

TRACON/Enroute Frequencies

NCT			Center		
NCT_APP	Combined	133.950	OAK_CTR	Combined	132.200
NCT_DEP	Combined	135.100	Sector 10	South	128.700
Seca*	A	127.150	Sector 11	South	133.700
Morgan	A	124.525	Sector 13	South	127.450
Licke	A	120.100	Sector 14	Pac South	134.550
Toga	A	121.300	Sector 15	South	132.800
Boulder	B	133.950	Sector 16	South	123.800
Cedar	B	128.325	Sector 22	South	121.250
Foster	B	120.350	Sector 29	North	119.750
Laguna	B	128.575	Sector 30	East	127.175
Niles	B	134.500	Sector 31	Pac North	134.975
Woodside	B	135.650	Sector 33	East	132.050
Valley*	C	125.100	Sector 34	East	134.370
Sunol	C	124.800	Sector 35	Pac South	134.150
Grove	C	125.350	Sector 36	Pac North	119.975
Sutro	D	135.100	Sector 40	North	127.800
Richmond	D	120.900	Sector 41	North	125.850
Elkhorn*	E	125.400	Sector 42	North	132.200
Expo*	E	127.400	Sector 43	North	134.450
Nugget*	E(NV)	126.300	Sector 44	East	127.950
Silver*	E(NV)	119.200	Sector 45	East	128.800
Friant*	Fresno	119.600	Sector 46	East	125.750
Chander*	Fresno	132.350			
Travis N*	Travis	126.600			
Travis S*	Travis	119.900			

Common Center Splits

2 Way	North + Pac North + East	125.850
	Pac South + South	133.700
3 Way	East	127.950
	North + Pac North	125.850
	Pac South + South	133.700

Local Frequencies

	Delivery	Ground	Tower	ATIS
SFO	118.200	121.800	120.500	118.85
OAK	121.100	121.750	127.200	133.775
SJC	118.000	121.700	124.000	126.950
SMF	121.100	121.700	125.700	126.750
RNO	124.900	121.900	118.700	135.800
MRY	135.450	120.875	118.400	119.250
FAT	124.350	121.700	118.200	121.350
APC	127.850	121.700	118.700	124.050
CCR	118.750	121.900	119.700	124.700
CIC		121.900	121.000	119.675
HWD	128.050	121.400	120.200	126.700
LVK		121.600	118.100	119.650
MER		133.575	118.175	124.475
MHR		121.850	120.650	118.325
MOD		121.700	125.300	127.700
NUQ		121.850	119.550	124.175
PAO		125.000	118.600	135.275
RDD		121.700	119.800	124.100
RHV		121.650	119.800	125.200
SAC		125.000	119.500	125.500
SCK		121.900	120.300	118.250
SNS		121.700	119.525	124.850
SQL		121.600	119.000	125.900
STS		121.900	118.500	120.550