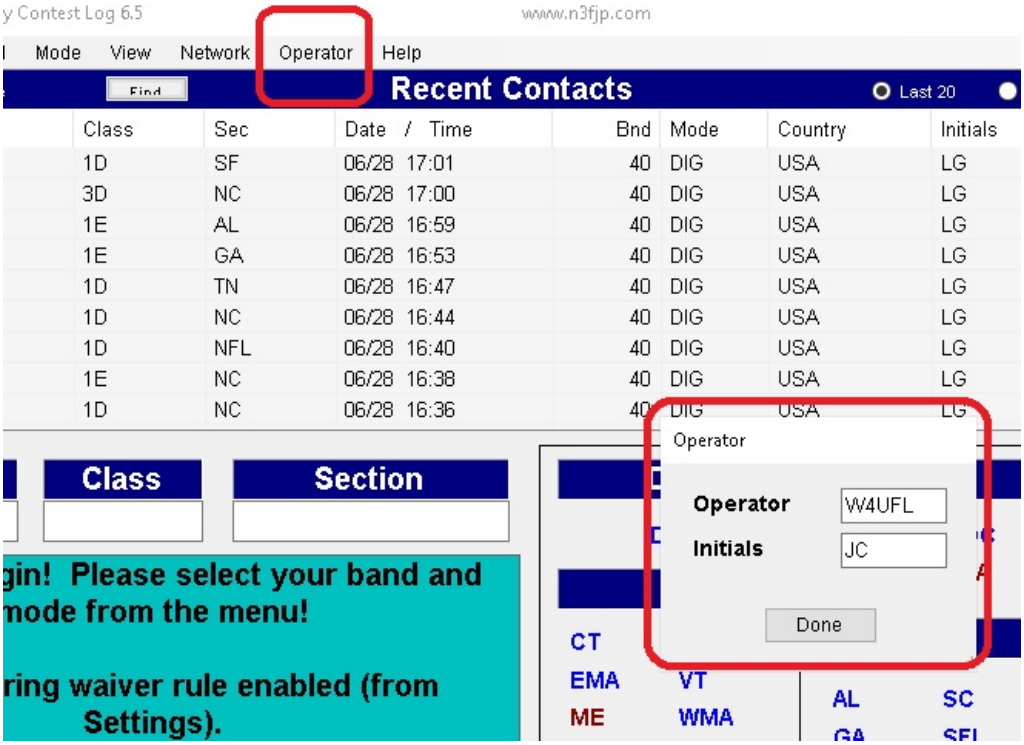
FIELD DAY CONTACT SUGGESTIONS: CW
Alachua County ARES(R) / NFARC

Enter yourself as the operator into the Logging System -- click "Operator" and enter call and initials:



Set your BAND and MODE -- Click on BAND to pick the band, and click on MODE to select CW

For CW you're basically going to have log for yourself or with a helper, into N3FJP. You may wish to have FLDGI going as a helper to RECEIVE CW but it isn't much help even at that and won't log. The memory send options in the ICOM 7300 are pretty useful!

ICOM SETTINGS FOR CW		
ITEM	CHOICE	COMMENT
MODE	Select **CW.** Touch the current mode (USB LSB, whatever it is) on the screen and you'll get the options	
VOX/BK-IN (left-sided physical button just below TUNER button, left hand side of 7300	Set for **BKIN** (not F-BKIN)	Required for the radio to go into TRANSMIT when you begin sending.

KEY TYPE	With **MODE= CW** Press physical button **MENU** Touchscreen **KEYER** Touchscreen **EDIT/SET** Touchscreen **CW-KEY SET** to choose type of key. Set for either **straight key** or **keyer** depending on what you will plug into the 1/4" phone jack on the back.	If you have a STRAIGHT KEY it is easy to get a continuous transmit power -- just press and hold the key down. If you're using PADDLES, there are two solutions: a) Change the CW-KEY SET temporarily to either BUG or STRAIGHT KEY to gain the ability to send a long dash, OR b) click the mode RTTY and push the TRANSMIT button -- you'll get a continuous signal to check settings with. Press again to stop transmitting.

You can use right up to 150 Watts output CW with our amplifiers. .

TYPICAL POWER SETTINGS		
Total Output Power	150 Watts into a TUNED antenna tuner presenting roughly 50 ohms impedance to the station.	This is the power class we are using for our operation. Our power measurements are inexact and only accurate when the TUNER is tuned to present 50 ohms to the station.
Typical CW 7300 % power needed to excite the amplifier to 150 watts output	With no bandpass filter: 80Meter CW: approx 24% (24 watts from transmitter) 20Meter CW: approx 15% With Bandpass Filter:	The 80M gain is reduced by an inadequate cathode RF choke in the heathkit amplifier.
Typical **SB-200 amplifier plate current reading** when the amplifier is tuned correctly and producing 150 watts output	Approx 200-220 mA	The reason the efficiency seems so poor is that 80mA of this is idling current.

Faster stations will tend to be down in the Extra Class segments or just above. Slower stations will be at higher frquencies up to about .070 above each band where various digital modes begin.

Never send CW faster than you can receive...the other station will respond at or above the speed you send!

Setting up the MEMORY SEND in the Icom 7300 will take a lot of work off of you. The Speed can be easily changed with the multi-function button.

When you are in CW mode, pressing the physical MENU pusbhbutton (below touchscreen) and then the softkey KEYER will make the Memory Keyer available. Simply touch one to get it to sent.

The MULTIFUNCTION knob allows you to easily change the SPEED of the keyer if you are using the internal electronic keyer (or the memory keyer).

Here is a typical Field Day CW or digital exchange:

- **NF4AC** "*CQ FD DE NF4AC NF4AC K*"
- **W1AW**: "*W1AW*"
- **NF4AC** "*W1AW DE NF4AC 2F 2F NFL NFL K*"
- **W1AW**: "*QSL 5A 5A CT CT*"
- **N6NA**: "*QSL TU NF4AC FD K*"

- *Some people send R instead of QSL*

Therefore likely Memory Keyer:

Memory	Send	Comment
M1	CQ FD DE NF4AC NF4AC K	CQ call
M2	NF4AC	use to try to answer a CQ
M3	2F 2F NFL NFL K	sending exchange
M4	QSL 2F 2F NFL NFL K	answering an exchange
M5	QSL TU NF4AC FD K	moving to next contact

Amateurs wishing to operate on either 2,200 or 630 meters must first register with the Utilities Technology Council online at **https://utc.org/plc-database-amateur-notification-process/**. You need only register once for each band.

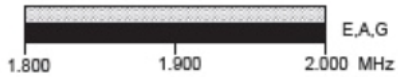
2,200 Meters (135 kHz)

630 Meters (472 kHz)

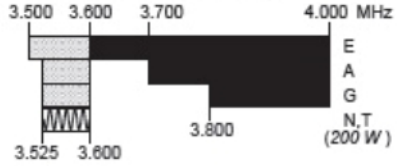
5 W EIRP maximum, except in Alaska within 496 miles of Russia where the power limit is 1 W EIRP.

160 Meters (1.8 MHz)

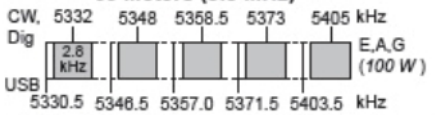
Avoid interference to radiolocation operations from 1.900 to 2.000 MHz



80 Meters (3.5 MHz)

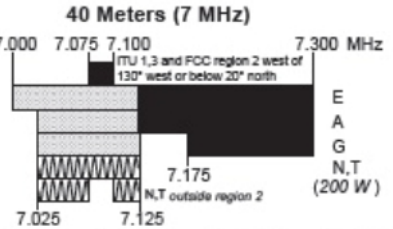


60 Meters (5.3 MHz)



General, Advanced, and Amateur Extra licensees may operate on these five channels on a secondary basis with a maximum effective radiated power (ERP) of 100 W PEP relative to a half-wave dipole. Permitted operating modes include upper sideband voice (USB), CW, RTTY, PSK31 and other digital modes such as PACTOR III. Only one signal at a time is permitted on any channel.

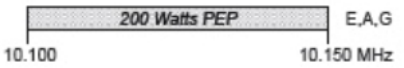
40 Meters (7 MHz)



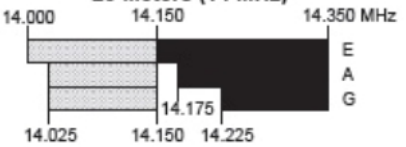
See Sections 97.305(c), 97.307(f)(11) and 97.301(e). These exemptions do not apply to stations in the continental US.

30 Meters (10.1 MHz)

Avoid interference to fixed services outside the US.

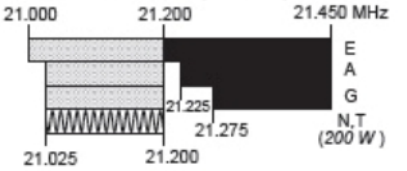


20 Meters (14 MHz)



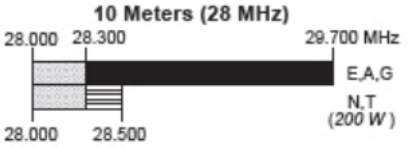
17 Meters (18 MHz)

15 Meters (21 MHz)

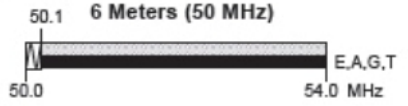


12 Meters (24 MHz)

10 Meters (28 MHz)

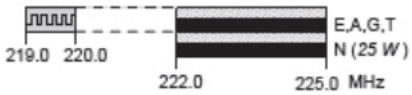


6 Meters (50 MHz)



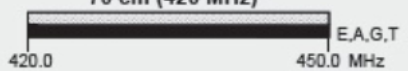
2 Meters (144 MHz)

1.25 Meters (222 MHz)

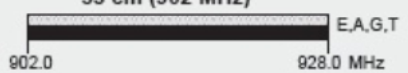


*Geographical and power restrictions may apply to all bands above 420 MHz. See *The ARRL Operating Manual* for information about your area.

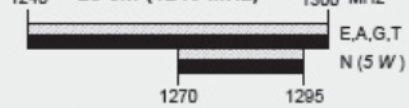
70 cm (420 MHz)*



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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