

ITU Grid Channels (100 GHz Spacing)					
Channel	Frequency (GHz)	Wavelength (nm)	Channel	Frequency (GHz)	Wavelength (nm)
1	190100	1577.03	38	193800	1546.92
2	190200	1576.20	39	193900	1546.12
3	190300	1575.37	40	194000	1545.32
4	190400	1574.54	41	194100	1544.53
5	190500	1573.71	42	194200	1543.73
6	190600	1572.89	43	194300	1542.94
7	190700	1572.06	44	194400	1542.14
8	190800	1571.24	45	194500	1541.35
9	190900	1570.42	46	194600	1540.56
10	191000	1569.59	47	194700	1539.77
11	191100	1568.77	48	194800	1538.98
12	191200	1567.95	49	194900	1538.19
13	191300	1567.13	50	195000	1537.40
14	191400	1566.31	51	195100	1536.61
15	191500	1565.50	52	195200	1535.82
16	191600	1564.68	53	195300	1535.04
17	191700	1563.86	54	195400	1534.25
18	191800	1563.05	55	195500	1533.47
19	191900	1562.23	56	195600	1532.68
20	192000	1561.42	57	195700	1531.90
21	192100	1560.61	58	195800	1531.12
22	192200	1559.79	59	195900	1530.33
23	192300	1558.98	60	196000	1529.55
24	192400	1558.17	61	196100	1528.77
25	192500	1557.36	62	196200	1527.99
26	192600	1556.55	63	196300	1527.22
27	192700	1555.75	64	196400	1526.44
28	192800	1554.94	65	196500	1525.66
29	192900	1554.13	66	196600	1524.89
30	193000	1553.33	67	196700	1524.11
31	193100	1552.52	68	196800	1523.34
32	193200	1551.72	69	196900	1522.56
33	193300	1550.92	70	197000	1521.79
34	193400	1550.12	71	197100	1521.02
35	193500	1549.32	72	197200	1520.25
36	193600	1548.51	73	197300	1519.48
37	193700	1547.72			

ITU Grid Channels 1 - 25 (100 GHz Spacing)		
Channel	Frequency (THz)	Wavelength (nm)
1	190.100	1577.03
2	190.200	1576.20
3	190.300	1575.37
4	190.400	1574.54
5	190.500	1573.71
6	190.600	1572.89
7	190.700	1572.06
8	190.800	1571.24
9	190.900	1570.42
10	191.000	1569.59
11	191.100	1568.77
12	191.200	1567.95
13	191.300	1567.13
14	191.400	1566.31
15	191.500	1565.50
16	191.600	1564.68
17	191.700	1563.86
18	191.800	1563.05
19	191.900	1562.23
20	192.000	1561.42
21	192.100	1560.61
22	192.200	1559.79
23	192.300	1558.98
24	192.400	1558.17
25	192.500	1557.36

ITU Grid Channels 26 - 50 (100 GHz Spacing)		
Channel	Frequency (THz)	Wavelength (nm)
26	192.600	1556.55
27	192.700	1555.75
28	192.800	1554.94
29	192.900	1554.13
30	193.000	1553.33
31	193.100	1552.52
32	193.200	1551.72
33	193.300	1550.92
34	193.400	1550.12
35	193.500	1549.32
36	193.600	1548.51
37	193.700	1547.72
38	193.800	1546.92
39	193.900	1546.12
40	194.000	1545.32
41	194.100	1544.53
42	194.200	1543.73
43	194.300	1542.94
44	194.400	1542.14
45	194.500	1541.35
46	194.600	1540.56
47	194.700	1539.77
48	194.800	1538.98
49	194.900	1538.19
50	195.000	1537.40

ITU Grid Channels 51- 73 (100 GHz Spacing)		
Channel	Frequency (THz)	Wavelength (nm)
51	195.100	1536.61
52	195.200	1535.82
53	195.300	1535.04
54	195.400	1534.25
55	195.500	1533.47
56	195.600	1532.68
57	195.700	1531.90
58	195.800	1531.12
59	195.900	1530.33
60	196.000	1529.55
61	196.100	1528.77
62	196.200	1527.99
63	196.300	1527.22
64	196.400	1526.44
65	196.500	1525.66
66	196.600	1524.89
67	196.700	1524.11
68	196.800	1523.34
69	196.900	1522.56
70	197.000	1521.79
71	197.100	1521.02
72	197.200	1520.25
73	197.300	1519.48