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| STATION CONTACTED | FREQUENCIES | SENT | | RECEIVED | | HEARD ONLY | NOTES |
| DESIGNATOR  OR  STATION CALL SIGN | 146.5400 146.4900 146.5800 147.4500 147.5100 147.5700 | **GR**  GOOD READABLE | **WR**  WEAK BUT READABLE | **GR**  GOOD READABLE | **WR**  WEAK BUT READABLE | **OFW**  ONLY FEW WORDS NO RESPONSE | SIGNAL STRENGTH |
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