$$Maximize = \sum_{t=0}^{18} x_{ft} \sum_{s+1=1}^{19} x_{fs} \sum_{f=110}^{115} d_{ts} + \sum_{m=0}^{18} B$$

$with:$

x_ft : 1 if frequency f is assigned to t, 0 otherwise

x_ft : 1 if frequency f is assigned to s, 0 otherwise

d_ts : Diagonal Distance between t and s

B : Bonus assigned to unique frequencies