

# 2019 SEFA Area Map

- Chautauqua
- Niagara Frontier
- Greater Rochester
- Jefferson/Lewis/St. Lawrence
- Central New York
- Tompkins/Schuyler
- Cortland
- Broome/Chenango/Tioga
- Clinton/Essex/Franklin/Hamilton
- Capital Region
- Hudson Valley
- Rockland
- NYC/Long Island

