

PROPOSED FREQUENCIES FOR NATIONAL FIELD DAY  
FOR LOCAL COMMUNICATION

	Frequency	Mode
1	3.610	Digimode
	3.810	SSB
2	7.140	SSB NET
	7.035	Digimodes
3	28.300	Digimode
	28.420	SSB
	29.600	FM CALLING FREQ
	29.620	FM
4	145.500	FM National Calling Freq.
	144.300	SSB CALLING FREQ.
	144.150	SSB
5	50.125	SSB CALLING FREQ.
	50.130	SSB
	51.200	FM
6	432.100	SSB
	433.500	FM CALLING FREQ

Note:

15m & 20m are not suitable for local contact but suitable for Dxing  
All fieldday station are encouraged to go on DX....in the evening  
and also early morning.