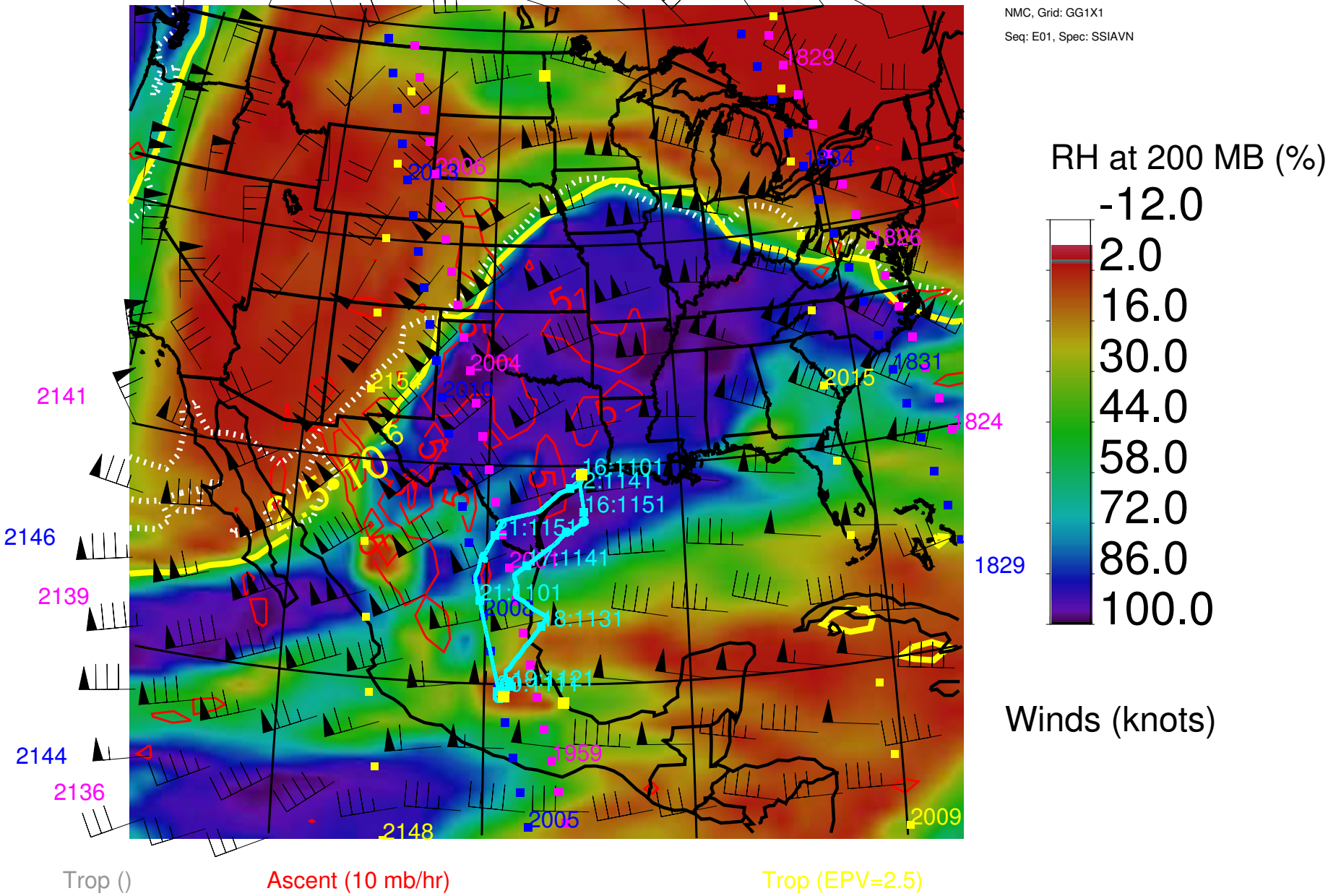18 UTC on 19 March, 2006 at 200.0 mb