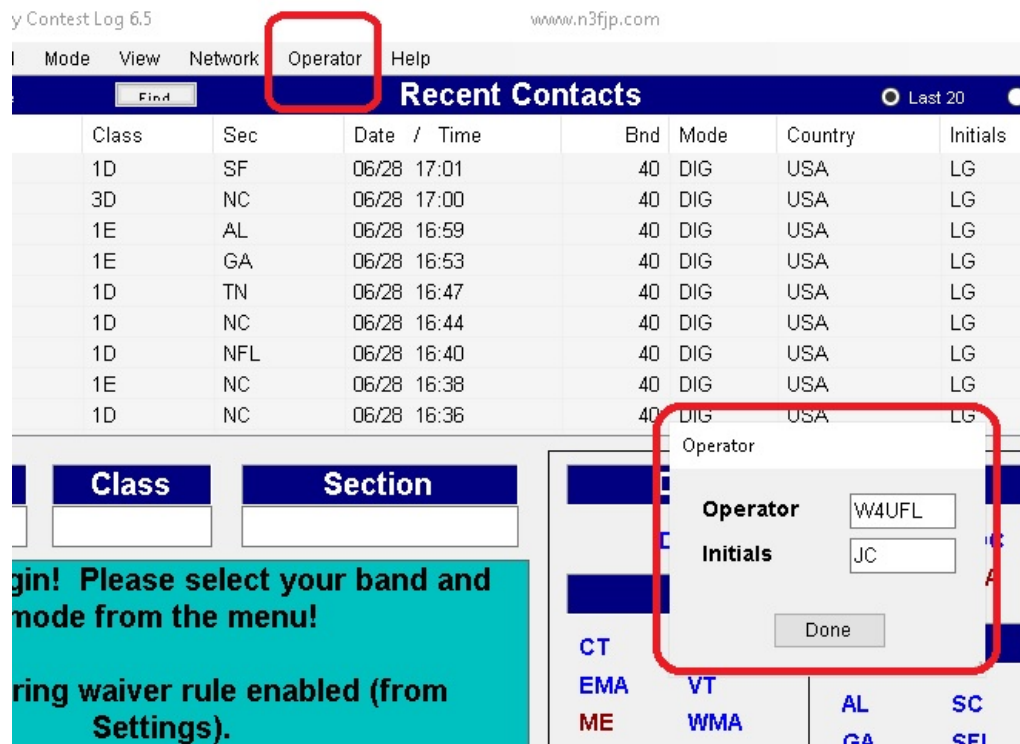


2022 FIELD DAY CONTACT SUGGESTIONS: SINGLE SIDE BAND Alachua County ARES(R) / NFARC

FIRST Enter yourself as the operator into the N3FJP Logging System -- click "Operator" and enter call and initials:



The screenshot shows the N3FJP Logging System interface. The top navigation bar includes 'Mode', 'View', 'Network', 'Operator', and 'Help'. The 'Operator' menu item is highlighted with a red box. Below the navigation bar is a 'Recent Contacts' table with columns for Class, Sec, Date / Time, Bnd, Mode, Country, and Initials. A dialog box is open over the 'Operator' menu, with a red box around it. The dialog box has fields for 'Operator' (containing 'W4UFL') and 'Initials' (containing 'JC'), and a 'Done' button. A teal banner at the bottom left reads: 'Warning! Please select your band and mode from the menu! Warning waiver rule enabled (from Settings).' Below the banner are buttons for 'Class' and 'Section'.

Class	Sec	Date / Time	Bnd	Mode	Country	Initials
1D	SF	06/28 17:01	40	DIG	USA	LG
3D	NC	06/28 17:00	40	DIG	USA	LG
1E	AL	06/28 16:59	40	DIG	USA	LG
1E	GA	06/28 16:53	40	DIG	USA	LG
1D	TN	06/28 16:47	40	DIG	USA	LG
1D	NC	06/28 16:44	40	DIG	USA	LG
1D	NFL	06/28 16:40	40	DIG	USA	LG
1E	NC	06/28 16:38	40	DIG	USA	LG
1D	NC	06/28 16:36	40	DIG	USA	LG

SECOND Set your BAND and MODE in the N3FJP Logging System --

- Click on BAND to pick the band (80, 40, 20, 15, 10, 6, 2 for example)
- Click on MODE to select PHONE

THIRD: SET THE RADIO TO OPERATE

ICOM 7300 RADIO SETTINGS FOR SSB VOICE		
ITEM	CHOICE	COMMENT
MODE	Select LSB or USB as appropriate for Band LSB = 80m / 40m USB = 20m and up. Touch the current mode (USB LSB, whatever it is) on the screen and you'll get the options	NOTE: do not have the PACTOR modem plugged in, EOC inside station. Unplug its DIN connector, back panel.
How to Tune the Antenna Tuner	Put any amplifier into BAREFOOT MODE (or leave OFF) Press the TUNER button left hand side of ICOM 7300 and watch the antenna tuner adjust.	

You can use a full 100 watts SSB on our ICOM 7300's in 2022 Field Day. Just set the power level to 100W. ALC (Automatic Level Control) is automatic on Icom 7300's. Press the TUNER button and our antenna tuners are set to semi-automatically tune for you.

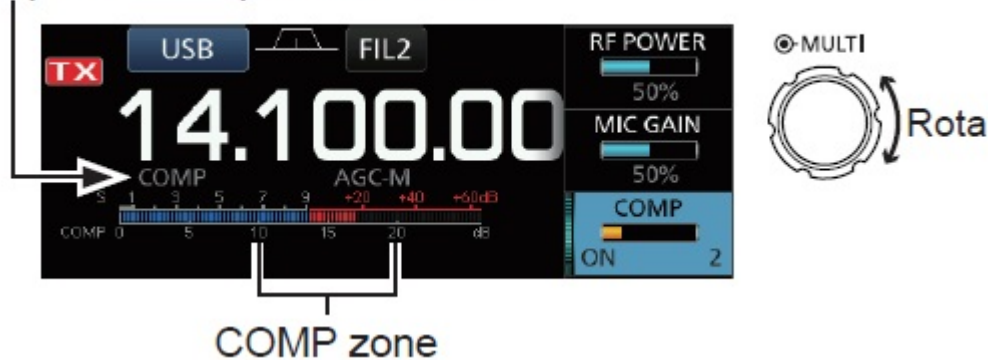
ILLUSTRATED

The ICOM 7300 is able to operate 100W output SSB without any problems for long periods of time. Turn up the power output setting on the ICOM7300 to 100% and adjust your voice/mic/etc to have the ALC in the blue region (0-50% on the scale):



Consider turning on COMPression to modest levels, and then keep the ALC to this range:

Speech Compressor is ON



Likely the MOST useful trick is to have your companion station LISTEN TO YOUR SIGNAL and confirm that you SOUND OK.

Fourth: CONTEST SAVVY: MAKING CONTACTS

Two methods: Hold a frequency and call CQ Field Day to get people to come to you, or "hunt and pounce" by listening for others calling CQ and quickly answering them. To hold a frequency you have to keep a strong signal and keep talking -- if you are absent for a bit someone else will take the clear spot! To hunt and pounce you have to move around quickly. If you move in tiny frequency increments, retuning of antenna and transmitter aren't crucial. When you move more than 50kHz time to retune a bit.

Here is an example of a typical Field Day phone exchange:¹

- NF4AC "CQ Field Day, November Foxtrot Four Alpha Charlie NF4AC Field Day"
- W1AW: "Whiskey One Alpha Whiskey"
- NF4AC : "W1AW, Copy my Two Foxtrot, Northern Florida"
- W1AW: "QSL. Copy my Five Alpha, Connecticut"
- NF4AC: "QSL, Thanks. This is NF4AC. Field Day." -- and you're ready for the next station!

For Additional Field Day Tips:

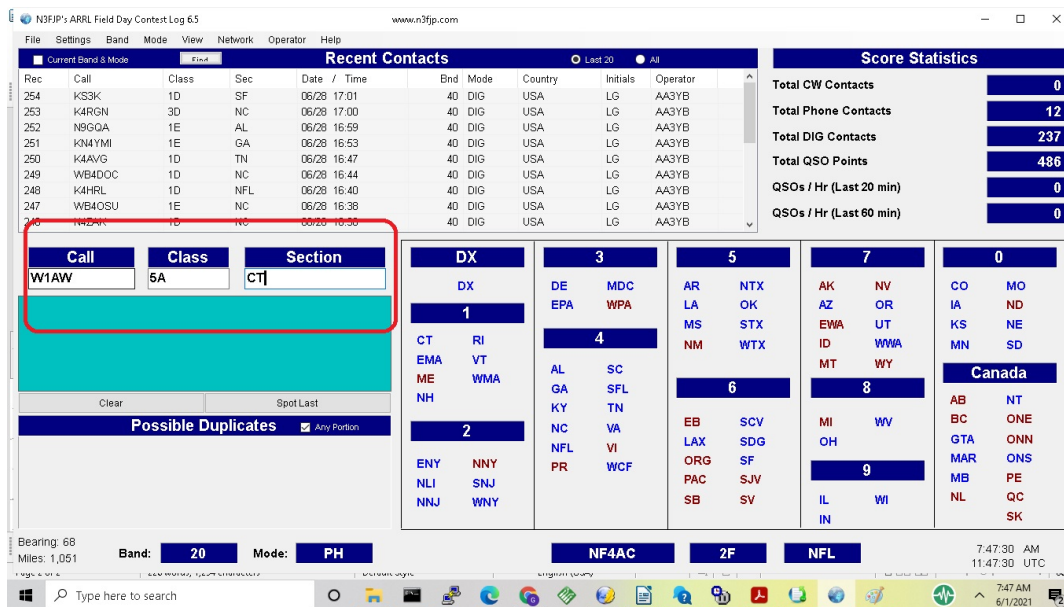
GOOD DISCUSSIONS OF SAVVY VOICE TECHNIQUE:

1. Skip to the voice part: <https://www.qsl.net/ta1dx/afet/fieldnedir.htm>
2. Starting on page 3: <http://w4ava.org/articles/Field Day Reference Guide.pdf>

¹ Paraphrased from N6NA River City Amateur Radio Communications Society tips, <http://www.n6na.org/fieldday/field-day-prep>

FIFTH: LOGGING

After each QSO enter the QSO into the N3FJP Field Day Contest Log -- when you hit "enter" after the Section it will be entered. You can go back and edit or delete any entry by clicking on it. The Abbreviations are in the table right there on the screen for all the Sections. Use DX for any foreign stations.



SIXTH: SAVE YOUR VOICE -- Consider Recording Canned Text On The 7300. It will save TIME and your VOICE, too!

POSSIBLE VOICE CANNED TEXTS	
1	(Long CQ) CQ Field Day CQ Field Day November Foxtrot 4 Alpha Charlie NF4AC Field Day Over
2	(Short CQ) CQ Field Day November Foxtrot 4 Alpha Charlie Over
3	(Exchange) Copy my 2 Foxtrot 2 Foxtrot Northern Florida Northern Florida Over
4	QSL Copy my 2 Foxtrot 2Foxtrot Northern Florida Northern Florida Over
5	QSL Thanks This is November Foxtrot 4 Alpha Charlie Field Day Over
6	
7	

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

2,200 Meters (135 kHz)
135.7 kHz 1 W EIRP maximum 137.8 kHz E.A.G

630 Meters (472 kHz)
5 W EIRP maximum, except in Alaska within 498 miles of Russia where the power limit is 1 W EIRP.
472 kHz E.A.G

160 Meters (1.8 MHz)
Avoid interference to radiolocation operations from 1,900 to 2,000 MHz
1,800 2,000 MHz E.A.G

80 Meters (3.5 MHz)
Avoid interference to radiolocation operations from 3,500 to 3,700 MHz
3,500 3,700 3,800 4,000 MHz E A G N.T (200 W)

60 Meters (5.3 MHz)
CW, 5332 5348 5368.5 5373 5405 kHz
Dig 2.8 MHz
USB 5330.5 5340.5 5357.0 5371.5 5403.5 kHz
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)
7,000 7,075 7,100 7,300 MHz E A G N.T (200 W)
ITU 1.3 and FCC region 2 west of 132° west or below 20° north
7,175 7,125 N.T outside region 2
See Sections 97.305(c), 97.307(V)(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.
200 Watts PEP
10,100 10,150 MHz E.A.G

20 Meters (14 MHz)
14,000 14,150 14,175 14,350 MHz E A G
14,025 14,150 14,225

17 Meters (18 MHz)
18,068 18,110 18,168 MHz E.A.G

15 Meters (21 MHz)
21,000 21,200 21,450 MHz E A G N.T (200 W)
21,225 21,275 21,200

12 Meters (24 MHz)
24,800 24,930 24,960 MHz E.A.G

10 Meters (28 MHz)
28,000 28,300 29,700 MHz E.A.G N.T (200 W)
28,000 28,500

6 Meters (50 MHz)
50.1 50.0 54.0 MHz E.A.G.T

2 Meters (144 MHz)
144.1 144.0 146.0 MHz E.A.G.T

1.25 Meters (222 MHz)
219.0 220.0 222.0 225.0 MHz E.A.G.T N (25 W)

70 cm (420 MHz)*
420.0 450.0 MHz E.A.G.T

33 cm (902 MHz)*
902.0 928.0 MHz E.A.G.T

23 cm (1240 MHz)*
1240 1300 MHz E.A.G.T N (5 W)
1270 1295

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

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 transmitters 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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