

Ham 137: Band Plan HF

Dr. Marc and Rosemary © 240129

1. A band plan is a voluntary recommendation to avoid interference between modes.
2. Earlier articles gave the Band Plan for associated VHF/UHF (Ham 88) and 10M/6M (Ham 102).
 - a. This HF band plan covers 80, 40, 20, and 10 meter
 - b. Multiple modes are possible and specialty frequencies may be used. No interference is permitted.
3. Life is good. Enjoy!

Legend	
band	Time of day
Frequency range	Extra only
Frequency range	General & Extra Code/Data
Frequency range	General & Extra Phone
Frequency	General & Extra TV
Frequency range	General & Extra + Tech limited

3.500 – 4.000	NVIS
80/75-m	Great night, best at sunrise for the easternmost station
3.500-3.525	Extra CW
3.525-3.600	Code + Tech limited
3.600 – 3.800	Extra phone
3.800-4.000	Phone
3.845	SSTV
3.885	AM calling

7.000 – 7.300	NVIS to 500 mi
40-m	Good, day or night
7.000-7.025	Extra CW
7.025-7.125	Code + Tech limited
7.125-7.175	Extra phone
7.171	SSTV
7.175-7.300	Phone
7.290	AM calling frequency

14.000 – 14.350	Best DX
20-m	Day & night
14.000-14.025	Extra CW
14.025-14.150	Code
14.150-14.225	Extra phone
14.225-14.350	Phone
14.230	SSTV
14.286	AM calling frequency

28.000 – 29.700	Local to 25 mi
10-m	Day & skip
28.000-28.300	Code 200 W Tech
28.300-28.500	Phone 200 W Tech
28.500-29.700	Phone
29.500-29.700	Phone FM

BAND	PLAN				MOD
28.000-29.700	28.300	28.500	29.500	29.700	
10m	TechCode	TechPhone	Phone		FM
21.000-21.450	21.125	21.200	21.275	21.450	
15m	Ex cw	code	Ex phone	phone	
14.000-14.350	14.025	14.150	14.225	14.350	
20m	Ex cw	code	Ex phone	phone	
7.000-7.300	7.025	7.125	7.175	7.300	
40m	Ex cw	code	Ex phone	phone	
3.500-4.000	3.525	3.600	3.800	4.000	
75/80m	Ex cw	code	Ex phone	phone	
Max PEP= 1500W Tech= 200W 30-m code= 200W 60-m channel= 100W ERP					

