

CHAMBERS FLD (KNGU)  
Revised 01/08/05

118.425 SFA ATIS  
118.9 APP  
119.2 RADAR  
120.2 RADAR  
120.7 CLNC DEL  
121.8 CHAMBERS GND  
123.85 WASHINGTON CENTER  
124.3 CHAMBERS TWR  
125.2 DEP  
126.375 CHAMBERS TWR  
126.375 NAVYNORFOLK HELI TWR  
126.375 BASE OPS  
130.65 AMC/ATOC  
257.975 CHAMBERS TWR  
268.8 BASE OPS  
271.6 METRO  
279.525 RADAR  
279.6 NAVYNORFOLK HELI TWR  
298.95 NAVYNORFOLK HELI GND  
322.525 RADAR  
323 WASHINGTON CENTER  
335.625 APP  
335.625 DEP  
335.8 RADAR  
342 SFA ATIS  
348 CLNC DEL  
349.5 AMC/ATOC  
352.4 CHAMBERS GND  
353.55 RADAR  
353.7 APP  
363.125 DEP  
379.15 CHAMBERS TWR  
CONFIRMED  
140.1 FIRE/EMS  
235.4 VAW-126  
262.9 VRC-40  
284.5 VAW-123  
305.15 VAW-78  
328.3 VAW-120  
349.8 VAW-120  
349.85 VAW-120  
362.95 VAW-126

LANGLEY AFB  
Revised 01/08/05

118.85 CLNC DEL  
121.7 GND  
123.375 NASA OPS  
124.9 NORFOLK APP/DEP  
125 TWR  
125.7 NORFOLK APP/DEP  
126.05 NORFOLK APP/DEP  
127.9 NORFOLK APP/DEP  
141.75 SFA PTD  
239.8 PMSV METRO  
251.25 CNSOLIDATED CMD POST  
253.5 TWR  
257.625 CLNC DEL  
258.625 CLNC DEL

269.42 NORFOLK APP/DEP  
270.1 ATIS  
275.8 GND  
287.45 HAVE QUICK TIMING  
310.4 NASA OPS  
311 CNSOLIDATED CMD POST  
335.625 NORFOLK APP/DEP  
370.925 NORFOLK APP/DEP  
376.2 SFA PTD  
379.1 NORFOLK APP/DEP  
228.175 1ST FW  
228.45 1ST FW  
233.525 1ST FW  
262.025 1ST FW  
238.825 1ST FW  
252.775 1ST FW  
257.075 1ST FW  
276.675 1ST FW  
285.15 1ST FW  
296.9 1ST FW  
315.85 1ST FW  
357.1 1ST FW  
358.85 1ST FW  
360.15 1ST FW  
364.125 1ST FW  
383.2 SOF

FACSFAC VACAPES  
Revised 01/08/05

GIANT KILLER  
118.125 W50, W72(1A-20)  
118.125 W386, W387 - (E)  
125.375 CON  
135.225 W105, W106 - (E)  
135.725 W107 - (E)  
135.875 W110, W122(1-23) - (E)  
233.7 W50, W72(1A-20)  
238.1 W386, W387 - (E)  
251.6 W110, W122(1-23) - (E)  
255 W107 - (E)  
271.5 W50, W72(1A-20)  
305 W105, W106 - (E)  
310.1 W110, W122(1-23) - (E)  
338.1 W105, W106 - (E)  
350 W386, W387 - (E)  
289.9 FACSFAC VACAPES  
292.3 FACSFAC VACAPES  
312.3 FACSFAC VACAPES  
363.9 FACSFAC VACAPES  
373.1 FACSFAC VACAPES  
391.2 FACSFAC VACAPES

OCEANA NAS OCEANA NAS  
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APOLLO SOUCEK FLD (KNTU)  
119.6 APP/DEP  
120.875 TWR  
123.9 APP/DEP  
124.825 RADAR  
126.05 NORFOLK APP  
254.4 CLNC DEL  
266.8 APP/DEP  
284.9 BASE OPS

Untitled

288.3		APP/DEP
310.8		RADAR
317.6		SFA ATIS
323.05	APP/DEP	
328.4		RADAR
336.4		GND
346.4		RADAR
348.75	RADAR	
352.1		RADAR
360.2		TWR
363.1		RADAR
372.1		NORFOLK APP
387.4		PMSV METRO
CONFIRMED		
234.5		VFC-12
237.8		VFA-106