

Members radios programming information for Primary, Alternant and Tertiary frequencies.

CH1-446.000 Statewide 70CM Coordination
 CH2-223.500 Statewide 1.25M Coordination
 CH3-146.520 Statewide 2M Coordination
 CH4-146.460 Androscoggin Co 2M Primary Simplex
 CH5-147.540 Androscoggin Co 2M Secondary Simplex
 CH6-146.430 Androscoggin Co 2M Tertiary Simplex
 CH7-146.61000 -600kHz Offset, CTCSS 88.5Hz 2M Lewiston Rptr.
 CH8-147.31500 +600kHz Offset, CTCSS 103.5Hz 2M Poland Rptr.
 CH9-146.895 -600kHz Offset, CTCSS 103.5Hz 2M Livermore Rptr.
 CH10-52.525 Statewide 6M Coordination
 CH11-3,940 Statewide 40M (Night) HF Coordination
 CH12-7,262 Statewide 80M (Day) HF Coordination

NOAA Weather Radio Frequencies	Airport Weather Frequencies
162.40000 Elsworth	KLEW Auburn 118.025 (207-783-2806)
162.42500	KAUG Augusta 118.325 (207-623-0432)
162.45000 Sugarloaf	KBXM Brunswick 134.875 (207-409-1747)
162.47500	KPWM Portland 119.05 (207)775-1039
162.50000 Mount Washington	KPWM Portland 207-874-7914
162.52500	KBGR Bangor 207-947-5293
162.55000 Falmouth	KBOS Boston 617-567-5762

UTC Time Server

2.5 Fort Collins, Colorado, USA
 3.33 Ottawa, Canada
 2.5 Kekaha, Hawaii, USA
 5 Fort Collins, Colorado, USA
 5 Kekaha, Hawaii, USA
 7.85 Ottawa, Canada
 10 WWV Fort Collins, Colorado, USA
 10 Kekaha, Hawaii, USA Continuous
 14.67 Ottawa, Canada
 15 Fort Collins, Colorado, USA
 15 Kekaha, Hawaii, USA
 20 Fort Collins, Colorado, USA

Maine Emergency Simplex Frequency Assignments

Primary Repeater Frequencies

Revision 2 06/11/06
Prepared by Bryce Rumery, K1GAX, Maine ARES SEC

County	Primary Simplex	Secondary Simplex	Tertiary Simplex	Primary Repeater
Androscoggin	146.460	147.540	146.430	146.610
Aroostock	146.475	147.510	146.505	146.730
Cumberland	146.415	147.525	146.535	147.090
Franklin	146.535	147.570	146.580	
Hancock	146.565	147.495	146.535	146.910
Kennebec	147.480	146.475	147.450	145.390
Knox	147.540	146.445	147.570	
Lincoln	147.510	146.505	147.450	
Oxford	146.550	147.435	146.505	146.880
Penobscot	146.580	147.555	146.550	146.940
Piscataquis	146.400	147.450	146.565	
Sagadahoc	146.490	147.555	146.565	147.210
Somerset	147.420	146.430	147.525	
Waldo	146.430	147.465	146.460	
Washington	147.525	146.460	147.570	147.330
York	147.570	146.445	147.540	145.410
Statewide Coordination	146.520			KQ1L System

Primary Repeater = Output Frequency of Primary Repeater

Additional Frequencies:

3940 kHz Statewide (night)
7262 kHz Statewide (day)

52.525 MHz
223.500 MHz
446.000 MHz

Statewide 6 M Coordination
Statewide 1 ¼ M. Coordination
Statewide 70 CM Coordination



Androscoggin ARES/RACES

KA1AAR
KA1AAR.ORG



As OF 7 Jul 21

Net Procedure

Androscoggin ARES/RACES operates three types of net to support training, events and activation.

Information and Training Net:

The weekly Thursday VHF net on the Androscoggin Amateur Radio Club (W1NPP) 610 Repeater is our primary Training Net with other Training Nets scheduled when opportunities are available.

The Training Nets give us the opportunity to exchange information, conduct training and provide information about the Androscoggin ARES/RACES group to the listening public.

Event Net:

Event Nets are scheduled to support local events like the MS Walk and Dempsey Challenge. The nets are designed and prepared with known operating times, stations and traffic intent to support the event.

Activation Net:

Real Activation Nets are situation driven and could leave no preparation time. These activations can last several days depending on severity, note each operational period should not last more than 12 hours, therefore multiple activation nets may be required. Historically major storms have resulted in the activation of Skywarn Nets.

Location

Whenever possible, Net Control should be conducted from the Androscoggin Unified EMA. Event Nets may require Net Control operated from a different location. The location should allow for adequate transmission and reception of primary and alternate operating frequencies.

Net Preparation:

- Arrive/Prepare early
- Utilize a radio log system
- Ensure radio system is functioning properly



Androscoggin ARES/RACES

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As OF 7 Jul 21

Operating Tips:

- When putting out requests for response (such as check-ins) indicate “Nothing Heard” when no response is heard so stations attempting to get in know they were missed.
- After several check-ins, acknowledge each one phonetically then continue asking for more check-ins.
- Keep transmissions brief.
- Keep in mind “What is the goal of my transmission?” Will your transmission achieve that goal? Do not say something for the sake of saying something.
- Listen before you speak, try to avoid doubling with other stations.
- When transmitting, key up, wait a second, give your transmission, wait a second, then unkey. Allow the repeater to drop before starting another transmission. Having multiple repeaters linked may require extra time to key up before transmitting.

Information and Training Net Procedure:

Net Frequencies: Pri: Lewiston 146.610MHz - 88.5Hz Alt: Androscoggin Primary Simplex frequency 146.460.

Format Notes:

(Italicized words below are instructions for the net control operator, they are not to be read aloud.)

[Brackets denote actions for the net control operator and are not to be read aloud]

Plan test is the script for the net control operator.

Before Opening the Net:

[5 Minutes before the net announce on the repeater]

(do not take early check-ins, the intent of the training net is to have a station lineup to help the net control operator become proficient in taking, acknowledging and directing stations – such as stations who have traffic, announcements, may be mobile, short-time, etc.)

The Androscoggin County ARES/RACES Net will begin in five minutes.



Androscoggin ARES/RACES

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As OF 7 Jul 21

Information and Training Net Preamble:

[note time in your log]

Does anyone need to use the repeater before the Net begins?

(Listen for about 2 seconds.)

All stations this net, all stations this net, calling the Androscoggin County ARES/RACES Net. This is Net Control station [call sign], my name is [first name]. operating from [your town location or EOC].

The purpose of this net is to facilitate training, coordinate events and provide information about the Androscoggin County ARES/RACES group in support of the Androscoggin County Unified EMA and community activities in Androscoggin County.

Information about the Androscoggin County ARES/RACES can be found at URL

KA1AAR.ORG

[Break to reset the repeater]

This is a directed net; all traffic must go through the Net Control Station. Stations not participating are requested to stand by until the net is complete. Stations with emergency or priority traffic may break in at any time.

This net meets every Thursday Night at 1930 hours local time on the 146.61 repeater. In the event the repeater is not available the Androscoggin Primary Simplex frequency 146.460 shall be used.

All amateur operators with 2m privileges are welcome to check in.

We will now take check-ins, please give your call sign phonetically, your name, location and indicate if you have voice traffic.

(Listen for about 2 seconds for after each transmission to allow stations time to respond. Write down call signs and annotate if they have traffic or must leave early. Acknowledge responding stations in groups by call signs.)

Any Additional check-ins, please come now.

Repeat until no more stations heard.

Remember to ID every 10 minutes with your call sign.



Androscoggin ARES/RACES

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As OF 7 Jul 21

Go through your list of check-ins that indicated bulletins and traffic for the net and let them pass their traffic. Start with any officials, (SEC, DEC, EC, AEC).

(Close the voice net and take digital check-ins)

This concludes the voice portion of our net, if you are going to participate in the digital net please come now and indicate if you have traffic for the net.

(Manage the traffic by directing the station to pass the traffic)

Training Net Closing:

Thank you to the Androscoggin Amateur Radio Club for the use and maintenance of this repeater. If you would like more information about the Androscoggin County ARES/RACES group our web page can be found at URL: KA1AAR.ORG

This is [your call sign], net control station for the Androscoggin ARES/RACES closing the net at [time].

After the Net send a net report to the Androscoggin ARES EC at keith@anoe.us

Submit a Net Report to the EC with the following information:

- NCS
- Start Time Voice and Digital
- End Time Voice and Digital
- Number of Stations Voice and Digital
- Station Call Signs Voice and Digital
- Number of messages passed Voice and Digital.
- Notes that you would like to be provided.

NCS: KE4UCW

Voice Net

Start Time: 19:33

Four Station: KE6PIJ, N1OXA, KU1U, KC1AIH

Two MSGs Passed:

KE4UCW R to NET – ARES/RACES status and schedule.

N1OXA R to KE6PIJ – MSG # 123

Notes: Good net, all station Good Readable.

End Time: 19:47

Digital Net.

Start Time: 19:49

Four Station: N1OXA, KC1AIH

Two MSGs Passed:

KC1AIH R to N1OXA – Test Msg

End Time: 19:55

NUMBER	PRECEDENCE	HX	STATION OF ORIGIN	CHECK	PLACE OF ORIGIN	TIME FILED	DATE
347	PRIORITY	E	K7ABT	ARL 14	BEAVERTON OR	0830	July 8
TO:			ARES Coordinator Washington County EOC		Donald Smith 164 158TH Beaverton OR 97006 503-555-1212		
TELEPHONE:							
ARRIVED	BEAVERTON	EOC	0715	X	(5)		
ARL	NINE	2	ARL	ELEVEN	(10)		
KB7VHI	146.90	UNTIL	1030		(15)		
SIGNATURE: Alvin Carlson KB7VHI							

SAMPLE RADIOGRAM AND NTS QUICK REFERENCE

Formally read as:

Message number three four seven, priority, Echo, Kilo seven Alpha Bravo Tango, ARL one four, Beaverton OR, zero eight three zero local, July eight.

Initials Alpha Romeo Echo Sierra, coordinator, Washington County initials Echo Oscar Charlie, no phone, break for text.

Alternate: Donald Smith, figures one six four, mixed group one five eight Tango Hotel, Beaverton OR figures nine seven zero zero six, phone, Five zero three, five five five, one two one two, break for text.

Arrived, beaverton, initials Echo Oscar Charlie, figures zero seven one five, xray, ARL, nine, figures two, ARL, eleven, mixed group Kilo Bravo seven Victor Hotel India, figures one four six decimal nine zero, until, figures one zero three zero, break for signature.

Alvin Carlson, end of message.

Notes:

- Spell phonetically all difficult or unusual words.
- Do not use CW abbreviations or Q-signals.
- ARL numbers should be spelled out.
- Messages MUST have a signature.

Figures – The following word is a number [decimal number]. Telephone numbers are considered three words in text.

Initials – The following word is a series of letters.

Mixed Group – The following word is a combination of letters and numbers.

Precedence: (highest to lowest)

- If unsure about precedence, consult with Net Control.
- Welfare and Routine not typically used in EOC traffic.

Emergency – Message having life and death urgency transmitted by Amateur Radio in the absence of regular commercial facilities. This includes official messages of welfare or government agencies. If in doubt do not use it.

Priority – Important message having a specific time limit. Official messages not covered in the Emergency precedence; Notification of death or injury in a disaster area, personal or official.

Welfare – Message that is either a) an inquiry as to the health and welfare of an individual in the disaster area b) an advisory or reply from the disaster area that indicates that all is well.

Routine – Most traffic carries this designation.

Handling Instructions:

- HXA** – Collect landline delivery within miles (If no number, unlimited authorization).
- HXB** – Cancel message if not delivered within hours of filing time; inform originator.
- HXC** – Report the date and time the message was delivered to the originating station.
- HXD** – Each station that handles the message should report identity and TOD of delivery to next station.
- HXE** – Delivering station get reply from addressee, originate message back.
- HXF** – Hold delivery until (date).
- HXG** – Delivery by mail or landline toll call not required. If expense is require, cancel and inform originator.

Phonetic Alphabet:

LETTE R	WORD	LETTER	WORD	LETTER	WORD
A	Alpha	J	Juliet	S	Sierra
B	Bravo	K	Kilo	T	Tango
C	Charlie	L	Lima	U	Uniform
D	Delta	M	Mike	V	Victor
E	Echo	N	November	W	Whiskey
F	Foxtrot	O	Oscar	X	Xray
G	Golf	P	Papa	Y	Yankee
H	Hotel	Q	Quebec	Z	Zulu
I	India	R	Romeo		

Common pro-words used on Nets:

- Break** – Reading message: A separation between portions of a message. Interruption: Declare a need to use the frequency for an emergency. For a non-emergency interrupt using your call sign.
- Clear** – Done with a call.
- Monitoring** – Station is not involved in a conversation, but is monitoring the frequency.
- Over** – Simplex: My transmission is ended and I expect a response from you. Repeater: Not used on a repeater.
- Roger** – I have received all of your last transmission.
- Say Again** – Please repeat the last transmission.
- Securing** – Station is leaving the air.
- Words Twice** – While sending: Since communication is difficult, every phase in this message will be sent twice.

ARRL Numbered Radiograms

The letters ARL are inserted in the preamble in the check and in the text before spelled out numbers, which represent texts from this list. Note that some ARL texts include insertion of numerals. For additional information about traffic handling, consult "The ARRL Operating Manual," published by American Radio Relay League (ARRL).

Group One -- For Possible "Relief Emergency" Use

Emergency/priority messages originating from official sources must carry the signature of the originating official.

- ONE** -- Everyone safe here. Please don't worry.
- TWO** -- Coming home as soon as possible.
- THREE** -- Am in ____ hospital. Receiving excellent care and recovering fine.
- FOUR** -- Only slight property damage here. Do not be concerned about disaster reports.
- FIVE** -- Am moving to new location. Send no further mail or communication. Will inform you of new address when relocated.
- SIX** -- Will contact you as soon as possible.
- SEVEN** -- Please reply by Amateur Radio through the amateur delivering this message. This is a free public service.
- EIGHT** -- Need additional ____ mobile or portable equipment for immediate emergency use.
- NINE** -- Additional ____ radio operators needed to assist with emergency at this location.
- TEN** -- Please contact _____. Advise to standby and provide further emergency information, instructions or assistance.
- ELEVEN** -- Establish Amateur Radio emergency communications with ____ on ____ MHz.
- TWELVE** -- Anxious to hear from you. No word in some time. Please contact me as soon as possible.
- THIRTEEN** -- Medical emergency situation exists here.
- FOURTEEN** -- Situation here becoming critical. Losses and damage from ____ increasing.
- FIFTEEN** -- Please advise your condition and what help is needed.
- SIXTEEN** -- Property damage very severe in this area.
- SEVENTEEN** -- REACT communications services also available. Establish REACT communication with ____ on channel ____.
- EIGHTEEN** -- Please contact me as soon as possible at ____.
- NINETEEN** -- Request health and welfare report on ____ (State name, address and telephone number).
- TWENTY** -- Temporarily stranded. Will need some assistance. Please contact me at ____.
- TWENTY ONE** -- Search and Rescue assistance is needed by local authorities here. Advise availability.
- TWENTY TWO** -- Need accurate information on the extent and type of conditions now existing at your location. Please furnish this information and reply without delay.
- TWENTY THREE** -- Report at once the accessibility and best way to reach your location.
- TWENTY FOUR** -- Evacuation of residents from this area urgently needed. Advise plans for help.

TWENTY FIVE -- Furnish as soon as possible the weather conditions at your location.

TWENTY SIX -- Help and care for evacuation of sick and injured from this location needed at once.

Group Two -- Routine messages

FORTY SIX -- Greetings on your birthday and best wishes for many more to come.

FORTY SEVEN -- Reference your message number ____ to ____ delivered on ____ UTC.

FIFTY -- Greetings by Amateur Radio.

FIFTY ONE -- Greetings by Amateur Radio. This message is sent as a free public service by ham radio operators at _____. Am having a wonderful time.

FIFTY TWO -- Really enjoyed being with you. Looking forward to getting together again.

FIFTY THREE -- Received your _____. It's appreciated; many thanks.

FIFTY FOUR -- Many thanks for your good wishes.

FIFTY FIVE -- Good news is always welcome. Very delighted to hear about yours.

FIFTY SIX -- Congratulations on your _____, a most worthy and deserved achievement.

FIFTY SEVEN -- Wish we could be together.

FIFTY EIGHT -- Have a wonderful time. Let us know when you return.

FIFTY NINE -- Congratulations on the new arrival. Hope mother and child are well.

* **SIXTY** -- Wishing you the best of everything on _____.

SIXTY ONE -- Wishing you a very Merry Christmas and a Happy New Year.

* **SIXTY TWO** -- Greetings and best wishes to you for a pleasant _____ holiday season.

SIXTY THREE -- Victory or defeat, our best wishes are with you. Hope you win.

SIXTY FOUR -- Arrived safely at _____.

SIXTY FIVE -- Arriving _____ on _____. Please arrange to meet me there.

SIXTY SIX -- DX QSLs are on hand for you at the ____ QSL Bureau. Send _____ self-addressed envelopes.

SIXTY SEVEN -- Your message number _____ undeliverable because of _____. Please advise.

SIXTY EIGHT -- Sorry to hear you are ill. Best wishes for a speedy recovery.

SIXTY NINE -- Welcome to the _____. We are glad to have you with us and hope you will enjoy the fun and fellowship of the organization.

* Can be used for all holidays.

ARL NUMBERS SHOULD BE SPELLED OUT AT ALL TIMES



THE AMERICAN RADIO RELAY LEAGUE
RADIOGRAM
VIA AMATEUR RADIO



NUMBER	PRECEDENCE	HX	STATION OF ORIGIN	CHECK	PLACE OF ORIGIN	TIME FILED	DATE
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TO

THIS RADIO MESSAGE WAS RECEIVED AT

AMATEUR STATION _____ PHONE _____

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

TELEPHONE NUMBER

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

FROM	DATE	TIME	TO	DATE	TIME
REC'D			SENT		

THIS MESSAGE WAS HANDLED FREE OF CHARGE BY A LICENSED AMATEUR RADIO OPERATOR, WHOSE ADDRESS IS SHOWN IN THE BOX AT RIGHT ABOVE. AS SUCH MESSAGES ARE HANDLED SOLELY FOR THE PLEASURE OF OPERATING, NO COMPENSATION CAN BE ACCEPTED BY A "HAM" OPERATOR. A RETURN MESSAGE MAY BE FILED WITH THE "HAM" DELIVERING THIS MESSAGE TO YOU. FURTHER INFORMATION ON AMATEUR RADIO MAY BE OBTAINED FROM ARRL HEADQUARTERS, 225 MAIN STREET, NEWINGTON, CT 0611

THE AMERICAN RADIO RELAY LEAGUE, INC. IS THE NATIONAL MEMBERSHIP SOCIETY OF LICENSED RADIO AMATEURS AND THE PUBLISHER OF QST MAGAZINE. ONE OF ITS FUNCTIONS IS PROMOTION OF PUBLIC SERVICE COMMUNICATION AMONG AMATEUR OPERATORS. TO THAT END, THE LEAGUE HAS ORGANIZED THE NATIONAL TRAFFIC SYSTEM FOR DAILY NATIONWIDE MESSAGE HANDLING.



THE AMERICAN RADIO RELAY LEAGUE
RADIOGRAM
VIA AMATEUR RADIO



NUMBER	PRECEDENCE	HX	STATION OF ORIGIN	CHECK	PLACE OF ORIGIN	TIME FILED	DATE
--------	------------	----	-------------------	-------	-----------------	------------	------

TO

THIS RADIO MESSAGE WAS RECEIVED AT

AMATEUR STATION _____ PHONE _____

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

TELEPHONE NUMBER

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

FROM	DATE	TIME	TO	DATE	TIME
REC'D			SENT		

THIS MESSAGE WAS HANDLED FREE OF CHARGE BY A LICENSED AMATEUR RADIO OPERATOR, WHOSE ADDRESS IS SHOWN IN THE BOX AT RIGHT ABOVE. AS SUCH MESSAGES ARE HANDLED SOLELY FOR THE PLEASURE OF OPERATING, NO COMPENSATION CAN BE ACCEPTED BY A "HAM" OPERATOR. A RETURN MESSAGE MAY BE FILED WITH THE "HAM" DELIVERING THIS MESSAGE TO YOU. FURTHER INFORMATION ON AMATEUR RADIO MAY BE OBTAINED FROM ARRL HEADQUARTERS, 225 MAIN STREET, NEWINGTON, CT 0611

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ICS 213

General Message

Purpose. The General Message (ICS 213) is used by the incident dispatchers to record incoming messages that cannot be orally transmitted to the intended recipients. The ICS 213 is also used by the Incident Command Post and other incident personnel to transmit messages (e.g., resource order, incident name change, other ICS coordination issues, etc.) to the Incident Communications Center for transmission via radio or telephone to the addressee. This form is used to send any message or notification to incident personnel that requires hard-copy delivery.

Preparation. The ICS 213 may be initiated by incident dispatchers and any other personnel on an incident.

Distribution. Upon completion, the ICS 213 may be delivered to the addressee and/or delivered to the Incident Communication Center for transmission.

Notes:

- The ICS 213 is a three-part form, typically using carbon paper. The sender will complete Part 1 of the form and send Parts 2 and 3 to the recipient. The recipient will complete Part 2 and return Part 3 to the sender.
- A copy of the ICS 213 should be sent to and maintained within the Documentation Unit.
- Contact information for the sender and receiver can be added for communications purposes to confirm resource orders. Refer to 213RR example (Appendix B)

Block Number	Block Title	Instructions
1	Incident Name (Optional)	Enter the name assigned to the incident. This block is optional.
2	To (Name and Position)	Enter the name and position the General Message is intended for. For all individuals, use at least the first initial and last name. For Unified Command, include agency names.
3	From (Name and Position)	Enter the name and position of the individual sending the General Message. For all individuals, use at least the first initial and last name. For Unified Command, include agency names.
4	Subject	Enter the subject of the message.
5	Date	Enter the date (month/day/year) of the message.
6	Time	Enter the time (using the 24-hour clock) of the message.
7	Message	Enter the content of the message. Try to be as concise as possible.
8	Approved by <ul style="list-style-type: none">• Name• Signature• Position/Title	Enter the name, signature, and ICS position/title of the person approving the message.
9	Reply	The intended recipient will enter a reply to the message and return it to the originator.
10	Replied by <ul style="list-style-type: none">• Name• Position/Title• Signature• Date/Time	Enter the name, ICS position/title, and signature of the person replying to the message. Enter date (month/day/year) and time prepared (24-hour clock).

GENERAL MESSAGE (ICS 213)

1. Incident Name (Optional):		
2. To (Name and Position):		
3. From (Name and Position):		
4. Subject:	5. Date: Date	6. Time HHMM
7. Message:		
8. Approved by: Name: _____ Signature: _____ Position/Title: _____		
9. Reply:		
10. Replied by: Name: _____ Position/Title: _____ Signature: _____		
ICS 213	Date/Time: Date	

10 Code List

Code	Text
10-0	Caution
10-1	Reception poor
10-2	Reception good
10-3	Stop transmitting
10-4	Message received, understood
10-5	Repay message
10-6	Change channel
10-7	Out of service
10-7A	Out of service, home
10-7B	Out of service, personal
10-8	In service
10-9	Repeat message
10-10	Off duty
10-10A	Off duty, home
10-11	Identify frequency
10-12	Visitor(s) present
10-13	Weather and road advice
10-14	Citizen w/suspect
10-15	Prisoner in custody
10-16	Pick up prisoner
10-17	Request for gasoline
10-18	Equipment exchange
10-19	Return(ing) to station
10-20	Location
10-21	Telephone
10-21A	Advise home I will return at:
10-22	Disregard last assignment
10-23	Stand by
10-24	Request car-to-car transmit
10-25	Do you have contact with:
10-26	Clear
10-27	D.D.L. report
10-28	Registration request
10-29	Check for wants
10-29F	Subject wanted, felony
10-29H	Hazard potential from subject
10-29M	Subject wanted, Misdemeanor
10-29V	Vehicle wanted
10-30	Doesn't conform to regulations
10-32	Drowning
10-33	Alarm sounding, audible
10-34	Assist at office
10-35	Time check
10-36	Confidential information
10-37	Identify operator
10-39	Can () come to the radio?
10-40	Is () available for phone call?
10-42	Check the welfare of/at:
10-43	Call a doctor

Code	Text
10-45	Condition of patient?
10-45A	Good
Code	Text
10-45B	Serious
10-45C	Critical
10-45D	Dead
10-49	Proceed to:
10-50	Under influence of drugs
10-51	Drunk
10-52	Resuscitator
10-53	Man down
10-54	Possible dead body
10-55	Coroner case
10-56	Suicide
10-56A	Suicide attempt
10-57	Missing person
10-59	Security check
10-60	Lock-out
10-61	Miscellaneous public service
10-62	Meet a citizen
10-62A	Take a report from a citizen
10-62B	Civilian standby
10-63	Prepare to copy
10-64	Found property
10-66	Suspicious person
10-67	Person calling for help
10-68	Telephone for police
10-70	Prowler
10-71	Shooting
10-72	Gun involved
10-73	How do you receive?
10-79	Bomb threat
10-80	Explosion
10-86	Any radio traffic?
10-88	Assume post
10-91	Animal
10-91A	Animal, stray
10-91B	Animal, noisy
10-91C	Animal, injured
10-91D	Animal, dead
10-91E	Animal, bite
10-91G	Animal, pickup
10-91J	Animal, pickup collect
10-91L	Animal, leash law violation
10-91V	Animal, vicious
10-95	Need ID tech unit
10-97	Arrived at scene
10-98	Available to assign

US Amateur Radio Bands

US AMATEUR POWER LIMITS

FCC 97.313 An amateur station must use the minimum transmitter power necessary to carry out the desired communications. (b) No station may transmit with a transmitter power exceeding 1.5 kW PEP.

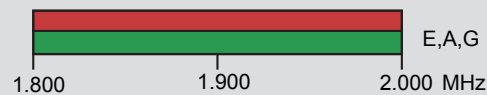
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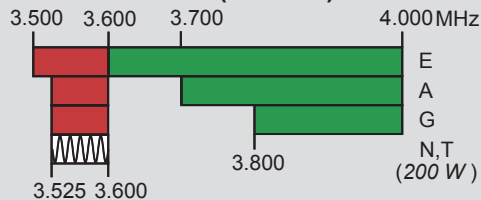


160 Meters (1.8 MHz)

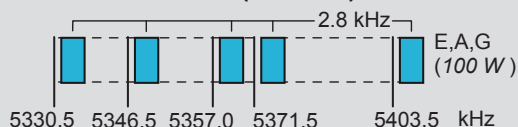
Avoid interference to radiolocation operations from 1.900 to 2.000 MHz



80 Meters (3.5 MHz)

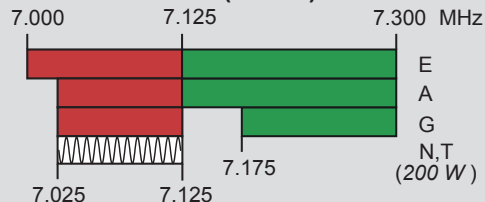


60 Meters (5.3 MHz)



General, Advanced, and Amateur Extra licensees may operate on these five channels on a secondary basis with a maximum effective radiated output of 100 W PEP. Permitted operating modes include upper sideband voice (USB), CW, RTTY, PSK31 and other digital modes such as PACTOR III as defined by the FCC Report and Order of November 18, 2011. USB is limited to 2.8 kHz centered on 5332, 5348, 5358.5, 5373 and 5405 kHz. CW and digital emissions must be centered 1.5 kHz above the channel frequencies indicated above. Only one signal at a time is permitted on any channel.

40 Meters (7 MHz)



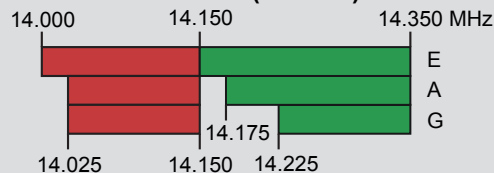
Phone and Image modes are permitted between 7.075 and 7.100 MHz for FCC licensed stations in ITU Regions 1 and 3 and by FCC licensed stations in ITU Region 2 West of 130 degrees West longitude or South of 20 degrees North latitude. See Sections 97.305(c) and 97.307(f)(11). Novice and Technician licensees outside ITU Region 2 may use CW only between 7.025 and 7.075 MHz and between 7.100 and 7.125 MHz. 7.200 to 7.300 MHz is not available outside ITU Region 2. See Section 97.301(e). These exemptions do not apply to stations in the continental US.

30 Meters (10.1 MHz)

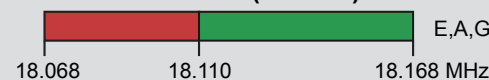
Avoid interference to fixed services outside the US.



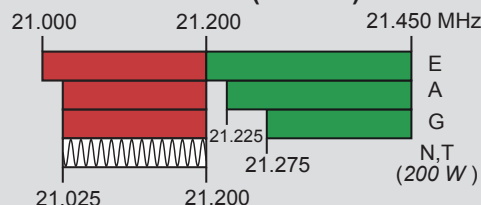
20 Meters (14 MHz)



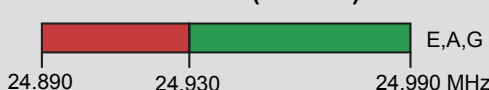
17 Meters (18 MHz)



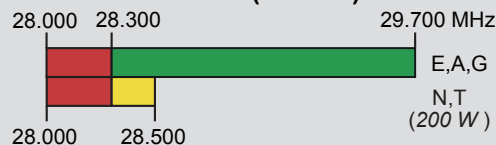
15 Meters (21 MHz)



12 Meters (24 MHz)



10 Meters (28 MHz)



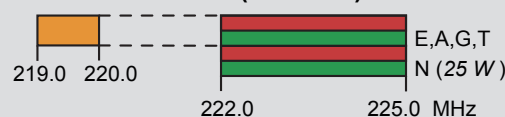
6 Meters (50 MHz)



2 Meters (144 MHz)



1.25 Meters (222 MHz)



*Geographical and power restrictions may apply to all bands above 420 MHz. See *The ARRL Operating Manual* for information about your area.

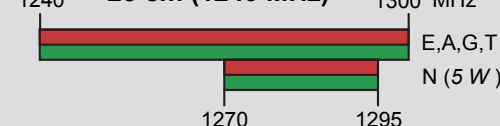
70 cm (420 MHz)*



33 cm (902 MHz)*



23 cm (1240 MHz)*



All licensees except Novices are authorized all modes on the following frequencies:

2300-2310 MHz	10.0-10.5 GHz *	122.25-123.0 GHz
2390-2450 MHz	24.0-24.25 GHz	134-141 GHz
3300-3500 MHz	47.0-47.2 GHz	241-250 GHz
5650-5925 MHz	76.0-81.0 GHz	All above 275 GHz

* No pulse emissions

KEY

Note:

CW operation is permitted throughout all amateur bands.

MCW is authorized above 50.1 MHz, except for 144.0-144.1 and 219-220 MHz.

Test transmissions are authorized above 51 MHz, except for 219-220 MHz

- = RTTY and data
- = phone and image
- = CW only
- = SSB phone
- = USB phone, CW, RTTY, and data
- = Fixed digital message forwarding systems only

E = Amateur Extra
A = Advanced
G = General
T = Technician
N = Novice

See *ARRLWeb* at www.arrl.org for detailed band plans.

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ITU-2

ARRL WAS Map

Worked All States

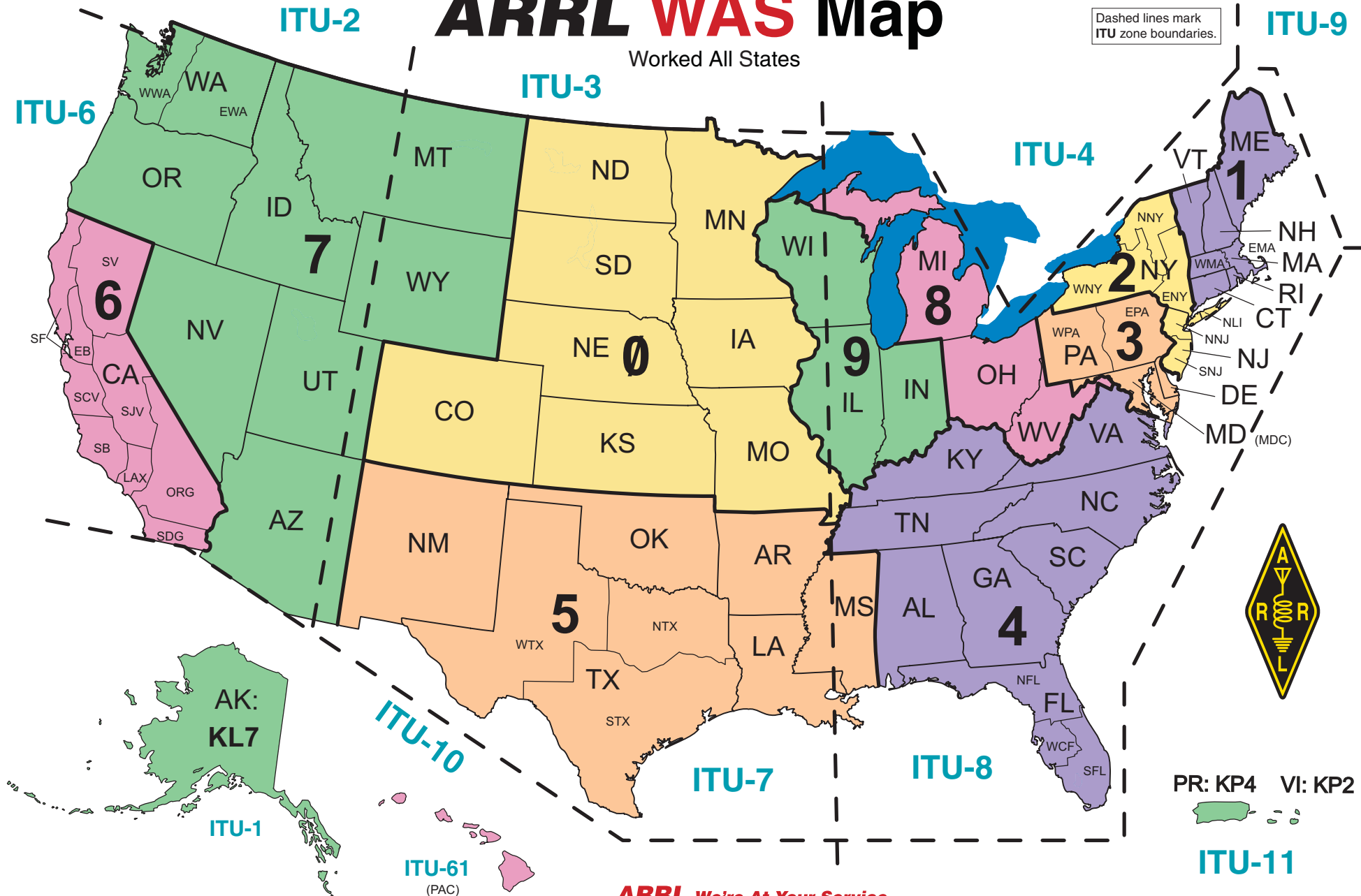
Dashed lines mark
ITU zone boundaries.

ITU-9

ITU-3

ITU-6

ITU-4



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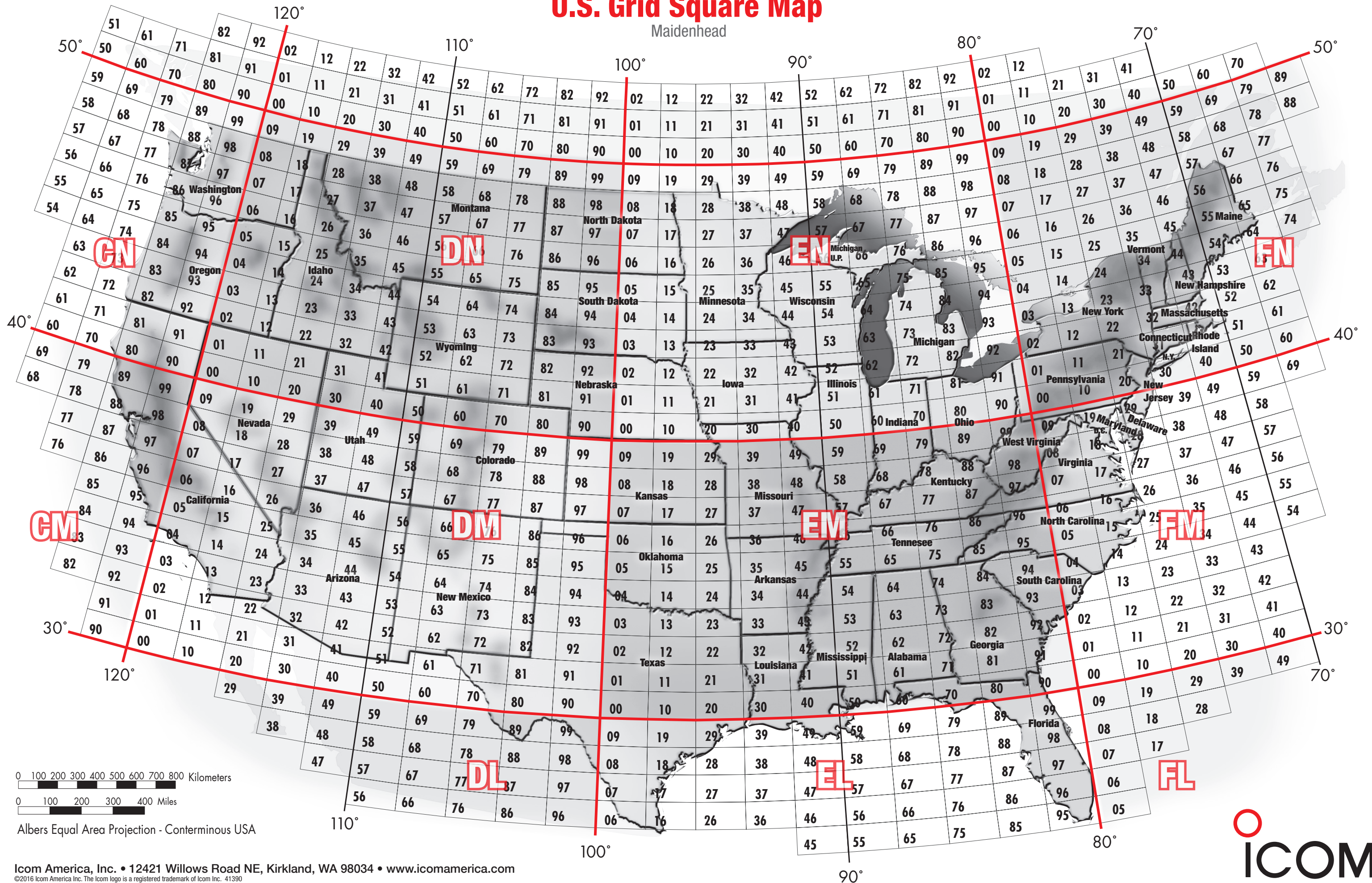
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ARRL The national association for
AMATEUR RADIO

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U.S. Grid Square Map

Maidenhead



0 100 200 300 400 500 600 700 800 Kilometers

0 100 200 300 400 Miles

Albers Equal Area Projection - Conterminous USA

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ICOM®

Major VHF/UHF Contests

Mid January, Full Weekend
ARRL VHF Sweepstakes

Early March, Full Weekend
ARRL International DX Contest Phone

Early April, Spring Sprint–144 MHz

Early April, Spring Sprint–222 MHz

Early April, Spring Sprint–432 MHz

Early May, Spring Sprint–50 MHz

Mid May, Full Weekend
CQ National Fox Hunting Weekend

Early June, Full Weekend
ARRL VHF QSO Party

Mid June, Full Weekend,
SMIRK 6 meter QSO Party

Mid/Late June, Full Weekend
ARRL Field Day

Mid July,
CQ World Wide VHF Contest

Mid July, Full Weekend
IARU HF World Championships

Early August, Full Weekend
ARRL UHF Contest

Mid September, Full Weekend
ARRL September VHF QSO Party

Courtesy: *CQ Magazine & ARRL*

Icom Grid Square Tips:

1. Say your grid square location when operating on VHF & UHF bands.
2. Many portable GPS receivers can read out Maidenhead* grid squares automatically.
3. Say your grid square letters phonetically.
Example: for grid 13 in region DM say “delta, mike, one, three” on air.
4. Give your general location along with your grid square.
5. Have fun on VHF & UHF!

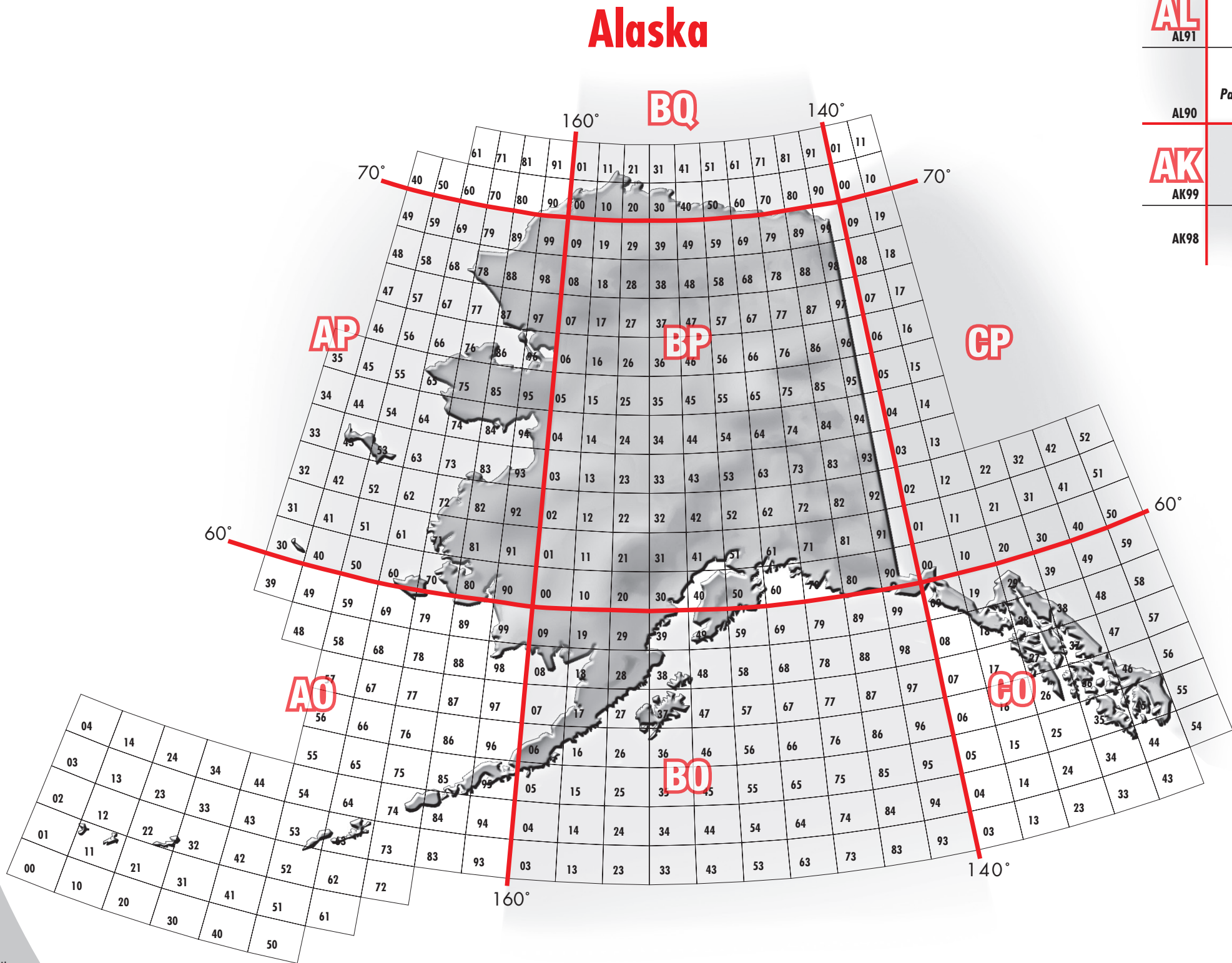
*An instrument of the Maidenhead Locator System (named after the town outside London where it was first conceived by a meeting of European VHF managers in 1980), a grid square measures 1° latitude by 2° longitude and measures approximately 70 x 100 miles in the continental US. A grid square is indicated by two letters (the field) and two numbers (the square).. “

From ARRL source: <http://www.arrl.org/locate/gridinfo.html>

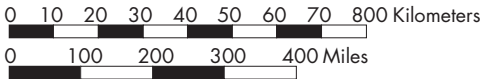
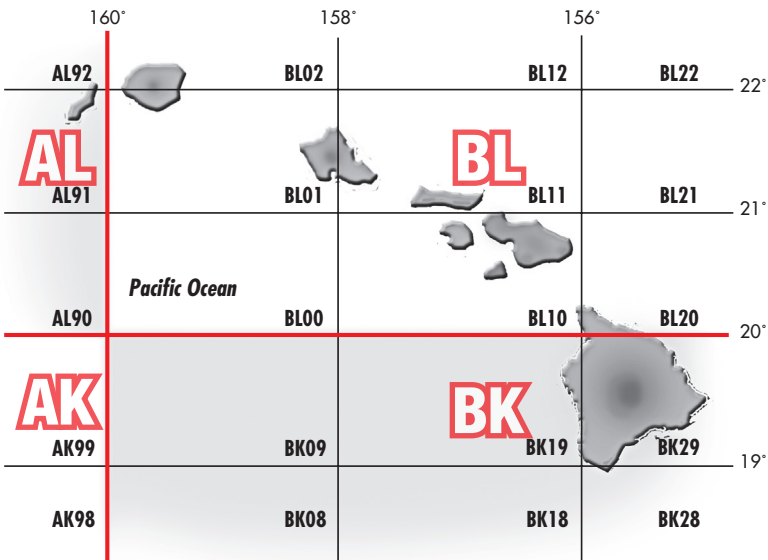
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U.S. Grid Square Map

Maidenhead



Hawaii**



Albers Equal Area Projection - Alaska

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**All maps except Hawaii use an Albers Equal Area Projection. The map of Hawaii is based on the grid square map information from ARRL.

