## WEST & CENTRAL AFRICA

### SUMMER 2019

#### KEY TO TRANSMITTERS:
- AS - ASCENSION ISLAND
- G - UK

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>00:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>00:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>00:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>00:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>01:00</td>
<td>12095</td>
<td>22</td>
</tr>
<tr>
<td>01:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>01:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>01:45</td>
<td>7310</td>
<td>41</td>
</tr>
<tr>
<td>02:00</td>
<td>6005</td>
<td>49</td>
</tr>
</tbody>
</table>

### WEST & CENTRAL AFRICA

#### KEY TO TRANSMITTERS:
- AS - ASCENSION ISLAND
- G - UK

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>00:00</td>
<td>15260</td>
<td>19</td>
</tr>
<tr>
<td>00:15</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>00:30</td>
<td>12015</td>
<td>25</td>
</tr>
<tr>
<td>00:45</td>
<td>9915</td>
<td>31</td>
</tr>
<tr>
<td>01:00</td>
<td>7345</td>
<td>31</td>
</tr>
<tr>
<td>01:15</td>
<td>6005</td>
<td>49</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>12:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>12:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>12:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>13:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>13:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>13:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>13:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>23:00</td>
<td>15260</td>
<td>19</td>
</tr>
<tr>
<td>23:15</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>23:30</td>
<td>12015</td>
<td>25</td>
</tr>
<tr>
<td>23:45</td>
<td>9915</td>
<td>31</td>
</tr>
<tr>
<td>00:00</td>
<td>7345</td>
<td>31</td>
</tr>
<tr>
<td>00:15</td>
<td>6005</td>
<td>49</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>00:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>00:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>00:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>00:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>01:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>01:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>01:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>01:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>12:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>12:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>12:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>13:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>13:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>13:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>13:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>23:00</td>
<td>15260</td>
<td>19</td>
</tr>
<tr>
<td>23:15</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>23:30</td>
<td>12015</td>
<td>25</td>
</tr>
<tr>
<td>23:45</td>
<td>9915</td>
<td>31</td>
</tr>
<tr>
<td>00:00</td>
<td>7345</td>
<td>31</td>
</tr>
<tr>
<td>00:15</td>
<td>6005</td>
<td>49</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>00:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>00:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>00:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>00:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>01:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>01:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>01:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>01:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>12:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>12:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>12:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>13:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>13:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>13:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>13:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>23:00</td>
<td>15260</td>
<td>19</td>
</tr>
<tr>
<td>23:15</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>23:30</td>
<td>12015</td>
<td>25</td>
</tr>
<tr>
<td>23:45</td>
<td>9915</td>
<td>31</td>
</tr>
<tr>
<td>00:00</td>
<td>7345</td>
<td>31</td>
</tr>
<tr>
<td>00:15</td>
<td>6005</td>
<td>49</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>00:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>00:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>00:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>00:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>01:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>01:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>01:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>01:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time GMT</th>
<th>Frequency in kHz</th>
<th>Metro Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>17830</td>
<td>16</td>
</tr>
<tr>
<td>12:15</td>
<td>17780</td>
<td>16</td>
</tr>
<tr>
<td>12:30</td>
<td>15400</td>
<td>19</td>
</tr>
<tr>
<td>12:45</td>
<td>13660</td>
<td>22</td>
</tr>
<tr>
<td>13:00</td>
<td>12095</td>
<td>25</td>
</tr>
<tr>
<td>13:15</td>
<td>11810</td>
<td>25</td>
</tr>
<tr>
<td>13:30</td>
<td>9410</td>
<td>31</td>
</tr>
<tr>
<td>13:45</td>
<td>7310</td>
<td>41</td>
</tr>
</tbody>
</table>