800	USMC HARRIER		M
380.800			XX
380.825			XX
380.850	JSTAR E8 DISCRETE		M
380.875			XX
380.900			XX
380.925			XX
380.950			XX
380.975			XX
381.000	SAR/USCG		M
381.025			XX
381.050			XX
381.075			XX
381.100			XX
381.125			XX
381.150			XX
381.175			XX
381.200			XX
381.225			XX
381.250			XX
381.275			XX
381.300	ACTIVE SAM AIR COMM		M
381.325			XX

381.350		XX
381.375		XX
381.400	ZJX MYRTLE BEACH	M
381.425		XX
381.450		XX
381.475		XX
381.500	ZDC-FALLS	M
381.525		XX
381.550	ZJX ALBANY	M
381.575		XX
381.600		XX
381.625		XX
381.650		XX
381.675		XX
381.700	USCG	M
381.725		XX
381.750		XX
381.775		XX
381.800	SAR/USCG	M
381.825		XX
381.850		XX
381.875		XX
381.900		XX
381.925		XX
381.950		XX
381.975		XX
382.000	OCEANA DISCRETE	M
382.025		XX
382.050		XX
382.075		XX
382.100		XX
382.125		XX
382.150		XX
382.175		XX
382.200		XX
382.225		XX
382.250		XX
382.275		XX
382.300		XX
382.325		XX
382.350		XX
382.375		XX
382.400		XX
382.425		XX
382.450		XX
382.475		XX
382.500		XX
382.525		XX
382.550		XX
382.575		XX
382.600	CIL CONTRACTORS	M
382.625		XX
382.650		XX

382.675		XX
382.700		XX
382.725		XX
382.750		XX
382.775		XX
382.800		XX
382.825		XX
382.850		XX
382.875		XX
382.900		XX
382.925		XX
382.950		XX
382.975		XX
383.000	NORAD	M
383.025		XX
383.050		XX
383.075		XX
383.100		XX
383.125		XX
383.150		XX
383.175		XX
383.200		XX
383.225		XX
383.250		XX
383.275		XX
383.300		XX
383.325		XX
383.350		XX
383.375		XX
383.400	USMC-HARRIER	M
383.425		XX
383.450		XX
383.475		XX
383.500		XX
383.525		XX
383.550		XX
383.575		XX
383.600		XX
383.625		XX
383.650		XX
383.675		XX
383.700		XX
383.725		XX
383.750		XX
383.775		XX
383.800		XX
383.825		XX
383.850		XX
383.875		XX
383.900	USCG-HELOS	M
383.925		XX
383.950		XX
383.975		XX

384.000	NORAD	M
384.025		XX
384.050		XX
384.075		XX
384.100	NA AIR DEFENCE	M
384.125		XX
384.150		XX
384.175		XX
384.200		XX
384.225		XX
384.250		XX
384.275		XX
384.300		XX
384.325		XX
384.350		XX
384.375		XX
384.400	CHAMBERS NAVY	M
384.425		XX
384.450		XX
384.475		XX
384.500		XX
384.525		XX
384.550		XX
384.575		XX
384.600	REFUELING	M
384.625		XX
384.650		XX
384.675		XX
384.700	LANGLEY SUPERV	M
384.725		XX
384.750		XX
384.775		XX
384.800		XX
384.825		XX
384.850		XX
384.875		XX
384.900	OCEANA DISCRETE	M
384.925		XX
384.950		XX
384.975		XX
385.000		XX
385.025		XX
385.050		XX
385.075		XX
385.100		XX
385.125		XX
385.150		XX
385.175		XX
385.200		XX
385.225		XX
385.250		XX
385.275		XX
385.300		XX

385.325		XX
385.350		XX
385.375		XX
385.400	ZDC-	M
385.400	ZID INDIANAPOLIS	M
385.425		XX
385.450		XX
385.475		XX
385.500	ZOB MOON TOWNSHIP	M
385.525		XX
385.550		XX
385.575		XX
385.600	ZID CHARLESTON	M
385.600	ZJX GAINESVILLE	M
385.625		XX
385.650		XX
385.675		XX
385.700	WING-27 TH BULL OPS	M
385.725		XX
385.750		XX
385.775		XX
385.800		XX
385.825		XX
385.850		XX
385.875		XX
385.900		XX
385.925		XX
385.950		XX
385.975		XX
386.000	NORAD	M
386.025		XX
386.050		XX
386.075		XX
386.100		XX
386.125		XX
386.150		XX
386.175		XX
386.200	NORAD	M
386.225		XX
386.250		XX
386.275		XX
386.300		XX
386.325		XX
386.350		XX
386.375		XX
386.400		XX
386.425		XX
386.450		XX
386.475		XX
386.500		XX
386.525		XX
386.550		XX



386.575		XX	
386.600		XX	
386.625		XX	
386.650		XX	
386.675		XX	
386.700		XX	
386.725		XX	
386.750		XX	
386.775		XX	
386.800	ANDREWS OPS	M	
386.825		XX	
386.850		XX	
386.875		XX	
386.900		XX	
386.925		XX	
386.950		XX	
386.975		XX	
387.000		XX	
387.025		XX	
387.050	ZDC-WHALEYVILLE,VA	M	
387.075		XX	
387.100	ZDC -ELKINS,WV	M	
387.100	ZNY-BARNSTABLE	M	
387.125		XX	
387.150		XX	
387.175		XX	
387.200	DARE BOMBING -	M	2ND
387.225		XX	
387.250		XX	
387.275		XX	
387.300		XX	
387.325		XX	
387.350		XX	
387.375		XX	
387.400	OCEANA NAS	M	METRO
387.425		XX	
387.450	OCEANA DISCRETE	M	
387.475		XX	
387.500		XX	
387.525		XX	
387.550		XX	
387.575		XX	
387.600		XX	
387.625		XX	
387.650		XX	
387.675		XX	
387.700		XX	
387.725		XX	
387.750		XX	
387.775		XX	
387.800	NORAD	M	
387.825		XX	

387.850			XX
387.875			XX
387.900			XX
387.925			XX
387.950			XX
387.975			XX
388.000			XX
388.025			XX
388.050			XX
388.075			XX
388.100			XX
388.125			XX
388.150			XX
388.175			XX
388.200			XX
388.225		JSTAR E8 DISCRETE	M
388.250			XX
388.275			XX
388.300			XX
388.325			XX
388.350			XX
388.375			XX
388.400		REFUELING	M
388.425			XX
388.450			XX
388.475			XX
388.500			XX
388.525			XX
388.550			XX
388.575			XX
388.600			XX
388.625			XX
388.650			XX
388.675			XX
388.700			XX
388.725			XX
388.750			XX
388.775			XX
388.800			XX
388.825			XX
388.850			XX
388.875			XX
388.900			XX
388.925			XX
388.950		USAF AIR-AIR	M
388.975			XX
389.000			XX
389.025			XX
389.050			XX
389.075			XX
389.100	ACTIVE	LANGLEY AIR-AIR	M
389.125			XX
389.150			XX

389.175		XX
389.200	NORAD	M
389.225		XX
389.250		XX
389.275		XX
389.300		XX
389.325		XX
389.350		XX
389.375		XX
389.400		XX
389.425		XX
389.450		XX
389.475		XX
389.500		XX
389.525		XX
389.550		XX
389.575		XX
389.600		XX
389.625		XX
389.650		XX
389.675		XX
389.700	ZOB WARREN	M
389.725		XX
389.750		XX
389.775		XX
389.800		M
389.825		XX
389.850		XX
389.875		XX
389.900	CHAMBERS DEP	M
389.925		XX
389.950		XX
389.975		XX
390.000		XX
390.025		XX
390.050		XX
390.075		XX
390.100		XX
390.125		XX
390.150		XX
390.175		XX
390.200	NORAD	M
390.225		XX
390.250		XX
390.275		XX
390.300		XX
390.325		XX
390.350		XX
390.375		XX
390.400		XX
390.425		XX
390.450		XX
390.475		XX

390.500		XX
390.525		XX
390.550		XX
390.575		XX
390.600		XX
390.625		XX
390.650		XX
390.675		XX
390.700		XX
390.725		XX
390.750		XX
390.775		XX
390.800		XX
390.825		XX
390.850		XX
390.875		XX
390.900		XX
390.925		XX
390.950		XX
390.975		XX
391.000	REFUELING	M
391.025		XX
391.050		XX
391.075		XX
391.100	ZDC- DEPARTURES	M
391.125		XX
391.150		XX
391.175		XX
391.200	LANGLEY AIR-AIR	M
391.225		XX
391.250		XX
391.275		XX
391.300		XX
391.325		XX
391.350		XX
391.375		XX
391.400		XX
391.425		XX
391.450		XX
391.475		XX
391.500		XX
391.525		XX
391.550		XX
391.575		XX
391.600		XX
391.625		XX
391.650		XX
391.675		XX
391.700		XX
391.725		XX
391.750		XX
391.775		XX
391.800	REFUELING	M

391.825		XX
391.850		XX
391.875		XX
391.900		XX
391.925		XX
391.950		XX
391.975		XX
392.000		XX
392.025		XX
392.050		XX
392.075		XX
392.100		XX
392.125		XX
392.150		XX
392.175		XX
392.200		XX
392.225		XX
392.250		XX
392.275		XX
392.300		XX
392.325		XX
392.350		XX
392.375		XX
392.400		XX
392.425		XX
392.450		XX
392.475		XX
392.500		XX
392.525		XX
392.550		XX
392.575		XX
392.600		XX
392.625		XX
392.650		XX
392.675		XX
392.700		XX
392.725		XX
392.750		XX
392.775		XX
392.800	NORAD	M
392.825		XX
392.850		XX
392.875		XX
392.900		XX
392.925		XX
392.950		XX
392.975		XX
393.000		XX
393.025		XX
393.050		XX
393.075		XX
393.100	NAT GUARD- ANDREW	M
393.125		XX

393.150		XX
393.175		XX
393.200		XX
393.225		XX
393.250		XX
393.275		XX
393.300		XX
393.325		XX
393.350		XX
393.375		XX
393.400		XX
393.425		XX
393.450		XX
393.475		XX
393.500		XX
393.525		XX
393.550		XX
393.575		XX
393.600		XX
393.625		XX
393.650		XX
393.675		XX
393.700		XX
393.725		XX
393.750		XX
393.775		XX
393.800		XX
393.825		XX
393.850		XX
393.875		XX
393.900		XX
393.925		XX
393.950		XX
393.975		XX
394.000		XX
394.025		XX
394.050		XX
394.075		XX
394.100	ZID NEW HOPE	M
394.125		XX
394.150		XX
394.175		XX
394.200	NORAD	M
394.225		XX
394.250		XX
394.275		XX
394.300		XX
394.325		XX
394.350		XX
394.375		XX
394.400		XX
394.425		XX
394.450		XX

394.475		XX
394.500		XX
394.525		XX
394.550		XX
394.575		XX
394.600	REFUELING	M
394.625		XX
394.650		XX
394.675		XX
394.700		XX
394.725		XX
394.750		XX
394.775		XX
394.800	NORAD	M
394.825		XX
394.850		XX
394.875		XX
394.900	REFUELING	M
394.925		XX
394.950		XX
394.975		XX
395.000	LANGLEY TWR -LP	M
395.025		XX
395.050		XX
395.075		XX
395.100		XX
395.125		XX
395.150		XX
395.175		XX
395.200		XX
395.225		XX
395.250		XX
395.275		XX
395.300		XX
395.325		XX
395.350		XX
395.375		XX
395.400		XX
395.425		XX
395.450		XX
395.475		XX
395.500		XX
395.525		XX
395.550		XX
395.575		XX
395.600		XX
395.625		XX
395.650		XX
395.675		XX
395.700		XX
395.725		XX
395.750		XX
395.775		XX

395.800	ACTIVE	CHAMBERS APP	M
395.825			XX
395.850			XX
395.875			XX
395.900			XX
395.925			XX
395.950			XX
395.975			XX
396.000			XX
396.025			XX
396.050			XX
396.075			XX
396.100			XX
396.125			XX
396.150			XX
396.175			XX
396.200		REFUELING	M
396.225			XX
396.250			XX
396.275			XX
396.300			XX
396.325			XX
396.350			XX
396.375			XX
396.400			XX
396.425			XX
396.450			XX
396.475			XX
396.500			XX
396.525			XX
396.550			XX
396.575			XX
396.600			XX
396.625			XX
396.650			XX
396.675			XX
396.700			XX
396.725			XX
396.750			XX
396.775			XX
396.800		NORAD	M
396.825			XX
396.850			XX
396.875		INTER-SQUAD RADIO 1	M
396.900			XX
396.925			XX
396.950			XX
396.975			XX
397.000			XX
397.025			XX
397.050			XX
397.075			XX
397.100			XX



397.125	INTER-SQUAD RADIO 2	M
397.150		XX
397.175	INTER-SQUAD RADIO 3	M
397.200		XX
397.225		XX
397.250	NORAD	M
397.275		XX
397.300		XX
397.325		XX
397.350		XX
397.375	INTER-SQUAD RADIO 4	M
397.400		XX
397.425		XX
397.450		XX
397.475	INTER-SQUAD RADIO 6	M
397.500		XX
397.525		XX
397.550	INTER-SQUAD RADIO 7	M
397.575		XX
397.600		XX
397.625		XX
397.650		XX
397.675		XX
397.700		XX
397.725		XX
397.750		XX
397.775		XX
397.800	NORAD	M
397.825		XX
397.850		XX
397.875		XX
397.900		XX
397.925		XX
397.950	INTER-SQUAD RADIO 8	M
397.975		XX
398.000	NORAD	M
398.025		XX
398.050	INTER-SQUAD RADIO 9	M
398.075		XX
398.100		XX
398.125		XX
398.150		XX
398.175		XX
398.200	RIC APP/DEP	M
398.225		XX
398.250		XX
398.275		XX
398.300		XX
398.325		XX
398.350		XX
398.375		XX
398.400		XX
398.425		XX

398.450		XX
398.475		XX
398.500		XX
398.525		XX
398.550		XX
398.575		XX
398.600		XX
398.625		XX
398.650		XX
398.675		XX
398.700		XX
398.725		XX
398.750		XX
398.775		XX
398.800		XX
398.825		XX
398.850	ZDC-WHALEYVILLE,VA	M
398.875		XX
398.900	ZID MARIETTA	M
398.925		XX
398.950		XX
398.975		XX
399.000	NORAD	M
399.025		XX
399.050		XX
399.075		XX
399.100	ZJX CHARLESTON	M
399.125		XX
399.150		XX
399.175		XX
399.200		XX
399.225		XX
399.250		XX
399.275		XX
399.300		XX
399.325		XX
399.350		XX
399.375		XX
399.400		XX
399.425	INTER-SQUAD RADIO	M
399.450		XX
399.475	INTER-SQUAD RADIO	M
399.500		XX
399.525		XX
399.550		XX
399.575		XX
399.600	ZJX VALDOSTA	M
399.625		XX
399.650		XX
399.675		XX
399.700		XX
399.725	INTER-SQUAD RADIO	M

	12	
399.750		XX
399.775		XX
399.800		XX
399.825		XX
399.850		XX
399.875		XX
399.900		XX
399.925	INTER-SQUAD RADIO	M
399.950		XX
399.975	INTER-SQUAD RADIO	M





















