

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>