

# Pokémon FireRed/LeafGreen Effort Value (EV) Chart

by Freezeyzy

Updated to v1.0 on Aug 28, 2006

Pokémon Fire Red/Leaf Green  
EV Chart v1.0  
by Freezeyzy  
Version 1.0

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The End : Many thanks

=====  
<<<<< Intro >>>>>  
=====

This guide is designed primarily for use with the Fire Red and Leaf Green versions of Pokémon.

The index is arranged alphabetically by name, and is designed to make it easier to find a specific Pokémon, should you decide to print this.

The EV chart is designed to give easy access to the Effort Values (EV) for each and every Pokéon in the game. All of the information used to create the chart came directly from strawhat's Pokéex FAQ v3.1.

EV TYPE ABBREVIATION KEY

- HP = Hit Points = Your Pokéon's vitality
- ATT = Attack = Strength of non-special attacks\*
- DEF = Defense = Defense against non-special attacks\*
- SAT = Special Attack = Strength of special attacks\*
- SDF = Special Defense = Defense against special attacks\*
- SPD = Speed = Determines who attacks first in a round of battle

\*NOTE: Non-special and special attack types are listed below.

Non-Special	Special
-----	-----
NORMAL	FIRE
POISON	WATER
GROUND	ELECTRIC
FLYING	GRASS
BUG	ICE
FIGHTING	PSYCHIC
ROCK	DRAGON
GHOST	DARK
STEEL	

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<<<<< About EVs >>>>>  
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The following is an excerpt from Ken J. Egervari's Advanced Trainer Guide.  
([http://db.gamefaqs.com/portable/gbadvance/file/pokemon\\_rs\\_trainer.txt](http://db.gamefaqs.com/portable/gbadvance/file/pokemon_rs_trainer.txt))

The purpose of Effort Values is to describe a Pokéon's superiority of a particular attribute in real battle. In short, Effort Points will be allocated to your main stats whenever a battle is won. The number of points and the statistic it is allocated to is dependant on the species of your opponent. Thus, an opponent that provides Effort Values in Speed will increase the Speed statistic of your own Pokéon. These values can range from 0-255 (thus, a total of 256 possible values). However, you cannot have more than 510 points total so you must train wisely and give Effort Points to the stats that need it most.

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<<<<< Pokéon Index >>>>>  
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SOURCE: <http://www.dltk-kids.com/pokemon/pokelist.htm>

- 063 - Abra
- 359 - Absol
- 142 - Aerodactyl
- 306 - Aggron
- 190 - Aipom
- 065 - Alakazam
- 334 - Altaria
- 348 - Amaldo
- 181 - Ampharos
- 347 - Anorith
- 024 - Arbok
- 059 - Arcanine

168 - Ariados  
304 - Aron  
144 - Articuno  
184 - Azumarill  
298 - Azurill  
371 - Bagon  
343 - Baltoy  
354 - Banette  
339 - Barboach  
153 - Bayleef  
267 - Beautifly  
015 - Beedrill  
374 - Beldum  
182 - Bellossom  
069 - Bellsprout  
009 - Blastoise  
257 - Blaziken  
242 - Blissey  
286 - Breloom  
001 - Bulbasaur  
012 - Butterfree  
331 - Cacnea  
332 - Cacturne  
323 - Camerupt  
318 - Carvanha  
268 - Cascoon  
351 - Castform  
010 - Caterpie  
251 - Celebi  
113 - Chansey  
006 - Charizard  
004 - Charmander  
005 - Charmeleon  
152 - Chikorita  
358 - Chimecho  
170 - Chinchou  
366 - Clamperl  
344 - Claydol  
036 - Clefable  
035 - Clefairy  
173 - Cleffa  
091 - Cloyster  
256 - Combusken  
341 - Corphish  
222 - Corsola  
346 - Cradily  
342 - Crawdaunt  
169 - Crobat  
159 - Croconaw  
104 - Cubone  
155 - Cyndaquil  
301 - Delcatty  
225 - Delibird  
386 - Deoxys  
087 - Dewgong  
050 - Diglett  
132 - Ditto  
085 - Dodrio  
084 - Doduo  
232 - Donphan

148 - Dragonair  
149 - Dragonite  
147 - Dratini  
096 - Drowzee  
051 - Dugtrio  
206 - Dunsparce  
356 - Dusclops  
355 - Duskuul  
269 - Dustox  
133 - Eevee  
023 - Ekans  
125 - Electabuzz  
309 - Electrike  
101 - Electrode  
239 - Elekid  
244 - Entei  
196 - Espeon  
102 - Exeggcute  
103 - Exeggutor  
295 - Exploud  
083 - Farfetch'd  
022 - Fearow  
349 - Feebas  
160 - Feraligatr  
180 - Flaaffy  
136 - Flareon  
330 - Flygon  
205 - Foretress  
162 - Furret  
282 - Gardevoir  
092 - Gastly  
094 - Gengar  
074 - Geodude  
203 - Girafarig  
362 - Glalie  
207 - Gligar  
044 - Gloom  
042 - Golbat  
118 - Goldeen  
055 - Golduck  
076 - Golem  
368 - Gorebyss  
210 - Granbull  
075 - Graveler  
088 - Grimer  
383 - Groundon  
253 - Grovyle  
058 - Growlithe  
326 - Grumpig  
316 - Gulpin  
130 - Gyarados  
297 - Hariyama  
093 - Haunter  
214 - Heracross  
107 - Hitmonchan  
106 - Hitmonlee  
237 - Hitmontop  
250 - Ho-Oh  
163 - HootHoot  
187 - Hoppip

116 - Horsea  
229 - Houndoom  
228 - Houndour  
367 - Huntail  
097 - Hypno  
174 - Igglybuff  
314 - Illumise  
002 - Ivysaur  
039 - Jigglypuff  
385 - Jirachi  
135 - Jolteon  
189 - Jumpluff  
124 - Jynx  
140 - Kabuto  
141 - Kabutops  
064 - Kadabra  
014 - Kakuna  
115 - Kangaskhan  
352 - Kecleon  
230 - Kingdra  
099 - Kingler  
281 - Kirlia  
109 - Koffing  
098 - Krabby  
382 - Kyogre  
305 - Lairon  
171 - Lanturn  
131 - Lapras  
246 - Larvitar  
380 - Latias  
381 - Latios  
166 - Ledian  
165 - Ledyba  
108 - Lickitung  
345 - Lileep  
264 - Linoone  
271 - Lombre  
270 - Lotad  
294 - Loudred  
272 - Ludicolo  
249 - Lugia  
337 - Lunatone  
370 - Luvdisc  
068 - Machop  
067 - Machoke  
066 - Machop  
240 - Magby  
219 - Magcargo  
129 - Magikarp  
126 - Magmar  
081 - Magnemite  
082 - Magneton  
296 - Makuhita  
310 - Manectric  
056 - Mankey  
226 - Mantine  
179 - Mareep  
183 - Marill  
105 - Marowak  
259 - Marshtomp

284 - Masquerain  
303 - Mawile  
308 - Medicham  
307 - Meditite  
154 - Meganium  
052 - Meowth  
376 - Metagross  
375 - Metang  
011 - Metapod  
151 - Mew  
150 - Mewtwo  
262 - Mightyena  
350 - Milotic  
241 - Miltank  
312 - Minun  
200 - Misdreavus  
146 - Moltres  
122 - Mr. Mime  
258 - Mudkip  
089 - Muk  
198 - Murkrow  
177 - Natu  
034 - Nidoking  
031 - Nidoqueen  
029 - Nidoran Female  
032 - Nidoran Male  
030 - Nidorina  
033 - Nidorino  
290 - Nincada  
038 - Ninetales  
291 - Ninjask  
164 - Noctowl  
299 - Nosepass  
322 - Numel  
274 - Nuzleaf  
224 - Octillery  
043 - Oddish  
138 - Omanyte  
139 - Omastar  
095 - Onix  
046 - Paras  
047 - Parasect  
279 - Pelipper  
053 - Persian  
231 - Phanpy  
172 - Pichu  
018 - Pidgeot  
017 - Pidgeotto  
016 - Pidgey  
025 - Pikachu  
221 - Piloswine  
204 - Pineco  
127 - Pinsir  
311 - Plusle  
186 - Politoed  
060 - Poliwag  
061 - Poliwhirl  
062 - Poliwrath  
077 - Ponyta  
261 - Poochyena

137 - Porygon  
233 - Porygon2  
057 - Primeape  
054 - Psyduck  
247 - Pupitar  
195 - Quagsire  
156 - Quilava  
211 - Quilfish  
026 - Raichu  
243 - Raikou  
280 - Ralts  
078 - Rapidash  
020 - Raticate  
019 - Rattata  
384 - Rayquaza  
378 - Regice  
377 - Regirock  
379 - Registeel  
369 - Relicanth  
223 - Remoraid  
112 - Rhydon  
111 - Rhyhorn  
315 - Roselia  
302 - Sableye  
373 - Salamence  
027 - Sandshrew  
028 - Sandslash  
254 - Sceptile  
213 - Schuckle  
212 - Scizor  
123 - Scyther  
117 - Seadra  
119 - Seaking  
364 - Sealeo  
273 - Seedot  
086 - Seel  
277 - Sellow  
161 - Sentret  
336 - Seviper  
319 - Sharpedo  
292 - Shedinja  
372 - Shelgon  
090 - Shellder  
275 - Shiftry  
285 - Shroomish  
353 - Shuppet  
266 - Silcoon  
227 - Skarmony  
188 - Skiploom  
300 - Skitty  
289 - Slaking  
287 - Slakoth  
080 - Slowbro  
199 - Slowking  
079 - Slowpoke  
218 - Slugma  
235 - Smeargle  
238 - Smoochum  
215 - Sneazle  
143 - Snorlax

361 - Snorunt  
209 - Snubbull  
338 - Solrock  
021 - Spearow  
363 - Spheal  
167 - Spinarak  
327 - Spinda  
325 - Spoink  
007 - Squirtle  
234 - Stantler  
121 - Starmie  
120 - Staryu  
208 - Steelix  
185 - Sudowoodo  
245 - Suicune  
192 - Sunflora  
191 - Sunkern  
283 - Surskit  
333 - Swablu  
317 - Swalot  
260 - Swampert  
220 - Swinub  
276 - Taillow  
114 - Tangela  
128 - Tauros  
216 - Teddiursa  
072 - Tentacool  
073 - Tentacruel  
175 - Togepi  
176 - Togetic  
255 - Torchic  
324 - Torkoal  
158 - Totodile  
328 - Trapinch  
252 - Treecko  
357 - Tropius  
157 - Typhlosion  
248 - Tyranitar  
236 - Tyrogue  
197 - Umbreon  
201 - Unown  
217 - Ursaring  
134 - Vaporeon  
049 - Venomoth  
048 - Venonat  
003 - Venusaur  
329 - Vibrava  
071 - Victreebel  
288 - Vigoroth  
045 - Vileplume  
313 - Volbeat  
100 - Voltorb  
037 - Vulpix  
320 - Wailmer  
321 - Wailord  
365 - Walrein  
008 - Wartortle  
013 - Weedle  
070 - Weepinbell  
110 - Weezing



- 340 - Whiscash
- 293 - Whismur
- 040 - Wigglytuff
- 278 - Wingull
- 202 - Woobuffet
- 194 - Wooper
- 265 - Wurmple
- 360 - Wynaut
- 178 - Xatu
- 193 - Yanma
- 335 - Zangoose
- 145 - Zapdos
- 263 - Zigzagoon
- 041 - Zubat

=====  
 <<<<< The EV Chart >>>>>  
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Num	Name	TYPE	HP	ATT	DEF	SAT	SDF	SPD
001	Bulbasaur	Grass/Poison	...	...	...	1	...	...
002	Ivysaur	Grass/Poison	...	...	...	1	1	...
003	Venusaur	Grass/Poison	...	...	...	2	1	...
004	Charmander	Fire	...	...	...	...	...	1
005	Charmeleon	Fire	...	...	...	1	...	1
006	Charizard	Fire	...	...	...	3	...	...
007	Squirtle	Water	...	...	1	...	...	...
008	Wartortle	Water	...	...	1	...	1	...
009	Blastoise	Water	...	...	...	...	3	...
010	Caterpie	Bug	1	...	...	...	...	...
011	Metapod	Bug	...	...	2	...	...	...
012	Butterfree	Bug/Flying	...	...	...	2	1	...
013	Weedle	Bug/Poison	...	...	...	...	...	1
014	Kakuna	Bug/Poison	...	...	2	...	...	...
015	Beedrill	Bug/Poison	...	2	...	...	1	...
016	Pidgey	Normal/Flying	...	...	...	...	...	1
017	Pidgeotto	Normal/Flying	...	...	...	...	...	2
018	Pidgeot	Normal/Flying	...	...	...	...	...	3
019	Rattata	Normal	...	...	...	...	...	1
020	Raticate	Normal	...	...	...	...	...	2

Num	Name	TYPE	HP	ATT	DEF	SAT	SDF	SPD
021	Spearow	Normal/Flying	...	...	...	...	...	2
022	Fearow	Normal/Flying	...	...	...	...	...	1
023	Ekans	Poison	...	1	...	...	...	...
024	Arbok	Poison	...	2	...	...	...	...
025	Pikachu	Electric	...	...	...	...	...	2
026	Raichu	Electric	...	...	...	...	...	3
027	Sandshrew	Ground	...	...	1	...	...	...
028	Sandslash	Ground	...	...	2	...	...	...
029	Nidoran (F)	Poison	1	...	...	...	...	...
030	Nidorina	Poison	2	...	...	...	...	...
031	Nidoqueen	Poison/Ground	3	...	...	...	...	...
032	Nidoran (M)	Poison	...	1	...	...	...	...
033	Nidorino	Poison	...	2	...	...	...	...
034	Nidoking	Poison/Ground	...	3	...	...	...	...
035	Clefairy	Normal	2	...	...	...	...	...

036	- Clefable	- Normal	- 3	- ...	- ...	- ...	- ...	- ...
037	- Vulpix	- Fire	- ...	- ...	- ...	- ...	- ...	- 1
038	- Ninetales	- Fire	- ...	- ...	- ...	- ...	- 1	- 1
039	- Jigglypuff	- Normal	- 2	- ...	- ...	- ...	- ...	- ...
040	- Wigglytuff	- Normal	- 3	- ...	- ...	- ...	- ...	- ...

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
041	- Zubat	- Poison/Flying	- ...	- ...	- ...	- ...	- ...	- 1
042	- Golbat	- Poison/Flying	- ...	- ...	- ...	- ...	- ...	- 2
043	- Oddish	- Poison/Grass	- ...	- ...	- ...	- 1	- ...	- ...
044	- Gloom	- Poison/Grass	- ...	- ...	- ...	- 1	- ...	- ...
045	- Vileplume	- Poison/Grass	- ...	- ...	- ...	- 3	- ...	- ...
046	- Paras	- Bug/Grass	- ...	- 1	- ...	- ...	- ...	- ...
047	- Parasect	- Bug/Grass	- ...	- 2	- 1	- ...	- ...	- ...
048	- Venonat	- Bug/Poison	- ...	- ...	- ...	- ...	- 1	- ...
049	- Venomoth	- Bug/Poison	- ...	- ...	- ...	- 1	- ...	- 1
050	- Diglett	- Ground	- ...	- ...	- ...	- ...	- ...	- 1
051	- Dugtrio	- Ground	- ...	- ...	- ...	- ...	- ...	- 2
052	- Meowth	- Normal	- ...	- ...	- ...	- ...	- ...	- 1
053	- Persian	- Normal	- ...	- ...	- ...	- ...	- ...	- 2
054	- Psyduck	- Water	- ...	- ...	- ...	- 1	- ...	- ...
055	- Golduck	- Water	- ...	- ...	- ...	- 2	- ...	- ...
056	- Mankey	- Fighting	- ...	- 1	- ...	- ...	- ...	- ...
057	- Primeape	- Fighting	- ...	- 2	- ...	- ...	- ...	- ...
058	- Growlithe	- Fire	- ...	- 1	- ...	- ...	- ...	- ...
059	- Arcanine	- Fire	- ...	- 2	- ...	- ...	- ...	- ...
060	- Poliwhag	- Water	- ...	- ...	- ...	- ...	- ...	- 1

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
061	- Poliwhirl	- Water	- ...	- ...	- ...	- ...	- ...	- 2
062	- Poliwrath	- Water/Fighting	- ...	- ...	- 3	- ...	- ...	- ...
063	- Abra	- Psychic	- ...	- ...	- ...	- 1	- ...	- ...
064	- Kadabra	- Psychic	- ...	- ...	- ...	- 2	- ...	- ...
065	- Alakazam	- Psychic	- ...	- ...	- ...	- 2	- ...	- ...
066	- Machop	- Fighting	- ...	- 1	- ...	- ...	- ...	- ...
067	- Machoke	- Fighting	- ...	- 2	- ...	- ...	- ...	- ...
068	- Machamp	- Fighting	- ...	- 3	- ...	- ...	- ...	- ...
069	- Bellsprout	- Grass/Poison	- ...	- 1	- ...	- ...	- ...	- ...
070	- Weepinbell	- Grass/Poison	- ...	- 2	- ...	- ...	- ...	- ...
071	- Victreebel	- Grass/Poison	- ...	- 3	- ...	- ...	- ...	- ...
072	- Tentacool	- Water/Poison	- ...	- ...	- ...	- ...	- 1	- ...
073	- Tentacruel	- Water/Poison	- ...	- ...	- ...	- ...	- 2	- ...
074	- Geodude	- Rock/Ground	- ...	- ...	- 1	- ...	- ...	- ...
075	- Graveler	- Rock/Ground	- ...	- ...	- 2	- ...	- ...	- ...
076	- Golem	- Rock/Ground	- ...	- ...	- 3	- ...	- ...	- ...
077	- Ponyta	- Fire	- ...	- ...	- ...	- ...	- ...	- 1
078	- Rapidash	- Fire	- ...	- ...	- ...	- ...	- ...	- 2
079	- Slowpoke	- Water/Psychic	- 1	- ...	- ...	- ...	- ...	- ...
080	- Slowbro	- Water/Psychic	- ...	- ...	- 2	- ...	- ...	- ...

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
081	- Magnemite	- Electric/Steel	- ...	- ...	- ...	- 1	- ...	- ...
082	- Magnetron	- Electric/Steel	- ...	- ...	- ...	- 2	- ...	- ...
083	- Farfetch'd	- Normal/Flying	- ...	- 1	- ...	- ...	- ...	- ...
084	- Doduo	- Normal/Flying	- ...	- 1	- ...	- ...	- ...	- ...
085	- Dodrio	- Normal/Flying	- ...	- 2	- ...	- ...	- ...	- ...
086	- Seel	- Water	- ...	- ...	- ...	- ...	- 1	- ...

087	- Dewgong	- Water/Ice	- ...	- ...	- ...	- ...	- 1	- ...
088	- Grimer	- Poison	- 1	- ...	- ...	- ...	- ...	- ...
089	- Muk	- Poison	- 1	- 1	- ...	- ...	- ...	- ...
090	- Shellder	- Water	- ...	- ...	- 1	- ...	- ...	- ...
091	- Cloyster	- Water/Ice	- ...	- ...	- 2	- ...	- ...	- ...
092	- Gastly	- Poison/Ghost	- ...	- ...	- ...	- 1	- ...	- ...
093	- Haunter	- Poison/Ghost	- ...	- ...	- ...	- 2	- ...	- ...
094	- Gengar	- Poison/Ghost	- ...	- ...	- ...	- 3	- ...	- ...
095	- Onix	- Rock/Ground	- ...	- ...	- 1	- ...	- ...	- ...
096	- Drowsee	- Psychic	- ...	- ...	- ...	- ...	- 1	- ...
097	- Hypno	- Psychic	- ...	- ...	- ...	- ...	- 2	- ...
098	- Krabby	- Water	- ...	- 1	- ...	- ...	- ...	- ...
099	- Kingler	- Water	- ...	- 2	- ...	- ...	- ...	- ...
100	- Voltorb	- Electric	- ...	- ...	- ...	- ...	- ...	- 1

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Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
101	- Electrode	- Electric	- ...	- ...	- ...	- ...	- ...	- 2
102	- Exeggcute	- Grass/Psychic	- ...	- ...	- 1	- ...	- ...	- ...
103	- Exeggutor	- Grass/Psychic	- ...	- ...	- ...	- 2	- ...	- ...
104	- Cubone	- Ground	- ...	- ...	- 1	- ...	- ...	- ...
105	- Marowak	- Ground	- ...	- ...	- 2	- ...	- ...	- ...
106	- Hitmonlee	- Fighting	- ...	- 2	- ...	- ...	- ...	- ...
107	- Hitmonchan	- Fighting	- ...	- ...	- ...	- ...	- 2	- ...
108	- Lickitung	- Normal	- 2	- ...	- ...	- ...	- ...	- ...
109	- Koffing	- Poison	- ...	- ...	- 1	- ...	- ...	- ...
110	- Weezing	- Poison	- ...	- ...	- 2	- ...	- ...	- ...
111	- Rhyhorn	- Rock/Ground	- ...	- ...	- 1	- ...	- ...	- ...
112	- Rhydon	- Rock/Ground	- ...	- 2	- ...	- ...	- ...	- ...
113	- Chansey	- Normal	- 2	- ...	- ...	- ...	- ...	- ...
114	- Tangela	- Grass	- ...	- ...	- 1	- ...	- ...	- ...
115	- Kangaskhan	- Normal	- 2	- ...	- ...	- ...	- ...	- ...
116	- Horsea	- Water	- ...	- ...	- ...	- 1	- ...	- ...
117	- Seadra	- Water	- ...	- ...	- 1	- 1	- ...	- ...
118	- Goldeen	- Water	- ...	- 1	- ...	- ...	- ...	- ...
119	- Seaking	- Water	- ...	- 2	- ...	- ...	- ...	- ...
120	- Staryu	- Water	- ...	- ...	- ...	- ...	- ...	- 1

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Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
121	- Starmie	- Water/Psychic	- ...	- ...	- ...	- ...	- ...	- 2
122	- Mr. Mime	- Psychic	- ...	- ...	- ...	- ...	- 2	- ...
123	- Scyther	- Bug/Flying	- ...	- 1	- ...	- ...	- ...	- ...
124	- Jynx	- Ice/Psychic	- ...	- ...	- ...	- 2	- ...	- ...
125	- Electrabuzz	- Electric	- ...	- ...	- ...	- ...	- ...	- 2
126	- Magmar	- Fire	- ...	- ...	- ...	- 2	- ...	- ...
127	- Pinsir	- Bug	- ...	- 2	- ...	- ...	- ...	- ...
128	- Tauros	- Normal	- ...	- 1	- ...	- ...	- ...	- 1
129	- Magikarp	- Water	- ...	- ...	- ...	- ...	- ...	- 1
130	- Gyarados	- Water/Flying	- ...	- 2	- ...	- ...	- ...	- ...
131	- Lapras	- Water/Ice	- 2	- ...	- ...	- ...	- ...	- ...
132	- Ditto	- Normal	- 1	- ...	- ...	- ...	- ...	- ...
133	- Eevee	- Normal	- ...	- ...	- ...	- ...	- 1	- ...
134	- Vaporeon	- Water	- 2	- ...	- ...	- ...	- ...	- ...
135	- Jolteon	- Electric	- ...	- ...	- ...	- ...	- ...	- 2
136	- Flareon	- Fire	- ...	- 2	- ...	- ...	- ...	- ...
137	- Porygon	- Normal	- ...	- ...	- ...	- 1	- ...	- ...
138	- Omanyte	- Rock/Water	- ...	- ...	- 1	- ...	- ...	- ...
139	- Omastar	- Rock/Water	- ...	- ...	- 2	- ...	- ...	- ...
140	- Kabuto	- Rock/Water	- ...	- ...	- 1	- ...	- ...	- ...

Num	Name	TYPE	HP	ATT	DEF	SAT	SDF	SPD
141	Kabutops	Rock/Water	...	2	...	...	...	...
142	Aerodactyl	Rock/Flying	...	...	...	...	...	2
143	Snorlax	Normal	2	...	...	...	...	...
144	Articuno	Ice/Flying	...	...	...	...	3	...
145	Zapdos	Flying/Electric	...	...	...	3	...	...
146	Moltres	Flying/Fire	...	...	...	3	...	...
147	Dratini	Dragon	...	1	...	...	...	...
148	Dragonair	Dragon	...	2	...	...	...	...
149	Dragonite	Dragon/Flying	...	3	...	...	...	...
150	Mewtwo	Psychic	...	...	...	3	...	...
151	Mew	Psychic	3	...	...	...	...	...
152	Chikorita	Grass	...	...	...	...	1	...
153	Bayleef	Grass	...	...	1	...	1	...
154	Meganium	Grass	...	...	1	...	2	...
155	Cyndaquil	Fire	...	...	...	...	...	1
156	Quilava	Fire	...	...	...	1	...	1
157	Typhlosion	Fire	...	...	...	3	...	...
158	Totodile	Water	...	1	...	...	...	...
159	Croconaw	Water	...	1	1	...	...	...
160	Feraligatr	Water	...	2	1	...	...	...

Num	Name	TYPE	HP	ATT	DEF	SAT	SDF	SPD
161	Sentret	Normal	...	1	...	...	...	...
162	Furret	Normal	...	...	...	...	...	2
163	Hoothoot	Normal/Flying	1	...	...	...	...	...
164	Noctowl	Normal/Flying	2	...	...	...	...	...
165	Ledyba	Bug/Flying	...	...	...	...	1	...
166	Ledian	Bug/Flying	...	...	...	...	2	...
167	Spinarak	Bug/Poison	...	1	...	...	...	...
168	Ariados	Bug/Poison	...	2	...	...	...	...
169	Crobat	Poison/Flying	...	...	...	...	...	3
170	Chinchou	Electric/Water	1	...	...	...	...	...
171	Lanturn	Electric/Water	2	...	...	...	...	...
172	Pichu	Electric	...	...	...	...	...	1
173	Cleffa	Normal	...	...	...	...	1	...
174	Igglybuff	Normal	1	...	...	...	...	...
175	Togepi	Normal	...	...	...	...	1	...
176	Togetic	Normal/Flying	...	...	...	...	2	...
177	Natu	Psychic/Flying	...	...	...	1	...	...
178	Xatu	Psychic/Flying	...	...	...	1	...	1
179	Mareep	Electric	...	...	...	1	...	...
180	Flaaffy	Electric	...	...	...	2	...	...

Num	Name	TYPE	HP	ATT	DEF	SAT	SDF	SPD
181	Ampharos	Electric	...	...	...	3	...	...
182	Bellossom	Grass	...	...	...	...	3	...
183	Marill	Water	2	...	...	...	...	...
184	Azumarill	Water	3	...	...	...	...	...
185	Sudowoodo	Rock	...	...	2	...	...	...
186	Politoed	Water	...	...	...	...	3	...
187	Hoppip	Grass/Flying	...	...	...	...	1	...
188	Skiploom	Grass/Flying	...	...	...	...	...	2
189	Jumpluff	Grass/Flying	...	...	...	...	...	3
190	Aipom	Normal	...	...	...	...	...	1
191	Sunkern	Grass	...	...	...	1	...	...

192	- Sunflora	- Grass	- ...	- ...	- ...	- 2	- ...	- ...
193	- Yanma	- Bug/Flying	- ...	- ...	- ...	- ...	- ...	- 2
194	- Wooper	- Water/Ground	- 1	- ...	- ...	- ...	- ...	- ...
195	- Quagsire	- Water/Ground	- 2	- ...	- ...	- ...	- ...	- ...
196	- Espeon	- Psychic	- ...	- ...	- ...	- 2	- ...	- ...
197	- Umbreon	- Dark	- ...	- ...	- ...	- ...	- 2	- ...
198	- Murkrow	- Dark/Flying	- ...	- ...	- ...	- ...	- ...	- 1
199	- Slowking	- Water/Psychic	- ...	- ...	- ...	- ...	- 3	- ...
200	- Misdreavus	- Ghost	- ...	- ...	- ...	- 1	- 1	- ...

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
201	- Unown	- Psychic	- ...	- 1	- ...	- 1	- ...	- ...
202	- Wobbuffet	- Psychic	- 2	- ...	- ...	- ...	- ...	- ...
203	- Girafarig	- Psychic/Normal	- ...	- ...	- ...	- 2	- ...	- ...
204	- Pineco	- Bug	- ...	- ...	- 1	- ...	- ...	- ...
205	- Forretress	- Bug	- ...	- ...	- 2	- ...	- ...	- ...
206	- Dunsparce	- Normal	- 1	- ...	- ...	- ...	- ...	- ...
207	- Gligar	- Flying/Ground	- ...	- ...	- 1	- ...	- ...	- ...
208	- Steelix	- Steel/Ground	- ...	- ...	- 2	- ...	- ...	- ...
209	- Snubbull	- Normal	- ...	- 1	- ...	- ...	- ...	- ...
210	- Granbull	- Normal	- ...	- 2	- ...	- ...	- ...	- ...
211	- Qwilfish	- Water/Poison	- ...	- 1	- ...	- ...	- ...	- ...
212	- Scizor	- Bug/Steel	- ...	- 2	- ...	- ...	- ...	- ...
213	- Shuckle	- Bug/Rock	- ...	- ...	- 1	- ...	- 1	- ...
214	- Heracross	- Bug/Fighting	- ...	- 2	- ...	- ...	- ...	- ...
215	- Sneasel	- Ice/Dark	- ...	- ...	- ...	- ...	- ...	- 1
216	- Teddiursa	- Normal	- ...	- 1	- ...	- ...	- ...	- ...
217	- Ursaring	- Normal	- ...	- 2	- ...	- ...	- ...	- ...
218	- Slugma	- Fire	- ...	- ...	- ...	- 1	- ...	- ...
219	- Magcargo	- Fire/Rock	- ...	- ...	- 2	- ...	- ...	- ...
220	- Swinub	- Ground/Ice	- ...	- 1	- ...	- ...	- ...	- ...

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
221	- Piloswine	- Ground/Ice	- 1	- 1	- ...	- ...	- ...	- ...
222	- Corsola	- Water/Rock	- ...	- ...	- 1	- ...	- 1	- ...
223	- Remoraid	- Water	- ...	- ...	- ...	- 1	- ...	- ...
224	- Octillery	- Water	- ...	- 1	- ...	- 1	- ...	- ...
225	- Delibird	- Ice/Flying	- ...	- ...	- ...	- ...	- ...	- 1
226	- Mantine	- Water/Flying	- ...	- ...	- ...	- ...	- 2	- ...
227	- Skarmory	- Steel/Flying	- ...	- ...	- 2	- ...	- ...	- ...
228	- Houndour	- Fire/Dark	- ...	- ...	- ...	- 1	- ...	- ...
229	- Houndoom	- Fire/Dark	- ...	- ...	- ...	- 2	- ...	- ...
230	- Kingdra	- Water/Dragon	- ...	- 1	- 1	- 1	- ...	- ...
231	- Phanpy	- Ground	- 1	- ...	- ...	- ...	- ...	- ...
232	- Donphan	- Ground	- ...	- 1	- 1	- ...	- ...	- ...
233	- Porygon2	- Normal	- ...	- ...	- ...	- 2	- ...	- ...
234	- Stantler	- Normal	- ...	- 1	- ...	- ...	- ...	- ...
235	- Smeargle	- Normal	- ...	- ...	- ...	- ...	- ...	- 1
236	- Tyrogue	- Fighting	- ...	- 1	- ...	- ...	- ...	- ...
237	- Hitmontop	- Fighting	- ...	- ...	- ...	- ...	- ...	- ...
238	- Smoochum	- Ice/Psychic	- ...	- ...	- ...	- 2	- ...	- ...
239	- Elekid	- Electric	- ...	- ...	- ...	- ...	- ...	- 1
240	- Magby	- Fire	- ...	- ...	- ...	- ...	- ...	- 1

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
241	- Miltank	- Normal	- ...	- ...	- 2	- ...	- ...	- ...
242	- Blissey	- Normal	- 3	- ...	- ...	- ...	- ...	- ...

243	- Raikou	- Electric	- ...	- ...	- ...	- 1	- ...	- 2
244	- Entei	- Fire	- 1	- 2	- ...	- ...	- ...	- ...
245	- Suicune	- Water	- ...	- ...	- 1	- ...	- 2	- ...
246	- Larvitar	- Rock/Ground	- ...	- 1	- ...	- ...	- ...	- ...
247	- Pupitar	- Rock/Ground	- ...	- 2	- ...	- ...	- ...	- ...
248	- Tyranitar	- Rock/Dark	- ...	- 3	- ...	- ...	- ...	- ...
249	- Lugia	- Psychic/Flying	- ...	- ...	- ...	- ...	- 3	- ...
250	- Ho-oh	- Fire/Flying	- ...	- ...	- ...	- ...	- 3	- ...
251	- Celebi	- Grass/Psychic	- 3	- ...	- ...	- ...	- ...	- ...
252	- Treecko	- Grass	- ...	- ...	- ...	- ...	- ...	- 1
253	- Grovyle	- Grass	- ...	- ...	- ...	- ...	- ...	- 2
254	- Sceptile	- Grass	- ...	- ...	- ...	- ...	- ...	- 3
255	- Torchic	- Fire	- ...	- ...	- ...	- 1	- ...	- ...
256	- Combusken	- Fire/Fighting	- ...	- 1	- ...	- 1	- ...	- ...
257	- Blaziken	- Fire/Fighting	- ...	- 3	- ...	- ...	- ...	- ...
258	- Mudkip	- Water/Ground	- ...	- 1	- ...	- ...	- ...	- ...
259	- Marshtomp	- Water/Ground	- ...	- 2	- ...	- ...	- ...	- ...
260	- Swampert	- Water/Ground	- ...	- 3	- ...	- ...	- ...	- ...

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Num - Name - TYPE - HP - ATT - DEF - SAT - SDF - SPD  
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261	- Poochyena	- Dark	- ...	- 1	- ...	- ...	- ...	- ...
262	- Mightyena	- Dark	- ...	- 2	- ...	- ...	- ...	- ...
263	- Zigzagoon	- Normal	- ...	- ...	- ...	- ...	- ...	- 1
264	- Linoone	- Normal	- ...	- ...	- ...	- ...	- ...	- 2
265	- Wurmple	- Bug	- 1	- ...	- ...	- ...	- ...	- ...
266	- Silcoon	- Bug	- ...	- ...	- 2	- ...	- ...	- ...
267	- Beautifly	- Bug/Flying	- ...	- ...	- ...	- 3	- ...	- ...
268	- Cascoon	- Bug	- ...	- ...	- 2	- ...	- ...	- ...
269	- Dustox	- Bug/Poison	- ...	- ...	- ...	- ...	- 3	- ...
270	- Lotad	- Water/Grass	- ...	- ...	- ...	- ...	- 1	- ...
271	- Lombre	- Water/Grass	- ...	- ...	- ...	- ...	- 2	- ...
272	- Ludicolo	- Water/Grass	- ...	- ...	- ...	- ...	- 3	- ...
273	- Seedot	- Grass	- ...	- ...	- 1	- ...	- ...	- ...
274	- Nuzleaf	- Grass/Dark	- ...	- 2	- ...	- ...	- ...	- ...
275	- Shiftry	- Grass/Dark	- ...	- 3	- ...	- ...	- ...	- ...
276	- Tailow	- Normal/Flying	- ...	- ...	- ...	- ...	- ...	- 1
277	- Swellow	- Normal/Flying	- ...	- ...	- ...	- ...	- ...	- 2
278	- Wingull	- Water/Flying	- ...	- ...	- ...	- ...	- ...	- 1
279	- Pelipper	- Water/Flying	- ...	- ...	- 2	- ...	- ...	- ...
280	- Ralts	- Psychic	- ...	- ...	- ...	- 1	- ...	- ...

=====  
Num - Name - TYPE - HP - ATT - DEF - SAT - SDF - SPD  
=====

281	- Kirlia	- Psychic	- ...	- ...	- ...	- 2	- ...	- ...
282	- Gardevoir	- Psychic	- ...	- ...	- ...	- 3	- ...	- ...
283	- Surskit	- Water/Bug	- ...	- ...	- ...	- ...	- ...	- 1
284	- Masquerain	- Flying/Bug	- ...	- ...	- ...	- 1	- 1	- ...
285	- Shroomish	- Grass	- 1	- ...	- ...	- ...	- ...	- ...
286	- Breloom	- Grass/Fighting	- ...	- 2	- ...	- ...	- ...	- ...
287	- Slakoth	- Normal	- 1	- ...	- ...	- ...	- ...	- ...
288	- Vigoroth	- Normal	- ...	- ...	- ...	- ...	- ...	- 2
289	- Slaking	- Normal	- 3	- ...	- ...	- ...	- ...	- ...
290	- Nincada	- Bug/Ground	- ...	- ...	- 1	- ...	- ...	- ...
291	- Ninjask	- Bug/Flying	- ...	- ...	- ...	- ...	- ...	- 2
292	- Shedinja	- Bug/Ghost	- 2	- ...	- ...	- ...	- ...	- ...
293	- Whismur	- Normal	- 1	- ...	- ...	- ...	- ...	- ...
294	- Loudred	- Normal	- 2	- ...	- ...	- ...	- ...	- ...
295	- Exploud	- Normal	- 3	- ...	- ...	- ...	- ...	- ...
296	- Makuhita	- Fighting	- 1	- ...	- ...	- ...	- ...	- ...

297	- Hariyama	- Fighting	- 2	- ...	- ...	- ...	- ...	- ...
298	- Azurill	- Normal	- 1	- ...	- ...	- ...	- ...	- ...
299	- Nosepass	- Rock	- ...	- ...	- 1	- ...	- ...	- ...
300	- Skitty	- Normal	- ...	- ...	- ...	- ...	- ...	- 1

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
301	- Delcatty	- Normal	- 1	- ...	- ...	- ...	- ...	- 1
302	- Sableye	- Dark/Ghost	- ...	- 1	- 1	- ...	- ...	- ...
303	- Mawile	- Steel	- ...	- 1	- 1	- ...	- ...	- ...
304	- Aron	- Steel/Rock	- ...	- ...	- 1	- ...	- ...	- ...
305	- Lairon	- Steel/Rock	- ...	- ...	- 2	- ...	- ...	- ...
306	- Aggron	- Steel/Rock	- ...	- ...	- 3	- ...	- ...	- ...
307	- Meditite	- Fighting/Psychic	- ...	- ...	- ...	- ...	- ...	- 1
308	- Medicham	- Fighting/Psychic	- ...	- ...	- ...	- ...	- ...	- 2
309	- Electrike	- Electric	- ...	- ...	- ...	- ...	- ...	- 1
310	- Manectric	- Electric	- ...	- ...	- ...	- ...	- ...	- 2
311	- Plusle	- Electric	- ...	- ...	- ...	- ...	- ...	- 1
312	- Minun	- Electric	- ...	- ...	- ...	- ...	- ...	- 1
313	- Volbeat	- Bug	- ...	- ...	- ...	- ...	- ...	- 1
314	- Illumise	- Bug	- ...	- ...	- ...	- ...	- ...	- 1
315	- Roselia	- Grass/Poison	- ...	- ...	- ...	- 1	- ...	- ...
316	- Gulpin	- Poison	- 1	- ...	- ...	- ...	- ...	- ...
317	- Swalot	- Poison	- 2	- ...	- ...	- ...	- ...	- ...
318	- Carvanha	- Water/Dark	- ...	- 1	- ...	- ...	- ...	- ...
319	- Sharpedo	- Water/Dark	- ...	- 2	- ...	- ...	- ...	- ...
320	- Wailmer	- Water	- 1	- ...	- ...	- ...	- ...	- ...

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
321	- Wailord	- Water	- 2	- ...	- ...	- ...	- ...	- ...
322	- Numel	- Fire/Ground	- ...	- ...	- ...	- 1	- ...	- ...
323	- Camerupt	- Fire/Ground	- ...	- 1	- ...	- 1	- ...	- ...
324	- Torkoal	- Fire	- ...	- ...	- 2	- ...	- ...	- ...
325	- Spoink	- Psychic	- ...	- ...	- ...	- ...	- 1	- ...
326	- Grumpig	- Psychic	- ...	- ...	- ...	- ...	- 2	- ...
327	- Spinda	- Normal	- ...	- ...	- ...	- 1	- ...	- ...
328	- Trapinch	- Ground	- ...	- 1	- ...	- ...	- ...	- ...
329	- Vibrava	- Ground/Dragon	- ...	- 1	- ...	- ...	- ...	- 1
330	- Flygon	- Ground/Dragon	- ...	- 1	- ...	- ...	- ...	- 2
331	- Cacnea	- Grass	- ...	- ...	- ...	- 1	- ...	- ...
332	- Cacturne	- Grass/Dark	- ...	- 1	- ...	- 1	- ...	- ...
333	- Swablu	- Normal/Flying	- ...	- ...	- ...	- ...	- 1	- ...
334	- Altaria	- Dragon/Flying	- ...	- ...	- ...	- ...	- 2	- ...
335	- Zangoose	- Normal	- ...	- 2	- ...	- ...	- ...	- ...
336	- Seviper	- Poison	- ...	- 1	- ...	- 1	- ...	- ...
337	- Lunatone	- Rock/Psychic	- ...	- ...	- ...	- 2	- ...	- ...
338	- Solrock	- Rock/Psychic	- ...	- 2	- ...	- ...	- ...	- ...
339	- Barboach	- Ground/Water	- 1	- ...	- ...	- ...	- ...	- ...
340	- Whiscash	- Ground/Water	- 2	- ...	- ...	- ...	- ...	- ...

Num	- Name	- TYPE	- HP	- ATT	- DEF	- SAT	- SDF	- SPD
341	- Corphish	- Water	- ...	- 1	- ...	- ...	- ...	- ...
342	- Crawdaunt	- Water/Dark	- ...	- 2	- ...	- ...	- ...	- ...
343	- Baltoy	- Psychic/Ground	- ...	- ...	- ...	- ...	- 1	- ...
344	- Claydol	- Psychic/Ground	- ...	- ...	- ...	- ...	- 2	- ...
345	- Lileep	- Rock/Grass	- ...	- ...	- ...	- ...	- 1	- ...
346	- Cradily	- Rock/Grass	- ...	- ...	- ...	- ...	- 2	- ...
347	- Anorith	- Rock/Bug	- ...	- 1	- ...	- ...	- ...	- ...

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348 - Armaldo      - Rock/Bug      - ... - 2 - ... - ... - ... - ...
349 - Feebas       - Water         - ... - ... - ... - ... - ... - 1
350 - Milotic      - Water         - ... - ... - ... - ... - 2 - ...
351 - Castform     - Normal        - 1 - ... - ... - ... - ... - ...
352 - Kecleon     - Normal        - ... - ... - ... - ... - 1 - ...
353 - Shuppet     - Ghost         - ... - 1 - ... - ... - ... - ...
354 - Banette     - Ghost         - ... - 2 - ... - ... - ... - ...
355 - Dusknoll    - Ghost         - ... - ... - 1 - ... - 1 - ...
356 - Dusclops    - Ghost         - ... - ... - 1 - ... - 2 - ...
357 - Tropius     - Flying/Grass  - 2 - ... - ... - ... - ... - ...
358 - Chimecho    - Psychic       - ... - ... - ... - 1 - 1 - ...
359 - Absol       - Dark          - ... - 2 - ... - ... - ... - ...
360 - Wynaut      - Psychic       - 1 - ... - ... - ... - ... - ...

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=====
Num - Name          - TYPE          - HP - ATT - DEF - SAT - SDF - SPD
=====
361 - Snorunt       - Ice           - 1 - ... - ... - ... - ... - ...
362 - Glalie        - Ice           - 2 - ... - ... - ... - ... - ...
363 - Spheal        - Ice/Water     - 1 - ... - ... - ... - ... - ...
364 - Sealeo        - Ice/Water     - 2 - ... - ... - ... - ... - ...
365 - Walrein       - Ice/Water     - 3 - ... - ... - ... - ... - ...
366 - Clamperl     - Water         - ... - ... - 1 - ... - ... - ...
367 - Huntail       - Water         - ... - 1 - 1 - ... - ... - ...
368 - Gorebyss     - Water         - ... - ... - ... - 2 - ... - ...
369 - Relicanth    - Water/Rock    - 1 - ... - 1 - ... - ... - ...
370 - Luvdisc       - Water         - ... - ... - ... - ... - ... - 1
371 - Bagon         - Dragon        - ... - 1 - ... - ... - ... - ...
372 - Shelgon       - Dragon        - ... - ... - 2 - ... - ... - ...
373 - Salamence     - Dragon/Flying - ... - 3 - ... - ... - ... - ...
374 - Beldum        - Steel/Psychic - ... - ... - 1 - ... - ... - ...
375 - Metang        - Steel/Psychic - ... - ... - 2 - ... - ... - ...
376 - Metagross    - Steel/Psychic - ... - ... - 3 - ... - ... - ...
377 - Regirock      - Rock          - ... - ... - 3 - ... - ... - ...
378 - Regice        - Ice           - ... - ... - ... - ... - 3 - ...
379 - Registeel    - Steel         - ... - ... - 2 - ... - 1 - ...
380 - Latias        - Psychic/Dragon - ... - ... - ... - ... - 3 - ...

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=====
Num - Name          - TYPE          - HP - ATT - DEF - SAT - SDF - SPD
=====
381 - Latios        - Psychic/Dragon - ... - ... - ... - 3 - ... - ...
382 - Kyogre        - Water         - ... - ... - ... - 3 - ... - ...
383 - Groudon       - Ground        - ... - 3 - ... - ... - ... - ...
384 - Rayquaza      - Dragon/Flying - ... - 2 - ... - 1 - ... - ...
385 - Jirachi       - Steel/Psychic - 3 - ... - ... - ... - ... - ...
386 - Deoxys        - Psychic       - ... - 1 - ... - 1 - ... - 1

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<<<<< Good EV training spots >>>>>
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\*\* This section comes directly from Amazing Ampharos' Reference FAQ. \*\*

[ FRLG EV training spots(wild) ]

<< HP >>

Three island port through cave(after national Pokedex) Dunsparce(1 HP EV)  
Ruin Valley Water LG only Marill(2 HP EVs)  
Ruin Valley Water FR only Wooper(1 HP EV)  
Route 6, 22, 23, 25 Water LG only Slowpoke(1 HP EV)  
Viridian City Water LG only Slowpoke(1 HP EV)  
Fuchsia City LG only Slowpoke(1 HP EV)



Four Island LG only Marill(2 HP EVs) Slowpoke(1 HP EV)

<< Attack >>

Mt. Moon B1 Paras(1 Attack EV)

<< Defense >>

Route 21 grass Tangela(1 Defense EV)

<< Speed >>

Diglett's Cave Diglett(1 Speed EV) Dugtrio(2 Speed EVs)

Route 1 Pidgey(1 Speed EV) Rattata(1 Speed EV)

Altering Cave Zubat(1 Speed EV)

<< Special Attack >>

Pokemon tower Gastly(1 SA EV) Haunter(2 SA EVs) run from Cubone

Route 6, 22, 23, 25 Water FR only Psyduck(1 SA EV)

Mt. Ember B3 Slugma(1 SA EV)

Viridian City Water FR only Psyduck(1 SA EV)

Fuchsia City FR only Psyduck(1 SA EV)

Unknown Dungeon FR only Psyduck(1 SA EV) Golduck(2 SA EVs)

<< Special Defense >>

Kindle Road Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Treasure Beach Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Bond Bridge Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Outcast Island Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Green Path Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Water Path Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Trainer Tower Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

Tanoby Ruins Water Tentacool(1 SD EV) Tentacruel(2 SD EVs) Mantine(2 SD EVs)

Route 4 ,10, 11, 12, 13, 19, 20, 21, 24 Water Tentacool(1 SD EV)

Pallet Town Water Tentacool(1 SD EV)

Cerulean City Water Tentacool(1 SD EV)

Cinnabar Island Water Tentacool(1 SD EV)

One Island Water Tentacool(1 SD EV) Tentacruel(2 SD EVs)

[ FRLG vs. seeker EVs \*special thanks to Jiggy37\* ]

<< Route 6 >>

Picnicker Isabelle (final team): Lv. 47 Pidgeotto, Lv. 47 Pidgeotto,

Lv. 50 Pidgeot (total: 7 Speed)

<< Route 11 >>

Engineer Bernie (final team): Lv. 28 Magnetron, Lv. 28 Magnetron,

Lv. 28 Magnetron (total: 6 Special Attack)

Youngster Yasu (final team): Lv. 47 Raticate, Lv. 47 Raticate,

Lv 47 Raticate (total: 6 Speed)

<< Cycling Road >>

Biker Ruben (final team): Lv. 48 Weezing, Lv. 48 Weezing,

Lv. 48 Weezing (total: 6 Defense)

Biker Virgil (only team): Lv. 28 Weezing, Lv. 28 Weezing,

Lv. 28 Koffing (total: 5 Defense)

Cue Ball Isaiah (final team): Lv. 49 Machoke, Lv. 49 Machop (total: 5 Attack)

Cue Ball Jamal (only team): Lv. 26 Mankey, Lv. 26 Mankey, Lv. 26 Machop,

Lv. 26 Machop (total: 6 Attack)

Cue Ball Corey (final team): Lv. 49 Primeape, Lv. 49 Machop (total: 5 Attack)

Biker William (only team): Lv. 25 Koffing, Lv. 25 Koffing, Lv. 25 Koffing,

Lv. 25 Weezing, Lv. 25 Weezing (total: 7 Defense)

<< Route 13 >>

Picnicker Susie (final team): Lv. 52 Pidgeot, Lv. 52 Raichu, Lv. 52 Persian,  
Lv. 52 Persian, Lv. 52 Raticate (total: 12 Speed)

Bird Keeper Robert (final team): Lv. 47 Pidgeot, Lv. 47 Pidgeot, Lv. 47 Fearow,  
Lv. 47 Fearow (total: 10 Speed)

<< Route 15 >>

Bird Keeper Chester (final team): Lv. 48 Dodrio, Lv. 48 Dodrio, Lv. 48 Dodrio  
(total: 6 Attack)

Picnicker Becky (final team): Lv. 54 Raichu, Lv. 54 Raichu (total: 6 Speed)

<< Route 18 >>

Bird Keeper Jacob (final team): Lv. 47 Fearow, Lv. 47 Fearow, Lv. 47 Fearow,  
Lv. 47 Fearow (total: 8 Speed)

<< Route 21 >>

Fisherman Ronald: Lv. 28 Seaking, Lv. 28 Goldeen, Lv. 28 Seaking,  
Lv. 28 Seaking (total: 7 Attack)

<< Kindle Road >>

Black Belt Hugh (final team): Lv. 55 Machoke, Lv. 55 Machamp (total: 5 Attack)

Black Belt Shea (final team): Lv. 55 Machoke, Lv. 55 Machamp (total: 5 Attack)

Fisherman Tommy: Lv. 33 Goldeen, Lv. 33 Goldeen, Lv. 35 Seaking,  
Lv. 35 Seaking, Lv. 35 Seaking (total: 8 Attack)

<< Bond Bridge >>

Tuber Amira (final team): Lv. 47 Poliwhirl, Lv. 47 Poliwhirl, Lv. 47 Poliwhirl  
(total: 6 Speed)

<< Sevault Canyon >>

Aroma Lady Miah (only team): Lv. 50 Bellossom, Lv. 50 Bellossom  
(total: 6 Special Defense)

PKMN Ranger Nicolas (final team): Lv. 55 Victreebel, Lv. 55 Victreebel  
(total: 6 Attack)

PKMN Ranger Madeline (final team): Lv. 55 Vileplume, Lv. 55 Vileplume  
(total: 6 Special Attack)

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<<<<< The End >>>>>

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- strawhat : for the pokedex info  
([http://db.gamefaqs.com/portable/gbadvance/file/pokemon\\_frlg\\_pokedex.txt](http://db.gamefaqs.com/portable/gbadvance/file/pokemon_frlg_pokedex.txt))
- Amazing Ampharos : for the EV training locations  
([http://db.gamefaqs.com/portable/gbadvance/file/pokemon\\_frlg\\_reference.txt](http://db.gamefaqs.com/portable/gbadvance/file/pokemon_frlg_reference.txt))
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([http://db.gamefaqs.com/portable/gbadvance/file/pokemon\\_rs\\_trainer.txt](http://db.gamefaqs.com/portable/gbadvance/file/pokemon_rs_trainer.txt))

Their guides can all be found at GameFAQs.com

...and speaking of GameFAQs, a big thanks to you, for providing us with a  
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display their work. Thank you.

And finally, in the words of the detective  
known only as Columbo, just one more thing.

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