**EMCOMM Frequency Reference Card v1.19(a)** **March 8, 2009** **[EST -5h/EDT -4h] [CST -6h/CDT -5h] [MST -7h/MDT -6h] [PST -8h/PDT -7h]**

| **ARFCOM Amateur Radio Frequencies** | | | | |
|---|---|---|---|---|
| *Band* | *Primary* | *Alternate* | *Mode* | *Notes* |
| 160m | 1.861 | 1.961 | LSB | |
| 80m | 3.861 | 3.961 | LSB | |
| 40m | 7.213 | 7.285 | LSB | Daily net at 0100 UTC |
| 20m | 14.261 | 14.283 | USB | 2nd alt 14.223 |
| 15m | 21.361 | | USB | |
| 10m | 28.445 | 28.525 | USB | |
| 6m | 52.560 | | FM | |
| 2m | 145.560 | 147.445 | FM | CTCSS 100Hz |
| 1.25m | 223.560 | | FM | CTCSS 100Hz |
| 70cm | 440.975 | 445.560 | FM | CTCSS 100Hz |

| **Useful Nets and Frequencies** | | | | |
|---|---|---|---|---|
| MARINE | 2.182 | 3.023 | USB | International Marine Distress |
| HAM | 3.791 | 7.1855 | USB | HFPACK QRP calling |
| HAM | 3.873 | 7.285 | USB | Gulf Coast Hurricane Net |
| HAM | 3.970 | 7.2685 | LSB | Noontime Net |
| HAM | 7.255 | | LSB | ECARS Net |
| HAM | 14.265 | 7.265 | USB | SATERN Net |
| HAM | 14.300 | | USB | Marine Maritime Net |
| HAM | 14.325 | 3.950 | USB/LSB | National Hurricane Net |
| HAM | 14.332 | 7.273 | USB | YLISSB Net |
| HAM | 14.3425 | 18.1575 | USB | HFPACK QRP calling |
| CB | 27.065 | 27.185 | AM | Emergency Ch 9 / Ch 19 |
| HAM | 28.400 | 29.600 | USB/FM | National 10m calling |
| ARC | 47.420 | 155.160 | FM | Red Cross primaries |
| AIR | 121.500 | 3.920 | AM/LSB | Emergency / Locator |
| CAP | 123.100 | 148.150 | AM/FM | Aviation SAR / simplex |
| HAM | 146.520 | 147.420 | FM | National 2m simplex |
| MURS | 151.820 | 151.880 | FM | Channels 1 + 2 |
| MARINE | 156.800 | 157.100 | FM | USCG channels 16 + 22A |
| HAM | 446.000 | 52.525 | FM | National 70cm/6m simplex |
| FRS | 462.5625 | 462.5875 | FM | Channels 1 + 2 |
| GMRS | 462.6750 | 462.5500 | FM | Ch 20/6 + 15/1 (PL 141.3) |
| HAM | 3.580 | 7.070 | USB | PSK31 |
| HAM | 14.070 | 28.120 | USB | PSK31 |

| **Shortwave Broadcasts** | | | | |
|---|---|---|---|---|
| BBC | 15.400 | 6.015 | AM | BBC News (12.095, 7.325) |
| CBC | 6.160 | 9.515 | AM | CBC/RCI (6.100, 9.880, 9.755) |
| RN | 9.845 | 6.165 | AM | Radio Netherlands News |

| **Time and National Interest Announcements** | | | | |
|---|---|---|---|---|
| WWV | 2.500 | 5.000 | AM | USA (Ft Collins, Colorado) |
| WWV | 10.000 | 15.000 | AM | USA (Ft Collins, Colorado) |
| WWV | 20.000 | | AM | USA (Ft Collins, Colorado) |
| CHU | 3.330 | 7.335 | AM | Canada (Ottawa, Ontario) |
| CHU | 14.670 | | AM | Canada (Ottawa, Ontario) |

| **Weather and Local Interest Announcements** | | | | |
|---|---|---|---|---|
| NOAA | 162.550 | 162.400 | FM | WX1,2 |
| NOAA | 162.475 | 162.425 | FM | WX3,4 |
| NOAA | 162.450 | 162.500 | FM | WX5,6 |
| NOAA | 162.525 | | FM | WX7 |
| NOAA | 6.604 | 10.051 | USB | east coast HF weather |
| NOAA | 13.270 | | USB | east coast HF weather |

| **Local Frequencies / Notes** | | | | |
|---|---|---|---|---|
| POLICE | | | | |
| FIRE | | | | |
| EMS | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| RACES | | | | |
| ARES | | | | |

*http://losdos.dyndns.org:8080/public/ham/EMCOMM-FREQ-REF-CARD.pdf*
*email comments, additions, and corrections to ar-jedi@losdos.dyndns.org*