

# Ham Bands

## 3.500 to 3.900 MHz - 80 Meters

3.500-3.520 CW DX Window simplex or split  
3 530 IOTA CW Calling Frequency  
3.559 Hellschreiber(USB Region 3)  
3 560 QRP CW Calling Frequency  
3.570 BPSK31  
3.575 Hellschreiber (USB)  
3.576 JT65A (USB)  
3.580 RTTY  
3.590 RTTY DX  
3 620-3.640 VK/ZL Digital Window  
3.710 QRP CW Calling Frequency  
3.730-3.740 SSTV (ITU Region 1)  
3.755 IOTA SSB Calling Frequency  
3.776-3.800 SSB DX Window  
3.845 SSTV (Region 2)  
3.885 AM Calling Frequency

## 7.000 to 7.300 MHz - 40 Meters

7.000-7.020 CW DX Window simplex or split  
7.030 IOTA CW Calling Frequency  
7.030-7.040 Hellschreiber (USB)  
7.035-7.040 BPSK31 (ITU Regions 1 & 3)  
7.035-7.045 RTTY (ITU Regions 1 & 3)  
7.039 JT65A (USB)  
7.039 Hellschreiber (USB)  
7.040 RTTY DX  
7.040 QRP Calling Frequency (Region 2)  
7.070-7.075 BPSK31 (Region 2)  
7.076 JT65A (USB)  
7.080 RTTY (Region 2)  
7.084 Hellschreiber (USB Region 1)  
7.075-7.100 SSB Calling Simplex or split  
7.100-7.200 SSB (Region 1)  
7.125-7.300 SSB (Region 2)  
7.171 SSTV  
7.285 QRP Calling Frequency  
7.290 AM Calling Frequency

## 14.00 to 14.350 MHz - 20 Meters

14.000-14.025 CW DX Window simplex or split  
14.040 IOTA CW Calling Frequency  
14.060 CW QRP Calling Frequency  
14.070-14.0725 QPSK31 FSK31 BPSK31  
14.0715-14.073 PSK63  
14.071-14.075 Hellschreiber (USB)  
14.073 Hellschreiber DX Calling Frequency (USB)  
14.076 JT65A (USB)  
14.078-14.080 Throb  
14.078-14.082 MFSK16 (USB)  
14.080-14.90 RTTY  
14.090-14.110 Packet  
14.100 NCDXF International Beacon Network  
14.109-14.111 MT63 (USB)  
14.190-14.197 SSB DX Calling Simplex or split  
14.227 SSTV  
14.230 SSTV  
14.233 SSTV

14.236 SSTV  
14.260 IOTA SSB Calling Frequency  
14.285 SSB QRP Calling Frequency  
14.286 AM Calling Frequency

## 21.000 to 21.450 MHz - 15 Meters

21.000-21.025 CW DX Window simplex or split  
21.040 IOTA CW Calling Frequency  
21.060 QRP CW Calling Frequency  
21.063-21.070 Hellschreiber (USB)  
21.063 MFSK16 (USB)  
21.070 BPSK31 (USB)  
21.074 Hellschreiber (USB)  
21.076 JT65A (USB)  
21.080 BPSK31 (USB)  
21.080 RTTY DX  
21.080-21.110 RTTY  
21 150 NCDXF International Beacon Network  
21.275-21.297 SSB DX Calling simplex or split  
21.340-21.430 SSTV  
21.385 QRP SSB Calling Frequency  
21.260 IOTA SSB Calling Frequency

## 28.000 to 29.700 MHz - 10 Meters

28.000-28.025 CW DX Window simplex or split  
28.060 QRP CW Calling Frequency  
28.063-28.070 Hellschreiber (USB)  
28.074 Hellschreiber (USB)  
28.076 JT65A (USB)  
28.080 RTTY DX  
28.080-28.110 RTTY  
28.120 BPSK31 (USB)  
28.200-28.300 Beacons  
28.200 NCDXF International Beacon Network  
28.385 QRP SSB Calling Frequency  
28.475-28.497 SSB DX Calling simplex or split  
28.460 IOTA SSB Calling Frequency  
28.560 IOTA SSB Calling Frequency  
28.675-28.685 SSTV  
28.885 6m Liaison Frequency  
29.000-29.200 AM Operations  
29.300-29.510 Satellite Downlinks  
29.520-29.580 Repeater Inputs  
29.600 FM Simplex Calling Frequency  
29.620-29.680 Repeater Outputs

<http://www.qsl.net/sp9hzx/bandplan.html>