

## **RAC MF/HF Band Plan**

The RAC MF/HF Band Plan covers the bands 160m to 10m. This update has been necessitated by the recent changes in band allocations by the United States Federal Communications Commission, changes in IARU Region 1 allocations and the revision of the IARU Region 2 Band Plan.

Since Canada is in IARU Region 2, our plan was designed to be congruent with the overall plan for North and South America as much as possible while allowing for some Canadian flavour. No plan can remain static in the face of changing International regulations and technology advances. As an example, it is anticipated that major revisions to the 40m plan may be necessary when Short Wave Broadcasting is eliminated worldwide from the band 7.100 to 7.200 MHz.

There are some unique features of the Canadian plan that need special attention. On 40 metres, a phone DX window has been specified, something that the committee researched and has included as a first. On 80 metres, the IARU has followed our lead in making phone DX window 3.775 to 3.800 MHz. As well as specifying Emergency frequencies and DX windows, activity centres for IOTA operations, QRP Operation, AM phone and others, the plan includes very narrow band digital frequency bands within existing digital assignments. Guides to preferred contest operating frequencies are included on many bands, as initiated in the Region 2 Band Plan.

The format of the RAC plan consists of two parts, the main document, plus an expansion of information for each frequency band which includes notes and Centres of Activity for that band.

## RAC MF/HF Band Plan Summary Tables

1800 - 1810	CW, Narrow band digital
1810 - 1840	CW
1840 - 1999	CW, Phone
1999 - 2000	Beacons
3500 - 3580	CW
3580 - 3600	CW, Wide band , Narrow band digital
3600 - 4000	CW, Phone
7000 - 7035	CW
7035 - 7040	CW, Narrow Band Digital with other Regions
7040 - 7050	CW, Phone, Narrow Band Digital with other Regions
7050 - 7080	CW, Phone
7080 - 7125	CW, Phone, Narrow Band digital
7125 - 7165	CW, Phone
7165 - 7175	CW, SSTV, FAX, Phone
7175 - 7300	CW, Phone
10100-10130	CW
10130-10140	CW, Narrow band digital
10140-10150	CW, Narrow band and Wide band digital
14000 - 14070	CW
14070 - 14095	CW, Narrow band digital
14095 - 14099.5	CW, Narrow band and Wide band digital
14099.5 - 14100.5	Beacons
14100.5 - 14112	CW, Narrow band and Wide band digital
14112 - 14350	CW, Phone

18068-18095	CW
18095-18105	CW, Narrow band digital
18105-18109.5	CW, Narrow band and Wide band digital
18109.5-18110.5	Beacons
18110.5-18168	CW, Phone
21000-21070	CW
21070-21090	CW, Narrow band digital
21090-21125	CW, Narrow band and Wide band digital
21125-21149.5	CW
21149.5-21150.5	Beacons
21150.5-21335	CW, Phone
21335-21345	CW, Phone, SSTV, FAX
21345-21450	CW, Phone
24890-24920	CW
24920-24925	CW, Narrow band digital
24925-24929.5	CW, Narrow band and Wide band digital
24929.5-24930.5	Beacons
24931-24940	CW, Narrow band and Wide band digital
24940-24990	CW, Phone
28000-28070	CW
28070-28120	CW, Narrow band digital
28120-28189.5	CW, Narrow band and Wide band digital
28189.5-28199.5	Beacon Network #2
28199.5-28200.5	Intra-regional Beacons
28200.5-28225	CW, Beacons
28225-28300	CW, Phone, Beacons
28300-28320	CW, Narrow band and Wide band digital
28320-28670	CW, Phone
28670-28690	CW, Phone, SSTV, FAX
28690-29300	CW, Phone
29300-29510	Satellites
29510-29520	Guard Band, no transmissions allowed
29520-29590	FM repeater inputs
29600	FM simplex
29620-29690	FM repeater outputs

## **160m BAND PLAN (July 8, 2008)**

1800 - 1810	CW, Narrow band digital (Note 1)
1810 - 1840	CW (Notes 1 & 2)
1840 - 1999	CW, Phone (Notes 3, 4 & 5)
1999 - 2000	Beacons

### **NOTES:**

1 -	1800 - 1840	CW may be used anywhere in the band but is normally used only up to 1840kHz
2 -	1830 - 1840	CW Priority for intercontinental operation (DX window)
3 -	1840 - 1850	SSB Priority for intercontinental operation (DX window)
4 -	1905 - 1915	DX Listening Window for JA CW
5 -	1850 - 1999	Includes AM and SSTV modes

In addition, the following "Centres of Activity" are recognized:

1812	QRP CW Centre
1890	SSTV Centre
1910	QRP SSB Centre

### **GENERAL NOTES:**

- Where Notes are shown, these activities have priority over other activities.
- During major weekend Contest activities, activity in certain modes can spill over into other segments.
- Sideband Usage Below 10MHz use lower sideband (LSB)
- Phone modes should not operate closer than 3000Hz to the lower segment edge.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.

## 80m BAND PLAN (July 8, 2008)

3500 - 3580	CW (Note 1)
3580 - 3600	CW, Wide band , Narrow band digital (Notes 2, 3, 4 & 5)
3600 - 4000	CW, Phone (Notes 6 & 7)

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### NOTES:

1 - 3500 - 3510	CW Priority for intercontinental operation (DX window)
2 - 3510 - 3560	CW Contest preferred
3 - 3580 - 3583	PSK-31 and other Very Narrow Band Digital
4 - 3590	RTTY DX
5 - 3590 - 3600	Automatically controlled data stations (unattended)
6 - 3700 - 3775	SSB Contest preferred
7 - 3775 - 3800	SSB Priority for intercontinental operation (DX window)

### In addition, the following "Centres of Activity" are recognized:

3530	IOTA CW Centre
3555	QRS CW Centre
3560	QRP CW Centre in IARU Regions 1 and 2, 3530 MHz in Australia
3630	Digital Voice Centre
3690	QRP SSB Centre
3735	Image Centre
3755	IOTA SSB Centre
3760	Emergency Centre
3845	SSTV & FAX Centre
3885	AM Phone Calling Frequency
3985	QRP SSB Calling Frequency

### GENERAL NOTES:

- Where Notes are shown, these activities have priority over other activities.
- During major weekend Contest activities, activity in certain modes can spill over into other segments.
- Sideband Usage Below 10MHz use lower sideband (LSB)
- Phone modes should not operate closer than 3000Hz to the lower segment edge.
- Wide band digital refers to any digital mode using more than 500Hz bandwidth.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.
- Image modes: Any analogue or digital image using bandwidth up to 2700Hz.

## **40m BAND PLAN (July 8, 2008)**

7000 - 7035	CW ( <b>Note 1</b> )
7035 - 7040	CW, Narrow Band Digital with other Regions ( <b>Notes 2 &amp; 3</b> )
7040 - 7050	CW, Phone, Narrow Band Digital with other Regions ( <b>Notes 3 &amp; 4</b> )
7050 - 7080	CW, Phone ( <b>Note 4</b> )
7080 - 7125	CW, Phone, Narrow Band digital
7125 - 7165	CW, Phone
7165 - 7175	CW, SSTV, FAX, Phone
7175 - 7300	CW, Phone

### **Notes**

- |                 |   |
|-----------------|---|
| 1 - 7000 - 7025 | CW Priority for intercontinental operation (DX window)  |
| 2 - 7035 - 7038 | PSK-31 and other Very Narrow Band Digital               |
| 3 - 7038 - 7043 | Automatically controlled data stations (unattended)     |
| 4 - 7040 - 7065 | SSB Priority for intercontinental operation (DX Window) |

In addition, the following "Centres of Activity" are recognized:

7027	QRP CW Centre 1
7030	IOTA CW Centre
7040	QRP CW Centre 2 and QRS Centre
7043	Image Centre 1
7055	IOTA SSB Centre 1
7060	SSB Emergency Centre 1
7070	Digital Voice Centre
7090	SSB QRP Centre 1
7165	Image Centre 2
7240	SSB Emergency Centre 2
7255	IOTA SSB Centre 2
7285	SSB QRP Centre 2
7290	AM Centre
7295	SSB Emergency Centre 3

### **GENERAL NOTES:**

- Where Notes are shown, these activities have priority over other activities.
- During major weekend Contest activities, activity in certain modes can spill over into other segments.
- Sideband Usage Below 10MHz use lower sideband (LSB)
- Phone modes should not operate closer than 3000Hz to the lower segment edge.
- Wide band digital refers to any digital mode using more than 500Hz bandwidth.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.
- Image modes: Any analogue or digital image using bandwidth up to 2700Hz.

## **30m BAND PLAN (July 6, 2008)**

10100-10130 CW  
10130-10140 CW, Narrow band digital  
10140-10150 CW, Narrow band and Wide band digital (**Note 1**)

**Note:**

**1 - 10142 - 10145 PSK-31 and other Very Narrow Band Digital**

**In addition, the following “Centres of Activity” are recognized:**

**10115 IOTA CW Centre**  
**10116 CW QRP Centre**

**GENERAL NOTES:**

- **Where Notes are shown, these activities have priority over other activities.**
- **Wide band digital refers to any digital mode using more than 500Hz bandwidth.**
- **Narrow band digital modes: All modes using up to 500Hz bandwidth.**

## **20m BAND PLAN (July 8, 2008)**

14000 - 14070	CW (Note 1)
14070 - 14095	CW, Narrow band digital (Note 2)
14095 - 14099.5	CW, Narrow band and Wide band digital (Note 3)
14099.5 - 14100.5	Beacons
14100.5 - 14112	CW, Narrow band and Wide band digital (Note 4)
14112 - 14350	CW, Phone (Notes 5 & 6)

### **NOTES:**

1 -	14025 - 14060	CW Contest preferred
2 -	14070 - 14073	PSK-31 and other Very Narrow Band Digital
3 -	14089 - 14099	Automatically controlled data stations (unattended)
4 -	14101 - 14112	Automatically controlled data stations (unattended)
5 -	14190 - 14200	SSB DXpedition priority
6 -	14112 - 14285	SSB Contest preferred

In addition, the following "Centres of Activity" are recognized:

	14040	IOTA CW
14055	CW QRS Centre	
14060	CW QRP Centre	
14130	Digital Voice Centre	
14140	Canadian Cross-country SSB Centre	
14230	Image Centre	
14260	IOTA SSB	
14285	SSB QRP Centre	
14286	AM Centre	
14300	Global Emergency Centre	

### **GENERAL NOTES:**

- Where Notes are shown, these activities have priority over other activities.
- During major weekend Contest activities, activity in certain modes can spill over into other segments.
- Phone modes should not operate closer than 3000Hz to the upper band edge.
- Wide band digital refers to any digital mode using more than 500Hz bandwidth.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.
- Image modes: Any analogue or digital image using bandwidth up to 2700Hz.



## **17m BAND PLAN (July 8, 2008)**

18068-18095	CW
18095-18105	CW, Narrow band digital ( <b>Note 1</b> )
18105-18109.5	CW, Narrow band and Wide band digital ( <b>Note 2</b> )
18109.5-18110.5	Beacons
18110.5-18168	CW, Phone ( <b>Notes 3 &amp; 4</b> )

### **Notes:**

1- 18100-18103	PSK-31 and other Very Narrow Band Digital
2 - 18105-18109	Automatically controlled data stations (unattended)
3- 18111-18120	Automatically controlled data stations (unattended)
4- 18160	Global Emergency Centre

### **In addition, the following "Centres of Activity" are recognized:**

18086	CW QRP Centre
18098	IOTA CW Centre
18128	IOTA SSB Centre
18130	SSB QRP Centre

### **GENERAL NOTES:**

- Phone modes should not operate closer than 3000Hz to the upper band edge.
- Wide band digital refers to any digital mode using more than 500Hz bandwidth.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.

## **15m BAND PLAN (July 8, 2008)**

21000-21070	CW
21070-21090	CW, Narrow band digital ( <b>Note 1</b> )
21090-21125	CW, Narrow band and Wide band digital ( <b>Note 2</b> )
21125-21149.5	CW
21149.5-21150.5	Beacons
21150.5-21335	CW, Phone
21335-21345	CW, Phone, SSTV, FAX
21345-21450	CW, Phone ( <b>Note 3</b> )

### **Notes:**

- |                          |  |
|--------------------------|--|
| <b>1 - 21080 - 21083</b> | <b>PSK-31 and other Very Narrow Band Digital</b>           |
| <b>2- 21090 - 21120</b>  | <b>Automatically controlled data stations (unattended)</b> |
| <b>3 - 21360</b>         | <b>Global Emergency Centre</b>                             |

### **In addition, the following "Centres of Activity" are recognized:**

<b>21040</b>	<b>IOTA CW Centre</b>
<b>21055</b>	<b>CW QRS Centre</b>
<b>21060</b>	<b>CW QRP Centre</b>
<b>21180</b>	<b>Digital Voice Centre</b>
<b>21260</b>	<b>IOTA SSB Centre</b>
<b>21285</b>	<b>SSB QRP Centre</b>
<b>21340</b>	<b>Image Centre</b>
<b>21385</b>	<b>SSB QRP Centre</b>

### **GENERAL NOTES:**

- **Where Notes are shown, these activities have priority over other activities.**
- **During major weekend Contest activities, activity in certain modes can spill over into other segments.**
- **Phone modes should not operate closer than 3000Hz to the upper band edge.**
- **Wide band digital refers to any digital mode using more than 500Hz bandwidth.**
- **Narrow band digital modes: All modes using up to 500Hz bandwidth.**
- **Image modes: Any analogue or digital image using bandwidth up to 2700Hz.**

## **12m BAND PLAN (July 8, 2008)**

24890-24920	CW
24920-24925	CW, Narrow band digital ( <b>Note 1</b> )
24925-24929.5	CW, Narrow band and Wide band digital ( <b>Note 2</b> )
24929.5-24930.5	Beacons
24931-24940	CW, Narrow band and Wide band digital ( <b>Note 3</b> )
24940-24990	CW, Phone

**Note:**

- |                        |  |
|------------------------|--|
| <b>1 - 24920-24923</b> | <b>PSK-31 and other Very Narrow Band Digital</b>           |
| <b>2 - 24925-24929</b> | <b>Automatically controlled data stations (unattended)</b> |
| <b>3 - 24931-24940</b> | <b>Automatically controlled data stations (unattended)</b> |

**In addition, the following "Centres of Activity" are recognized:**

<b>24905</b>	<b>CW QRP Centre</b>
<b>24920</b>	<b>IOTA CW</b>
<b>24950</b>	<b>IOTA SSB</b>
<b>24950</b>	<b>SSB QRP Centre</b>

**GENERAL NOTES:**

- Where Notes are shown, these activities have priority over other activities.
- Phone modes should not operate closer than 3000Hz to the upper band edge.
- Wide band digital refers to any digital mode using more than 500Hz bandwidth.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.

## 10m BAND PLAN (July 8, 2008)

28000-28070	CW
28070-28120	CW, Narrow band digital
28120-28189.5	CW, Narrow band and Wide band digital ( <b>Notes 1 &amp; 2</b> )
28189.5-28199.5	Beacon Network #2
28199.5-28200.5	Intra-regional Beacons
28200.5-28225	CW, Beacons
28225-28300	CW, Phone, Beacons
28300-28320	CW, Narrow band and Wide band digital ( <b>Note 3</b> )
28320-28670	CW, Phone
28670-28690	CW, Phone, SSTV, FAX
28690-29300	CW, Phone ( <b>Note 4</b> )
29300-29510	Satellites
29510-29520	Guard Band, no transmissions allowed
29520-29590	FM repeater inputs
29600	FM simplex
29620-29690	FM repeater outputs

### Notes:

1 - 28120-28123	PSK-31 and other Very Narrow Band Digital
2 - 28120-28150	Automatically controlled data stations (unattended)
3 - 28300-28320	Automatically controlled data stations (unattended)
4 - 29000-29200	AM

### In addition, the following "Centres of Activity" are recognized:

28040	IOTA CW Centre
28055	CW QRS Centre
28060	CW QRP Centre
28330	Digital Voice Centre
28360	QRP SSB Centre
28460	IOTA SSB Centre 1
28560	IOTA SSB Centre 2
28680	Image Centre

### GENERAL NOTES:

- Where Notes are shown, these activities have priority over other activities.
- During major weekend Contest activities, activity in certain modes can spill over into other segments.
- SSB and AM Phone modes should not operate closer than 3000Hz to an upper band edge.
- FM Bandwidth is not to exceed 6000Hz.
- Wide band digital refers to any digital mode using more than 500Hz bandwidth.
- Narrow band digital modes: All modes using up to 500Hz bandwidth.
- Image modes: Any analogue or digital image using bandwidth up to 2700Hz.