

South African Radio League



2009 Contest Manual

“The Blue Book”

Version 3.0 Feb 2009

2009 SARL Contest Manual

"THE BLUE BOOK"

This is the seventh edition of the Blue Book, the SARL contest manual containing the rules of the following contests and activities:

SARL 80 m QSO Parties	SARL Digital Contest
SARL Field Day Contest	SARL HF Phone and CW Contest
SARL Hamnet 40 m Simulated Emergency Contest	
SARL VHF/UHF Contests	SARL 40 Metre Mobile Sprint
SARL 160 m QSO Party	SARL Youth Sprint
SARL YL Sprint	

The particular contest's rules need to be read in conjunction with the *General Rules* contained herein.

The following contest rules are also included in this document:

Boland ARC 40-metre Contest	DARC Mid-Winter Sprint
PEARS HF QSO Party	PEARS VHF/UHF Contest
Autumn and Spring QRP Sprints	ZS3 & ZS4 Sprints
AWA Valve QSO Party	Heritage Day Sprint
AWA CW activity Day	

I would like to express my grateful appreciation to the willingness of the contest committees to run the various contests for the year 2009. I have solicited help to integrate their inputs into both the separate contests and the general rules. By incorporating several common features into the *General Rules*, we have greatly simplified the individual contest rules.

The perpetual dates will eliminate guesswork as to when a particular contest will take place in the future, as they are now all tied down to a specific day or weekend of a month.

Only the address as stated in the rules shall be used!

Please circulate the Blue Book amongst your amateur friends.

Why is it called "The Blue Book"? The first issue was published with a blue cover and from there the name.

Good contesting,

Dennis Green, ZS4BS
SARL HF Contest Manager

Email: zs4bs@netactive.co.za

SARL General Contest Rules

1. **General**
 - a. These contest rules apply to all SARL contests with effect from 1 January 2009. Contestants shall also comply with the specific rules of each specific contest.
 - b. The contests are open to all licensed amateurs in South Africa, Namibia, Botswana, Lesotho, Swaziland, Angola, Zimbabwe, Malawi, Mozambique, Zambia, Madagascar, St Helena Island, Tristan da Cunha and Gough Island, Marion and Prince Edward Islands, South African Antarctica, Mayotte Island, Comoros Islands, Reunion and Mauritius Islands and their associated islands, unless otherwise stated.
 - c. Stations located outside of the Republic of South Africa may enter a contest, and will be tabulated within the overall results tables, but will only be eligible for their own awards.
 - d. Complaints or suggestions regarding rules may be submitted in writing to the Contest Manager. Submissions will be collated and considered for possible future revision.
 - e. All operations shall be conducted in accordance with the limitations of the entrant's licence and with the rules and spirit of the contest.
2. **Official Contests**
 - a. The following are the Official SARL contests:
 - i. SARL 80 m QSO Parties
 - ii. SARL Digital Contest
 - iii. SARL Field Day Contest
 - iv. SARL Hamnet 40 m Simulated Emergency Contest
 - v. SARL HF Phone and CW Contests
 - vi. SARL VHF/UHF Contests
 - vii. SARL 160 Metre QSO Party
 - viii. SARL 40 Metre Mobile Contest
 - ix. SARL Youth Sprint
 - x. SARL YL Sprint
3. **Proposed Events or Contests**
 - a. Proposals for any new contests or other on-the-air activities may be submitted to the SARL Contest Manager by 31 October annually for inclusion in the following year's Official Calendar of Events. A copy to SARL Headquarters is also recommended.
4. **Paper entries: Log sheets and Summary Sheets**

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- a. The official SARL Log sheet or a reasonable copy thereof is preferred in all contests. The log sheet shall contain all the required information. An example of the official log sheet is contained herein or can be found on the SARL Website.
- b. Log sheets shall contain the following information: Date, time in UTC, call sign of station contacted, exchange (i.e. RST and/or serial sent and received), points claimed for each contact and, in the case of VHF contests, grid locator or physical location of the station contacted and the distance worked.
- c. A separate chronological log shall be submitted for every frequency band worked. For contests requiring serial numbers, a single consecutive numbering sequence shall be used for all contacts. However, a multi-operator station transmitting on several bands simultaneously may at their discretion use separate number sequences for each band.
- d. In all contests, the official SARL Summary Sheet, or a reasonable copy thereof, is preferred and all information required on Summary Sheet shall be completed. A copy of the official Summary Sheet is contained in this manual or can be found on the SARL Website.
- e. Summary Sheets shall contain the following information, where applicable: contest date, call sign used, category entered, call signs of all operators, a breakdown of points claimed and details of the contact person (name, address, telephone and/or fax numbers and email address) and a signed declaration as detailed below. Other information such as details of equipment used (antenna, transceiver, power, etc.); SARL membership status, club if any and longest distance worked for each band can also be included.
- f. The declaration to be included on the summary sheet shall state:

I declare that this station was operated in accordance with the Amateur Radio Regulations, Terms of my Licence and the Rules of the Contest. I accept the decision of the Contest Committee.

Signed at this day of 200 ...

Signature

5. Electronic Logs and Summary Sheets

- a. Participants may submit text file logs and summary sheets instead of written logs, by disk or email. The received log shall be capable of being viewed and printed using Microsoft® Notepad/WordPad, Word or Excel. The summary sheet shall include the declaration specified in Clause 4f. The Contest Committee may request a signed paper copy.
- b. QSOs shall be separated by a carriage return, and each QSO shall include the information as specified for written QSOs in Clause 4b above.

6. Closing Date, and Announcement of preliminary and final Results

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- a. Entries shall be postmarked or e-mailed not later than 15 days after the contest has ended.
 - b. The Contest Committee shall meet no more than five weeks after the contest and compile a list of claimed scores submitted. This list shall be emailed to all entrants for whom email addresses are available, and submitted to the SARL Webmaster for publication on the Web site. Written objections and comments shall be lodged with the SARL Contest Manager within one week of publication.
 - c. The Contest Committee shall compile final results and forward them together with a contest analysis to the SARL Contest Manager, the SARL National Bulletin compiler and to the Editor of Radio ZS for publication. It is also recommended that the Committee e-mail the final results to all participants for whom addresses are available.
7. Address for Contest Entries
- a. Entries shall be submitted to the Contest Committee for the contest concerned, and NOT to SARL Headquarters. The relevant address for each contest is published in the rules for that contest.
8. Locators
- a. In all contests where stations must transmit their location as part of the exchange, the Maidenhead Grid Locator System shall be used. This shall consist of the full 6-digit system. For scoring, only the first 4 digits will be used.
9. Dispute Resolution
- a. Written objections shall be submitted to the SARL Contest Manager within 14 days of the announcement or publication of the list of claimed scores for the contest concerned. The Contest Manager shall convey the objection to the relevant Contest Committee for comment.
 - b. The Contest Committee shall present its decision to the SARL Contest Manager within seven days of receipt of such objections, and its decision shall be final.
10. Definitions
- a. Single operator: A contestant operating alone and without aid from another person, whether present or via remote communication.
 - b. Multi-operator: a station operated by more than one person, either for the entire duration of the contest or part of the time. There is no limitation on the number of operators that may be used."
 - c. Equipment: Includes both station equipment and antennas utilised for the contest.

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- d. All equipment for stations must be located within a diameter of 500 m or within the property limits of the station licensee, whichever is the greater.
- e. Fixed Station: A station, which is operated from, and located at, the registered main station address of a licensee as shown on a radio station licence, regardless of the call sign being used for the contest. Except in the case of stations normally shared by several licensees (e.g. relatives), only one call sign may be used for the duration of the contest.
- f. Portable / Field Station: A temporary station, operated from a location other than that of the registered main station address of a licensed amateur. Antennas may not be supported by any permanent man-made structure or building. The power for the station shall be drawn from a source other than the normal mains supply, e.g. batteries, portable generator, solar power, wind power or some alternative source of power. Storage batteries may be recharged during the contest by any of the above alternative power sources, including a motor vehicle, but a mains supply may not be used for this purpose.

11. Penalties and Disqualification

- a. Any entrant found to be operating in contravention of the Rules or in any way, not operating within the spirit of the contest may be disqualified. The Contest Committee's decision in this regard and in the interpretation of any other rule shall be final. Reports of persistent poor signal quality or poor operating practice shall be deemed to fall into this classification.
- b. Unmarked duplicate contacts or contacts containing incorrect or invalid times, call signs, grid locators or exchanges will be removed from the entrant's log. In addition, the Contest Committee may impose a penalty of three valid contacts of equal value for every contact removed from the entrant's log. A reduction in claimed score of more than 20% shall result in exclusion from the results.
- c. Any entrant excluded in terms of this rule may appeal to the contest committee in writing within 14 days of notice of, providing full details of reasons to overturn the decision. The Committee shall announce its final decision no later than seven days after receipt of the appeal.
- d. Entries that do not contain the required information on Log and Summary Sheets, or that are illegible may be rejected or reclassified as check logs, not eligible for awards.

12. Limitations

- a. Operators of a multi-operator Field or Portable Station may not be claimed as contacts.
- b. Contacts with call signs appearing as operators on any of the summary sheets forming an entry shall not count for points or multipliers.

SARL Field Day Contest

1. Aim

The aim of the contest is to involve Southern African stations in a competitive and sociable event held under simulated emergency conditions. The contest is open to all licensed radio amateurs in Southern Africa (General Rules para 1.b).

2. Date and Time

The contest will take place on the second full weekend of February and the third full weekend November, between 10:00 UTC Saturday and 10:00 UTC Sunday [12:00 to 12:00 CAT]. [14 and 15 February 2009; 21 and 22 November 2009]

3. Frequencies and Modes

160, 80, 40, 20, 15 and 10 metres (Contest preferred segments)

Modes permissible are SSB and CW.

A station may be worked once on CW and once on phone per band. Cross-band or cross-mode operation is not permitted.

4. Categories

a) Single Operator Field Station - QRP, low power or high power

b) Multi-Operator Field Station - QRP, low power or high power

c) General - QRP, low power or high power (single or multi-operator station that do not conform to field-station requirements)

5. Call signs

Only one call sign per station is permitted. In the case of multi-operator stations using more than one transmitter, all operators shall use the same call sign.

6. Antennas

Only wire and single-element vertical antennas are permitted. The use of man-made supporting structures permanently existing on the site is prohibited.

7. Radio Equipment and Power Limits

There is no limitation to the number of transmitters or receivers that may be employed, but stations may not radiate more than two signals at any time and these must be on different bands.

QRP = power 5 watt or less.

Low power = 6 to 50 watts

High power = 51 to 100 watts

The maximum output power permissible shall be 100 W PEP.

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8. Establishment of Stations

No radio equipment may be located in permanent buildings existing on the site.

Equipment for Portable Stations may only be set up in the 24 hours prior to the starting time of the contest. This restriction applies to antennas, masts, towers and transmitting equipment, but excludes accommodation such as a caravan, tent, etc.

Once a Field Station has been established at a site, it may not move to an alternative site after the contest starts.

Field stations shall comply with the restrictions on power sources specified in the definition for Portable / Field Stations in the *General Contest Rules*.

9. Exchange

Exchange report RS(T) and entrance category. Phone - RS and S or M or G; CW - RST and S or M or G. S = Single Operator; M = Multi-operator; G = General station.

10. Scoring

The final score is the sum of the separate scores on each band, multiplied by the power multiplier. Field Stations multiply the final score by 2.

The score for each band is the cumulative sum of contact points, multiplied by the number of areas worked on that band, multiplied by the band multiplier.

Contact points are determined as follows:

QSO with a General station in own area:	1 point.
QSO with a General station in another area:	2 points.
QSO with a Field Day Station in own area:	3 points.
QSO with a Field Day Station in another area:	4 points.

A maximum of eight areas can be contacted:

Area 1: ZS1

Area 2: ZS2

Area 3: ZS3

Area 4: ZS4

Area 5: ZS5

Area 6: ZS6

Area 7: 3DA, 7P, 7Q, 9J, C9, A2, D2, V5, Z2, ZD7, ZD9, ZS7, ZS8, FR, 3B8, 5R, FH and D6

Area 8: Stations in the rest of the world.

The band multiplier is 2 for 10, 15 and 20 m, 3 for 40 m, 3 for 80 m and 2 for 160 m.

Power multipliers: The power multiplier that applies is determined by the highest power output of any of the transmitters used during the Field Day operation.

If all contacts are made using a power of 5 watts or less the power multiplier is 6.

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If all contacts are made using an output power of 6 to 50 Watts, the power multiplier is 4.

If any contacts are made using an output of 51 watts or greater, the power multiplier is 2.

Only one power multiplier may be applied to the score of any entry.

11. Sponsor

SARL HF Field Day, PO Box 12104, Brandhof, 9324. E-mail: hfcontests@netactive.co.za.
Closing date for log submission: 2 March 2009 and 7 December 2009.

SARL Hamnet 40 m Simulated Emergency Contest

1. Aim

This SSB Contest is open to all Radio Amateurs in South Africa, Namibia, Botswana, Zimbabwe, Swaziland, Mozambique, Lesotho, Marion Island and South African Antarctica. Only contacts with these areas will count.

2. Date and Time

First Sunday of March from 12:00 to 14:00 UTC [14:00 to 16:00 CAT]. [1 March 2009]

3. Frequencies

It is a phone contest in the band segments 7.043 to 7.100 MHz.

4. Categories

- a. Single operator stationary mobile
- b. Single operator portable
- c. Multi-operator portable
- d. Single operator base station
- e. Short Wave Listener (SWL)

5. Antennas

Antennas are limited to antennas with less than unity gain relative to a dipole. Stationary Mobile stations shall use antennas that rely solely on their vehicles for support and shall not exceed a height of 5 metres above ground. Portable station antennas may not be erected and installed before the day of the contest and no permanent man-made structure may be used to either house equipment or for antenna supports.

6. Power

Stationary Mobile and Portable stations shall operate from the same site for the duration of the contest and all power used shall comply with the requirements for Field Stations in the general rules.

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7. Exchange

Signal report followed by a three-figure number as follows:

Category a: Starting with 201 for the first contact

Category b: Starting with 401 for the first contact

Category c: Starting with 601 for the first contact

Category d: Starting with 801 for the first contact

Non-participants start with 001 for the first contact

8. Scoring

Scoring consists of points accumulated from all contacts, multiplied by a multiplier.

Contact with a station in:

Category a, b and c in own area 3 points

Category a, b and c in another area 4 points

Category d or non-participant in own area 1 point

Category d or non-participant in another area 2 points

Areas are as defined in the following list:

Area 1: ZS1

Area 2: ZS2

Area 3: ZS3

Area 4: ZS4

Area 5: ZS5

Area 6: ZS6

Area 7 (eastern group): 3DA, 7P, C9, Z2, ZS8

Area 8 (western group): A2, V5, ZS7

The multiplier consists of the number of call areas worked, multiplied by a power multiplier. The power multiplier is 2 for an output power of over 50 W PEP, and 3 for an output power of less than 50 W PEP.

9. Awards

Certificates will be presented to the highest scoring station in each category, provided that there are at least three entries in that category.

10. Sponsor

Hamnet Eastern Cape, Al Akers, ZS2U, 53 Clarence Street, Westering, Port Elizabeth, 6025. E-Mail: contest@zs2pe.co.za. Closing date for log submission: 16 March 2009

SARL 80 m QSO Party

1. Aim

The aim of these contests is to create an interest in and activity on the 80 m band. It is a phone only contest.

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2. Dates

The first Thursday in April and October. [2 April 2009 and 1 October 2009]

3. Time:

From 17:00 to 20:00 UTC [19:00 to 22:00 CAT]

4. Frequencies

Only frequencies in the segment 3.600 to 3.650 and 3.700 to 3.800 MHz may be used.

5. Exchange

Call sign, RS signal report and serial number commencing with 001

6. Categories

Single Operator
Short Wave Listener (SWL)

7. Scoring

10 points for every contact with a South African station.
15 points for every contact with a station outside South Africa.

8. Sponsor

Durban Amateur Radio Club, 17 Brownlee Place, Bluff, Durban, 4052. E-Mail:
zs5lp@sharksden.co.za. Closing date for log submission: 17 April 2009 and 16 October 2009

SARL Youth Day Sprint

1. Aim.

This is a fun activity to Celebrate Youth Day and to promote contacts between young radio amateurs in Southern African countries. Call "CQ Youth Day"

2. Date and Time.

16 June from 09:00 to 10:00 UTC [11:00 to 12:00 CAT]

3. Exchange

The exchange is a RS report and the operator's age.

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4. Frequency

It is a phone sprint on the 40-metre band [7.053 to 7.100 and 7.130 to 7.200 MHz]

5. Scoring

Contacts between stations in the age group 25 and younger are worth 5 points.

Contacts between stations in the under 25 group and over 26 group is worth 2 points

Contacts between stations in the age group 26 and older are worth 1 point.

6. Log Sheets

Log sheets and summaries shall be submitted within 15 days after the contest and can be sent by e-mail to hfcontests@netactive.co.za or by snail mail to the SARL Youth Day Sprint, PO Box 12104, Brandhof, 9324. The age of the operator must be shown on the summary sheet. Closing date for log submission: 1 July 2009. All the logs received will be entered into a draw for a Student Membership of the SARL.

SARL 160 Metre QSO Party

1. Aim

This is a fun activity to promote contacts on 160 metres between radio amateurs in Southern African countries and to encourage radio amateurs to apply for the SARL Top Band Award.

2. Date and Time

16:00 UTC [18:00 CAT] on Wednesday 17 June 2009 to 00:00 UTC [02:00 CAT] on Monday 22 June 2009.

3. Frequency

Phone: 1842 - 1850 kHz

CW: 1810 - 1838 kHz

4. Exchange

The exchange is a RS(T) report and serial number.

Following the QSO, the station must change frequency for the next QSO. The frequency of each QSO must be shown on the log sheet.

5. Participation (Single-operator)

(a) Restricted - Stations in South Africa with ZR prefixes.

(b) Unlimited - Stations in South Africa with ZS prefixes

(c) DX - stations outside of South Africa.

6. Scoring

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(a) and (b) 3 points per contact plus a bonus of five points for the first contact with each South African call area and the first contact with each Country worked outside South Africa.

(c) 3 points per contact plus a bonus of five points for the first contact with each South African call area worked.

7. Log Sheets

Log sheets must be submitted within 15 days after the contest and can be sent by e-mail to hfcontests@netactive.co.za or by snail mail to the 160 m QSO Party, PO Box 12104, Brandhof, 9324. Closing date for log submission: 08 July 2009.

SARL Digital Contest

1. Aim

To establish as many contacts as possible between radio amateurs in Southern Africa using the PSK mode. The contest is open to all radio amateurs in Southern Africa (General Rules para 1.b.).

2. Date And Time

The last Sunday of June, from 13:00 UTC to 16:00 UTC [15:00 to 18:00 CAT]. [28 June 2009]

3. Bands

40 metres [7.040 to 7.055 MHz] and 2 metres

4. Categories

SOSB-HP: Single operator, Single Band, High Power. Those stations at which one performs all of the operating, logging and spotting functions. The output power shall not exceed 100 watt.

SOAB-HP: Single Operator, All Bands, High Power. Those stations at which one performs all of the operating, logging and spotting functions. Only one signal is allowed at any one time. The operator may change bands at any time. The output power shall not exceed 100 watt.

SOSB-LP: Single operator, Single Band, Low Power. Those stations at which one performs all of the operating, logging and spotting functions. The output power shall not exceed 10 watt.

SOAB-LP: Single Operator, All Bands, Low Power. Those stations at which one performs all of the operating, logging and spotting functions. Only one signal is allowed at any one time. The operator may change bands at any time. The output power shall not exceed 10 watt.

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Short Wave Listener (SWL)

5. Exchange:

Signal report plus QSO number, starting at 001

6. Points

Contacts with stations in the same ZS call area are worth 2 points.

Contacts with stations in the same Southern African country (GR 1.b) are worth 2 points.

Contacts with stations in different ZS call areas are worth 4 points.

Contacts with stations in different Southern African countries (GR 1.b) are worth 4 points.

Contacts with stations outside the Southern African region (GR 1.b) are worth 1 point

7. Multiplier

A multiplier of one for each different ZS call area contacted on each band.

A multiplier of one for each different Southern African country (GR 1.b) contacted on each band.

8. Scoring

The final score is the result of the total QSO points multiplied by the sum of your ZS call area and Southern African country (GR 1.b) country multipliers.

9. Sponsor

Lichtenburg ARC, PO Box 410, Lichtenburg, 2740. E-mail: facman@nwk.co.za. Closing date for log submission: 13 July 2009.

SARL HF Phone and CW Contests

1. Aim

The aim of the HF Contests is for participants to contact as many amateurs in Southern Africa (General Rules para 1.b.) as possible on the 20, 40 and 80 m amateur bands.

2. Dates

SSB: First Sunday in August [2 August 2009]

CW: Last Sunday in August [30 August 2009]

3. Times

SSB: From 13:00 to 16:30 UTC [15:00 to 18:30 CAT]

CW: From 14:00 to 16:00 UTC [16:00 to 18:00 CAT]

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4. Frequencies

SSB: 14,125 to 14.350 MHz 7,053 to 7,100 and 7.130 to 7.200 MHz; 3,603 to 3,650 and 3.700 to 3.800 MHz
CW: 14,000 to 14,060 MHz; 7,000 to 7,025 MHz; 3.510 - 3.560 MHz

5. Categories

- a) Single Operator All Band
- b) Single Operator Single Band
- c) Multi Operator All Band
- d) Multi Operator Single Band

Individual competitors and club stations are encouraged to compete.

6. Exchange

RS(T) and consecutive serial numbers starting at 001.

7. Scoring

SSB contacts count 1 point.
CW contacts count 2 points.
Count two points for each area (see below) on each band.
Count 2 points for each stations contacted on all three bands.

Area 1: ZS1 Western Cape
Area 2: ZS2 Eastern Cape
Area 3: ZS3 Northern Cape
Area 4: ZS4 Free State
Area 5: ZS5 Kwazulu-Natal
Area 6: ZS6 Gauteng, Mpumalanga; Limpopo and North West
Area 7: 3B8 Mauritius, 3DA Swaziland, 7P Lesotho, 7Q Malawi, C9 Mozambique, Z2 Zimbabwe, 5R Madagascar, FR Reunion Island, FH Mayotte
Area 8: 9J Zambia, A2 Botswana, D2 Angola, V5 Namibia, ZD9 Gough and Tristan da Cunha Islands, ZS7 Antarctica, ZS8 Marion Island

8. Awards

Certificates are awarded to the first three places and the highest single band score in each contest. There is also a trophy for the highest combined score in both contests. A trophy is awarded to the CW contestant in his or her first year of CW achieving the highest score. Candidates for this trophy shall state the date of the issue of the licence on the summary sheet.

9. Sponsor

Bloemfontein Radio Amateur Club, PO Box 12104, Brandhof, 9324. E-mail: hfcontests@netactive.co.za. Closing date for log submission - 17 August 2009 (Phone) and 14 September 2009 (CW).

SARL YL Sprint

1. Aim.

This is a fun activity to celebrate Women's Day between radio amateurs in Southern African countries. Call "YL Sprint"

2. Date and Time.

9 August from 09:00 to 10:00 UTC [11:00 to 12:00 CAT]

3. Exchange

The exchange is a RS report and YL or OM.

4. Frequency

It is a phone sprint on the 40-metre band [7.053 to 7.100 and 7.130 to 7.200 MHz]

5. Scoring

Contacts between YL stations are worth 5 points.

Contacts between YL and OM stations are worth 3 points

Contacts between OM stations are worth 1 point.

6. Log Sheets

Log sheets and summaries shall be submitted within 15 days after the contest and can be sent by e-mail to hfcontests@netactive.co.za or by snail mail to the SARL YL Sprint, PO Box 12104, Brandhof, 9324. Closing date for log submission: 24 August 2009.

SARL 40 Metre Mobile Sprint

1. Aim

This is a fun activity to promote contacts between mobile stations on 40 metres between radio amateurs in Southern African countries. Mobile means the operator must be in a vehicle with a mobile antenna fitted, the vehicle may be stationary.

2. Date and Time

The second Sunday of August from 13:00 to 15:00 UTC [15:00 to 17:00 CAT] [9 August 2009]

3. Exchange

The exchange is call sign and signal report.

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4. Frequency

It is a phone only contest on the 40-metre band [7,053 to 7,100 MHz]

5. Power

Maximum output of 100 watt may be used.

6. Scoring

Contacts in the same call area = 1

Contacts in a different call area = 2

Contacts with a neighbouring country = 3

If contacts are mobile to mobile the points are multiplied by 5

If contacts are between mobile and fixed station the points are multiplied by 3

If fixed station to fixed station, points are multiplied by 1.

7. Log Sheets

Log sheets must be submitted within 15 days after the contest and can be sent by e-mail to zs1bak@mailbox.co.za or by snail mail to BARK, Posbus 273, Strand, 7139. Closing date for log submission: 24 August 2009.

Antique Wireless Association CW Activity Day

1. Aim

The aim of the CW Activity Day is for participants to contact as many amateurs as possible on the 20, 40 and 80 m amateur bands.

2. Date and Time

The first full weekend in February from 10:00 UTC [12:00 CAT] on the Saturday to 10:00 UTC [12:00 CAT] on the Sunday. [7 and 8 February 2009]

3. Frequencies

14,000 to 14,060 MHz; 7,000 to 7,035 MHz; 3,500 to 3,580 MHz

4. Categories

- a) Single Operator All Band - Low Power (maximum 100W)
- b) Single operator All Band - QRP (Maximum 5W)
- c) Single Operator Single Band - Low Power (maximum 100W)
- d) Single operator, single band - QRP (maximum 5W)
- g) Short Wave Listener (SWL)

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5. Exchange

RST, operators name and Grid Square locator.

6. Scoring

Contacts count 1 point for low power, 2 points for QRP.

7. Awards

Certificates are awarded to the first places and the highest single band score.

8. Sponsor

Southern African Antique Wireless Association, PO Box 12320, Benoryn, 1504. E-mail: andy.cairns@xsinet.co.za. Closing date for log submission: Monday 2 March 2009.

Antique Wireless Association Valve QSO Party

1. Aim

The aim of the AWA Valve QSO party is to create activity on the 40 and 80 metre bands. It is a phone only contest. Preferably, valve radios, or radios with valves in them may be used. No Linear Amplifiers may be used.

2. Dates

The second weekend of May and October. The Saturday will be an AM QSO Party and the Sunday a SSB QSO Party [9 and 10 May 2009 and 10 and 11 October 2009]

3. Time

From 14:00 - 16:00 UTC (16:00 - 18:00 CAT) on both dates

4. Frequencies

40 metres: 7,053 to 7,100 MHz and 80 metres: 3,603 to 3650 MHz

5. Power

The output power may not exceed 100 w, unless the rig itself has a higher output power. (FTDX400, etc)

6. Exchange

Call sign, RS and consecutive serial numbers starting at 001, plus type of radio used, eg HT37 Tx.

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7. Scoring

All valve radio - 3 points per contact;
Hybrid (valve & solid state) - 2 points per contact;
Solid State Radio - 1 point per contact

8. Awards

Certificates will be awarded to the first three places in each category. (AM/SSB)

9. Sponsor

Southern African Antique Wireless Association, PO Box 12320, Benoryn, 1504. E-mail: andy.cairns@xsinet.co.za. Closing date for log submissions: 26 May 2009 and 26 October 2009.

Autumn and Spring QRP Sprint

1. Aim

This is a fun activity to promote QRP contacts between radio amateurs in Southern African countries (General Rules para 1.b.)

2. Date and Time

Autumn - The third Sunday of April 12:00 to 14:00 UTC [14:00 to 16:00 CAT] 19 April 2009

Spring - The second Sunday of September 12:00 to 14:00 UTC [14:00 to 16:00 CAT] 13 September 2009

3. Categories and Power

Portable or Fixed Station

CW or Phone or Mixed

Power - 5 watt, 1 watt or 100 milliwatt

4. Exchange

The exchange is RS(T) and year first licensed (e.g. 59 89).

5. Frequency

It is a phone and CW contest on the 40-metre band [7,000 to 7,025 MHz and 7,053 to 7,100 MHz]

6. Antennas

The South African Radio League

Only wire antennas may be used

7. Scoring

Each contact counts 2 points

Each prefix worked counts 2 points

Multiply the QSO score with the prefix score and multiply with the power multiplier = 5 watt x 1, 1 watt x 5 or 100 milliwatt x 10

(QSO score X prefix score) X power multiplier

8. Log Sheets

Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to hfcontests@netactive.co.za or by snail mail to The Contest Committee, PO Box 12104, Brandhof, 9324. Closing date for log submissions: 4 May 2009 and 28 September 2009

Boland ARC 40 Metre Sprint

1. Aim.

This is a fun activity to promote contacts on 40 metres between radio amateurs in Southern African countries.

2. Date and Time.

The forth Sunday of July from 13:00 to 16:00 UTC [15:00 to 18:00 CAT] [26 July 2009]

3. Exchange

The exchange is call sign, RS and postal code.

4. Frequency

It is a phone only contest on the 40-metre band [7,053 to 7,100 MHz]

5. Antennas and Power

Only wire antennas and a maximum output of 100 watt may be used.

6. Scoring

Contacts with Southern African stations are worth 1 point.

The Boland ARC club station, ZS1BAK, will be activated and a contact with this station counts 5 points, only one contact is allowed.

7. Log Sheets

The South African Radio League

Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to zs1bak@mailbox.co.za or by snail mail to BARK, Posbus 273, Strand, 7139. Closing date for log submission: 10 August 2009

8. Awards

A certificate will be awarded to the 1st, 2nd and 3rd place in South Africa, as well as the highest score in each division. The BARC member with the highest score will also receive a certificate.

Durban ARC Mid-Winter Sprint

1. Aim.

This is a fun activity to promote contacts between radio amateurs in Southern African countries.

2. Date and Time.

The first Wednesday of July from 17:00 to 18:00 UTC [19:00 to 20:00 CAT] [1 July 2009]

3. Exchange

The exchange is the RS and age (ladies use 21).

4. Frequency

It is a phone contest on the 80-metre band [3,603 to 3,650 and 3,700 to 3,800 MHz]

5. Scoring

Contacts with stations in the same ZS call area or Southern African country is worth 2 point.

Contacts with stations in different ZS call areas or Southern African countries are worth 4 points.

6. Log Sheets

Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to zs5lp@sharksden.co.za or by snail mail to Durban Amateur Radio Club, 17 Brownlee Place, Bluff, Durban, 4052. Closing date for log submission: 16 July 2009.

The Pears HF QSO Party

1. Aim

The South African Radio League

For DX operators and South African stations make as many contacts with other South African stations on HF as possible.

2. Contest Period

The first Sunday in December, the contest runs from 12:00 UTC to 16:00 UTC (14:00 to 18:00 CAT) [6 December 2009]

3. Modes and Frequencies

The mode is SSB only. The following frequencies shall be used:

3,603 to 3,650 and 3,700 to 3,800 MHz

7,053 to 7,100 and 7,130 to 7,200 MHz

4. Entrance Categories

There are four entrance categories:

Novice - Stations in South Africa with ZU prefixes.

Restricted - Stations in South Africa with ZR prefixes.

Unlimited - Stations in South Africa with ZS prefixes

DX - stations outside of South Africa.

5. Station Requirements

There are no limitations on the power of stations, or the number of operators, or the location of station equipment except that all operators shall operate within the limits of their licenses at all times.

6. Points

A contact between two ZU stations scores 5 points

A contact between two ZR stations scores 2 points.

A contact between a ZU station and a ZR/ZS station scores 3 points

A contact between a ZS station and a ZR/ZS station scores 1 point.

A contact between a ZU station and a DX station scores 5 points.

A contact between a ZR/ZS station and a DX station scores 1 point.

Only one contact with each station on each band counts. Points can be claimed for multiple contacts with the same station on different bands.

7. Exchange

Call signs, signal report and the operator's name

8. Awards

DX - An award will be made to the top entrant.

Novice, Restricted and Unlimited - An award will be made to the top 2 entrants in each category.

9. Logs

The South African Radio League

Logs can be sent via snail-mail to: PEARS QSO Party, PO Box 5277, Walmer, 6070, Republic of South Africa or via email to contest@zs2pe.co.za. Closing date for submission of logs is 31 December. No late submissions will be considered. Results will be announced via the PEARS website and HF Happenings by the third weekend of January.

10. Closing date for log submission: 31 December 2009.

ZS3 Sprint

1. Aim.

This is a fun activity to promote contacts between radio amateurs in the Northern Cape and radio amateurs in Southern African countries.

2. Date and Time.

The first Sunday of May from 14:00 to 15:00 UTC [16:00 to 17:00 CAT] [3 May 2009]

3. Exchange

The exchange is RS(T) and provincial or country abbreviation.

4. Frequency

It is a phone and CW contest on the 40-metre band.

5. Scoring

For ZS3

Contacts with stations in ZS3 are worth 1 point.

Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.

Other

Contacts with stations in ZS3 are worth 2 points.

Contacts with stations in own or other ZS call areas (excluding ZS3) or Southern African countries are worth 1 point.

Contacts with the Kalahari Karoo ARC, ZS3ARK, ZS3FLY or another ZS3 club station is worth 5 points each, only one contact per station is allowed.

6. Log Sheets

7. Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to zs3tg@vodamail.co.za or by snail mail to ZS3 Sprint, PO Box 1049, Kathu, 8446. Closing date for log submissions: 18 May 2009.

8. Awards

The South African Radio League

A certificate will be awarded to the 1st, 2nd and 3rd place in the competition.

ZS4 Sprint

9. Aim.

This is a fun activity to promote contacts between radio amateurs in the Free State and radio amateurs in Southern African countries.

10. Date and Time.

The fourth Sunday of May from 14:00 to 15:00 UTC [16:00 to 17:00 CAT] [24 May 2009]

11. Exchange

ZS4: RS(T) and town name or abbreviation
Other: RS(T) and provincial or country abbreviation.

12. Frequency

It is a phone and CW contest on the 40-metre band.

13. Scoring

For ZS4
Contacts with stations in ZS4 are worth 1 point.
Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.

Other
Contacts with stations in ZS4 are worth 2 points.
Contacts with stations in own or other ZS call areas (excluding ZS4) or Southern African countries are worth 1 point.

Contacts with the Bloemfontein RAC, ZS4BFN, Vrystaat Radioklub, ZS4B or the Sasolburg ARC, ZS4SRK is worth 5 points each, only one contact per station is allowed.

14. Log Sheets

15. Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to rmschoeman@telkomsa.net or by snail mail to The Sasolburg Amateur Radio Club, ZS4SRK, PO Box 3493, Vanderbijlpark, 1911. Closing date for log submissions: 8 June 2009

16. Awards

A certificate will be awarded to the 1st, 2nd and 3rd place in the competition.

Heritage Day Sprint

1. Aim

To stimulate activity on 40 m and to promote public relations with respect to the various Heritage sites in South Africa on 24 September - Heritage Day

2. Date and Time

24 September each year. The sprint starts at 13:00 and ends at 15:00 CAT.

3. Frequencies and Power

Only frequencies in the segment 7,000 to 7,025 MHz for CW and 7,053 to 7,100 MHz for phone may be used. A maximum of 100 W output power is allowed.

4. Exchange

The exchange is your call sign, RS(T) signal report, a serial number commencing with 001 and grid locator (6-digit)

5. Participation

Single Operator
Multi Operator

6. Scoring

CW scoring - 20 points for every contact with a station at South African Block House; 10 points for every contact with a station at a different Boer War Heritage site and 4 Points for every other station.

Phone Scoring - 10 points for every contact with a station at South African Block House; 5 point for every contact with a station at a different Boer War Heritage site and 2 points for every other station.

7. Multiplier

Single operator may multiply final points by 3 and a Multi operator may multiply final points by 2.

8. Sponsor

The Sasolburg Amateur Radio Club, ZS4SRK, PO Box 3493, Vanderbijlpark, 1911
E-mail: rmschoeman@telkomsa.net. Closing date for log submission is 9 October 2008.
Top three scores will receive a certificate and a graphical plot of contacts made from that particular station.

VHF/UHF Contests

How to avoid QRM especially on 50 and 144 MHz.

Many contestants have complained about strong analogue stations hogging a calling frequency and burying weaker stations underneath. The following remedies are suggested.

- Give a CQ contest call on 50,200 or 144,200 MHz, and ask stations to listen for you on a frequency higher up the band. Other stations who heard your call will follow you. This is how it is done during HF DX contests.
- Club or field stations may select a spot frequency and call from there. It would not take stations long to discover who is operating and where.
- Stations must learn to tune and listen around the channel and not only to one frequency. Local stations should spread out to avoid QRM to each other. This will give everyone a fair chance to work distant stations.

SARL VHF and UHF Contests

1. Aim

To promote activity on the VHF and UHF bands. The Contest is open to all licensed radio Amateurs in South Africa and neighbouring states.

All operations shall be conducted in accordance within the limitations of licensing regulations and, if applicable, the requirements for an educational station registration (e.g. for a ZU licensee to operate at power limits of a ZS on a club station) on condition that, A) the Contest station must be registered as educational station and, B) the operator must operate under supervision of a ZS operator.

The rules and spirit of the contest must be respected at all times.

2. Dates

The third full weekend of March and September each year. [21 and 22 March 2009 and 19 and 20 September 2009]

3. Times

10:00 UTC [12:00 CAT] on the Saturday to 10:00 UTC [12:00 CAT] on the Sunday.

4. Categories

Since there are no differences or multipliers in the scoring rules between the categories for Fixed or Field stations, the competition will only define these two categories:

The South African Radio League

(A) Single-operator stations

(B) Multi-operator stations (Club stations etc.)

Mobile Stations can also use all equipment used by other stations, and will be seen as any other station but, must operate from one grid square throughout the contest period only.

NB. Multi-operator stations should be using a club call sign.

5. Contacts

The following modes are allowed - FM, SSB and other phone modes only.

Use of the DX Cluster and other spotting networks (including internet facilities) is allowed in the contests.

Any band may be used for setting up contacts or talk back. No confirmation of QSO details shall take place on the talk back frequency. All exchanges for the contest band in use shall be made on that band. The talk back channel can be used for antenna alignment signals and confirmation that signals are audible, but not for giving reports and serial numbers.

6. Exchange

The contest exchange consists of the call signs, signal report and six-digit grid locator. All the exchange information shall be copied at the time of the QSO.

No points will be forfeited if a non-competing station cannot provide a grid locator, or any other information that may be required. However, the receiving operator shall receive and record sufficient information to be able to calculate the score.

7. Frequencies

The following frequency bands may be used:

50 to 51,5 MHz

70 to 70,300 MHz

144 to 145,55 MHz

432 to 433,6 MHz

1296 to 1296,5 MHz

Higher frequencies as per band plan

Participants shall adhere to all sub-bands as specified in the IARU Region 1 and SARL band plans. In particular, the operators of 4 metre and 6 metre stations shall adhere to accepted practices if continental DX openings occur and ensure that recognised DX calling frequencies are not utilised for prolonged periods.

8. Band multipliers

The score for each band will be the number of points made on that band multiplied by the number of grid multipliers contacted on that band multiplied by the band multiplier. Each new multiplier shall be clearly marked in the log.

6 m x1

4 m x2

The South African Radio League

2 m x3
23 cm x 7

70 cm x 5
All higher frequencies x 7

9. Scoring

Scoring will be 1 point per kilometre. All kilometre calculations are to be made using the "Maidenhead" grid locator system using the "Tinylocator" freeware grid calculator programme. No other distance calculations will be accepted. ("Tinylocator" can be found via Google. Type-in "Tinylocator", then click on "Tinylocator" to obtain the free program.)

Contacts with stations in the same small locator square, e.g. KG44ee to KG44ee, will score 1 point.

Maximum distance claimed will only be 1 500 km per contact regardless of the actual distance worked.

There are no limitations on input power, and no multiplier for low input power (but the operators must stay within regulation limits for their licenses). There are no limitations and no multiplier for alternative power supply e.g. batteries

The scores in this final tabulation are the sum of the scores on each band. The scores will be calculated by score for each band (Score achieved * band multiplier).

Only one scoring contact may be made with a given station on each band per session, regardless of any suffix.

Operators of Multi-operator stations can also give points to any stations, including their own Multi-operator or Club-station during a shift break.

Cross-band contacts and those made using repeaters or satellites will not count for points.

10. Awards and Results

A winner, second and third place will be determined for:-

Single-operator stations

Multi-operator stations

The overall winner will be the station from both categories with the highest score. Certificates will be awarded to the first, second and third placed stations.

11. Sponsor

Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to sarl.contest@peer.co.za or by normal mail (**not registered**) to The Contest Committee, PO Box 11198, Queenswood, 0121 Pretoria

Closing date for logs is Monday 6 April 2009 and 5 October 2009

The PEARS National VHF/UHF Contest

1. Aim

The PEARS National VHF/UHF contest will take place on 16 to 18 January 2009, and is open to all licensed amateurs in the Republic of South Africa and the neighbouring states. The aim of a VHF or UHF contest is to make many long distance contacts, establish new records, encourage the improvement of equipment and have fun. The format has been streamlined and outdated rules eliminated to make it more exciting for contestants and stimulate activity. This is a 44 hour dual contest for digital and analogue modes. Amateurs are requested to participate in both the contests if possible and thus keep the bands alive. Stations in the first three categories can compete in both the national and divisional sections.

2. Dates and Times

The first 22 hour session of the VHF/UHF contest starts at 18:00 CAT on Friday 16 January and closes at 16:00 CAT on Saturday 17 January. The second 22 hour session commences at 16:01 CAT on Saturday and ends at 14:00 CAT on Sunday 18 January.

3. Categories

Base Station
Field Station
Multi-Op / Club Station
Limited Category

Base Station. A base station is the normal home or fixed station. It may be operated by one or more amateurs as long as they use their own call signs.

Field Station. A field station is a temporary station set up in a caravan, tent or motor vehicle and may erect any type of antenna system. It may be operated by one or more amateurs but they must use their own call signs.

Multi-Op/Club Station. A Multi-Op or Club station forms the hub of activity during a contest and could work all five bands at the same time. A multi-op team or club may operate from either a fixed location or a field station as desired but a single call sign must be used by all the multi-operators.

Limited Category. This category is limited to a 4 hour continuous period during each session, and may be scheduled during any part of a session operating from any fixed position or a stationary mobile.

4. Frequency Channels

50,200 - 50,250 MHz	SSB
50,250 - 50,300 MHz	Digital
50,400 - 50,450 MHz	FM

The South African Radio League

70,100 - 70,150 MHz SSB
70,150 - 70,175 MHz Digital
70,200 - 70,275 MHz FM

NOTE: The 70 MHz band is a shared band; please avoid QRM to commercial users.

144,200 - 144,250 MHz SSB
144,250 - 144,300 MHz Digital
144,350 - 144,400 MHz FM

432,200 - 432,250 MHz SSB
432,250 - 432,300 MHz Digital
432,450 - 432,500 MHz FM

1296,200 - 1296,250 MHz SSB
1296,250 - 1296,300 MHz Digital
1296,450 - 1296,500 MHz FM

5. Contestants

All ZU/ZR/ZS amateurs may participate as well as amateurs from the six neighbouring states i.e. Namibia (V5), Botswana (A2), Zimbabwe (Z2), Mozambique (9), Lesotho (7P) and Swaziland (3DA), and only contacts with these states will count.

6. Reports and Scoring

A valid contact consists of an exchange of call signs, signal reports and location such as the six digit Maidenhead Locator or co-ordinates. Stations in all four categories claim one point per kilometre, but points may be claimed for only one contact for the same station on the same band during a session. The number of grid squares worked on a band multiplies the scores on that band.

7. Log Sheets

Separate log sheets are required for each band worked on digital or analogue. The top of each log sheet must indicate BAND, CATEGORY, NAME, CALL SIGN and POSTAL ADDRESS as well as the LOCATION of the station. Log sheets must reflect DATE, TIME, FREQUENCY, CALL SIGN of station worked, SIGNAL REPORTS given and received, transmission MODE and LOCATOR of station worked. All entries must be submitted to PEARS before the end of February 2009 and their decision will be final. The postal and e-mail addresses are given below. No late submissions will be accepted. Results will be posted on the PEARS website by 30 April 2009.

8. Awards

PEARS will present certificates to (1) the two stations who achieve the longest distance on digital or analogue modes, (2) the national winner and runner-up as well as (3) the divisional winner in each of the three categories and five bands, except the limited category, which has only an overall winner and runner-up per band.

9. Further Information

The South African Radio League

For further information, please contact the Port Elizabeth Amateur Radio Society, PO Box 10402, Linton Grange, 6015 RSA, or e-mail contest@zs2pe.co.za or telephone Barry Murrell, ZS2EZ on cell 071 254 5040.