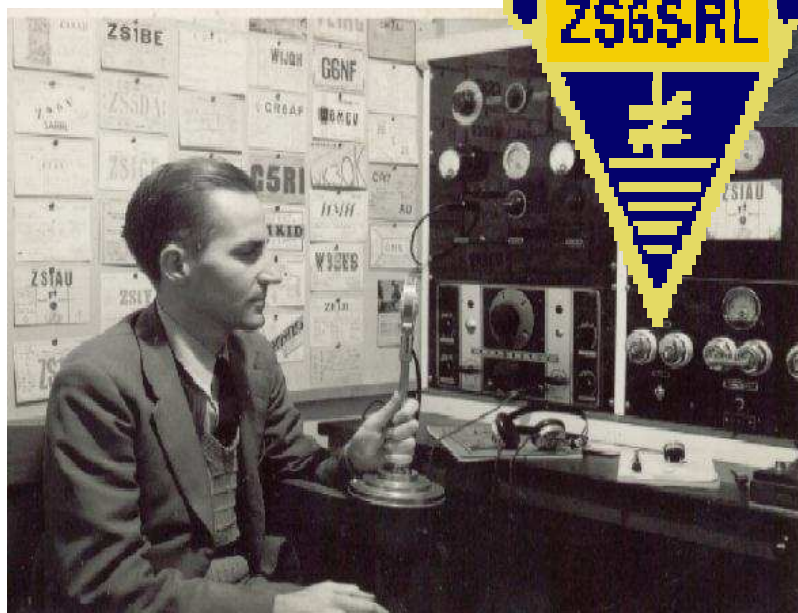


# South African Radio League



## 2010 Contest Manual

“The Blue Book”

## The South African Radio League

# 2010 SARL Contest Manual

### "THE BLUE BOOK"

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

PEARS VHF/UHF Contest	SARL Club Contest
AWA CW Activity Day	SARL Field Day Contest
SARL VHF/UHF Contests	SARL Hamnet 40 m Simulated Emergency Contest
SARL 80 m QSO Parties	Autumn QRP Sprint
ZS3 Sprint	SARL Youth Sprint
SARL 160 m QSO Party	SARL Digital Contest
Boland ARC 40-metre Sprint	SARL HF Phone and CW Contest
SARL YL Sprint	Spring QRP Sprints
RaDAR Contest	Heritage Day Sprint
AWA Valve QSO Party	PEARS HF QSO Party
ZS4 Sprint	ZS6JVT Spring 40 Metre Youth Contest

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

I would like to express my grateful appreciation to the willingness of the contest committees to run the various contests for the year 2010. 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 week-end 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\\_Xnetactive.co.za](mailto:zs4bs_Xnetactive.co.za)

The @ character has been replaced with \_X in e-mail address. Please correct, before using the e-mail address.

## SARL General Contest Rules

### 1. General

- a. These contest rules apply to all SARL and Club contests with effect from 1 January 2010. 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.
- f. Copies of the various log sheets and summary sheets are available in MS Word and MS Excel format at <http://www.sarl.org.za/public/contests/contestrules.asp> as well as <http://www.zs4bfm.co.za/contesting.asp>
- g. Documents that are scanned and submitted as JPG or PDF will be deemed as check logs.

### 2. 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. 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.
- d. Fixed Station: A station, which is operated from, and located at, the registered main station address of a licensee as shown on a radio

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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. For the SARL Field Day this station will give out RS(T) and G.

- e. 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. For the SARL Field Day this station will give out RS(T) and S or M.
  - f. Paper Entries. Paper entries are submitted either by hand or by post via the SA Post Office. A paper entry can be one of the following:
    - i. A neat hand written log of contacts made during the contest with a summary sheet
    - ii. A computer printed log of contacts made during the contest with a summary sheet, this includes a printout of an electronic logbook.
  - g. Electronic Logs and Summary Sheets. This constitutes a log submission via e-mail, CD, flash disk or stiffer. It can be a text file, MS Excel file or a Cabrillo file.
  - h. Consecutive numbering sequence. Consecutive - *Adjective: In regular succession without gaps; Successive (without a break); One after the other; Uninterrupted.* Afrikaans – Opeenvolgend. Sequence - *Adjective: Serial arrangement in which things follow in a logical order or a recurrent pattern.* Collins English Dictionary.
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
- 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:

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- i. Date,
  - ii. Time in UTC
  - iii. Call sign of station contacted
  - iv. Exchange (i.e. RST and/or serial sent and received), and
  - v. Points claimed for each contact.
  - vi. 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.
- d. 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.
- e. 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.
- f. 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.
- g. 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 ..... 2010*

*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. Documents that are scanned and submitted as JPG or PDF will be deemed as check logs.
- b. Log sheets shall contain the following information:
  - i. Date,

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- ii. Time in UTC
      - iii. Call sign of station contacted
      - iv. Exchange (i.e. RST and/or serial sent and received), and
      - v. Points claimed for each contact.
    - vi. 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.
  - d. 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.
  - 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). 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.*
  - g. The Contest Committee may request a signed paper copy.
6. Closing Date, and Announcement of preliminary and final Results
- a. Entries shall be postmarked or e-mailed not later than 15 days after the contest has ended. Certain contests give more time for submission, check the contest rules.
  - 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

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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

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. 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.

## 11. Limitations

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- 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.
  - c. Contacts with call signs being family members residing with the operator shall not count for points or multipliers.
12. VHF/UHF Contests. How to avoid QRM especially on 50 and 144 MHz.
- a. Many contestants have complained about strong analogue stations hogging a calling frequency and burying weaker stations underneath. The following remedies are suggested.
  - b. 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.
  - c. 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.
  - d. 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.
13. Description of the Maidenhead Locator System by Hal Lund, ZS6WB.
- a. There are still a few VHF operators out there who may not completely understand the grid locator system and the following is for their benefit. The following description is taken from The ARRL World Grid Locator Atlas.
  - b. The earth's surface is divided into  $18 \times 18 = 324$  "fields," each one 20 degrees longitude by 10 degrees latitude. Each field is divided into  $10 \times 10 = 100$  "squares," each one 2 degrees longitude  $\times$  1 degree latitude. Each square is finally divided into  $24 \times 24 = 576$  "sub-squares," each one 5 minutes longitude by 2,5 minutes latitude. The fields are indicated by two (2) letters AA to RR, the squares by two (2) digits 00 to 99 and the sub-squares by two (2) letters AA to XX. The first character is the longitude character and the second character is the latitude character on each level. The numbering direction is everywhere west to east and south to north. The complete locator is the sum of all six characters, for example "FN43MJ". Recommended abbreviation for the word "locator" on CW is "LOC."

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- c. The ARRL World Grid Locator Atlas is inexpensive and if you do not have it available on your computer, it is recommended that every VHF operator try to get a copy. It contains a world map showing all 324 fields and more detailed maps showing the locations of all of the 32 400 squares.
- d. It is general policy in VHF circles throughout the world to use "Squares" as VHF contest multipliers and for VHF award purposes while the small "Sub-squares" are used only for determining distances. As a point of interest, grid fields and squares are now used for a number of HF awards including some recently introduced by CQ Magazine and even our own WAGS Award for contacts with South African grids on either HF or VHF.

### The PEARS National VHF/UHF Contest

#### 1. Introduction

The PEARS National VHF/UHF contest will take place on 15 - 17 January 2010, and is open to all licensed amateurs in the RSA 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. 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 15 January and closes at 16:00 CAT on Saturday 16 January. The second 22 hour session commences at 16:01 CAT on Saturday and ends at 14:00 CAT on Sunday 17 January.

#### 3. Categories

- a. Base Station - a base station is the normal home or fixed station. One or more amateurs may operate it as long as they use their own call signs.
- b. 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. One or more amateurs may operate it but they must use their own call signs.
- c. Club or multi-operator Station - A Club or Multi-Op station forms the hub of activity during a contest and could work all five bands at the same time. Either a club or multi-op team may operate from a fixed location or a field station as desired but all the multi-operators must use a single call sign.

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- d. 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, field station or a stationary mobile.

### 4. Frequency Channels

50.200 – 50.250 MHz    SSB  
50.250 – 50.300 MHz    Digital  
50.350 – 50.400 MHz    FM

70.100 – 70.150 MHz    SSB  
70.150 – 70.175 MHz    Digital  
70.200 – 70.275 MHz    FM

144.200 – 144.250 MHz    SSB  
144.250 – 144.300 MHz    Digital  
144.350 – 144.400 MHz    FM

145.500 MHz National Call    FM

433.200 – 433.250 MHz    SSB  
433.250 – 433.300 MHz    Digital  
433.350 – 433.400 MHz    FM

1296.200 – 1296.250 MHz    SSB  
1296.250 – 1296.300 MHz    Digital  
1296.350 – 1296.400 MHz    FM

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

### 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 & Scoring

A valid contact consists of an exchange of call signs, signal reports and location such as the 6 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,

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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 by 28 February 2010 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 2010.

### 8. Awards

PEARS will present certificates to (1) the station, which achieves the longest distance on digital, (2) the longest distance on analogue, (3) the national winner and runner-up as well as (4) 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

For further information please contact the Port Elizabeth Amateur Radio Society, PO Box 10402, Linton Grange 6015, RSA, or e-mail contest\_Xpears.ham-radio-op.net or telephone Eric Hosten, ZS2ECH, on cell 072 8414 693.

## SARL 80 m Club Championship

### 1. Introduction

A series of short weekday evening contests on 80 m based around competition between affiliated radio clubs. Individual scores in every event count towards a radio club's overall score so it is important for the club to get members to come on in as many sessions and as many modes as possible.

### 2. Dates

27 January 2010 – SSB; 31 March 2010 – Digital; 26 May 2010 – CW; 28 July 2010 – SSB; 29 September 2010 – Digital; 24 November 2010 – CW

### 3. Time

Starting time 17:30 UTC (19:30 CAT) and ending at 18:30 UTC (20:30 CAT)

### 4. Mode

CW, SSB and Data modes (PSK and RTTY)

### 5. Exchange

RS(T) and a sequential serial number starting at 001

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### 6. Category

Single Operator  
Multi-operator

Low – 100 w maximum power at the transmitter output  
QRP – 10 w maximum power at the transmitter output.

Entrants may change section from one event to another.

### 7. Frequencies

CW 3,520 – 3,570 MHz  
SSB 3,600 – 3,650 and 3,700 -3,775 MHz  
Data modes 3,580 – 3,620 MHz

Note: The frequency segment 3,580 to 3,585 MHz is reserved for PSK operation - stations operating PSK should transmit only between these limits. Stations operating RTTY should not attempt to make QSOs in this 5 kHz segment.

### 8. Scoring

One point per contact.

An entrant may be contacted once per session on CW or SSB, and twice on data modes (once on RTTY, once on PSK). In the data modes contests, contact may be on RTTY or PSK only. The same station may be worked on both RTTY and PSK.

### 9. Entries

Each session is a contest in its own right, and log entries must be submitted to hfcontests\_Xnetactive.co.za within seven (7) days of the contest. For example for the contest on 27 January, the deadline is 23:59:59 CAT on 3 February. Entries must be in Cabrillo format (General Rules #5).

In order to count towards the total for an affiliated radio club, the radio club name must be clearly indicated on the entry. Radio clubs may wish to appoint a co-ordinator who can ensure that entries contain all required information and are submitted on time.

### 10. Awards

At the end of the programme in November, the affiliated radio club whose members have made the highest aggregate score will be awarded the Affiliated Club trophy.

## Antique Wireless Association CW Activity Day

### 1. Aim

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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. [6 and 7 February 2010]

### 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)

### 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\\_Xxsinet.co.za](mailto:andy.cairns_Xxsinet.co.za). Closing date for log submission: Monday 22 February 2010.

## 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

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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]. [13 and 14 February 2010; 20 and 21 November 2010]

### 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.

### 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.

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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. General stations multiply the final score by 1,5 and Field Stations multiply the final score by 2,5.

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.

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

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

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

### 11. Sponsor

SARL Field Day, PO Box 12104, Brandhof, 9324. E-mail: hfcon-tests\_Xnetactive.co.za. Closing date for log submission: 1 March 2010 and 6 December 2010.

## 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]. [7 March 2010]

### 3. Frequencies

It is a phone contest in the band segments 7.060 to 7.100 MHz.

### 4. Categories

- a. Single operator stationary mobile
- b. Single operator portable
- c. Multi-operator portable
- d. Single operator base station

### 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.

### 7. Exchange

Signal report followed by a three-figure number as follows:  
Category a: Starting with 201 for the first contact

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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\_Xpears.ham-radio-op.net. Closing date for log submission: 22 March 2010

## SARL VHF and UHF Analogue Contest

### 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

## The South African Radio League

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. [20 and 21 March 2010 and 18 and 19 September 2010]

### 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:

(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.

## The South African Radio League

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
2 m x3	70 cm x 5
23 cm x 7	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).

## The South African Radio League

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\_Xpeer.co.za or by normal mail (**not registered**) to The Contest Committee, PO Box 11198, Queenswood, 0121 Pretoria

Closing date for logs is Monday 5 April 2010 and 4 October 2010

## SARL VHF and UHF Digital Contest

Introduction. In recent years there have been major VHF technology improvements making it possible for a relatively modest VHF station to make contacts over long distances using weak signal techniques utilising propagation modes such as meteor scatter, moon bounce and tropo. While many VHF operators, both veteran & relatively new, have enthusiastically greeted the new techniques there are also a large number of VHF operators that prefer to remain with the technologies they consider to be tried and tested. Efforts to have a VHF contest that make both groups happy have failed and have probably been counter-productive by causing major divisions between the two groups of operators because the rules have favoured one group or the other. By holding a digital contest separate from the phone contest, everyone has the opportunity to participate in a contest that suits his operating preference,

Contest Philosophy. As contacting DXCC entities is the main goal of HF DXers, new grid squares are what most serious VHF operators are looking for. The VUCC (VHF/UHF Century Club) Award administered by the American Radio Relay League has become very popular and has already been earned by several South African VHF and Satellite operators. Any new grid squares contacted during VHF contests can be used when applying for awards such as VUCC and the new WAGS Award for contacting South African grids on both VHF and HF and to assist those working towards long-term goals such as these awards the rules are designed to encourage activity from rare grids. Obviously, the better your sta-

## The South African Radio League

tion performs and the greater distances you are able to contact the more grids you will add to your log, providing of course that there is activity in all of the more remote areas. Rover and portable operation in rare grids is encouraged.

### 1. Objectives

To increase use of our VHF & UHF frequencies and to provide a means of evaluating your station performance by comparison with other contest participants.

### 2. Dates

The SARL VHF Digital Contest will be held on the same weekends as the SARL VHF Phone Contest (third full weekends of March & September). [19 and 21 March 2010 and 17 and 19 September 2010]

### 3. Times

The SARL VHF Digital Contest will begin on Friday at 1600 UTC and end at 1200 UTC on Sunday. The contest will be divided into two 21-hour sessions, the first session 1600 UTC Friday to 1259 UTC Saturday and the second session 1300 UTC on Saturday to 1200 UTC on Sunday.

### 4. Categories

- a. Home Station
- b. Field Station
- c. Rover Station

A home station is a permanent station with an installed antenna system. One or more operators may operate it but only a single call sign may be used for all contest contacts made.

A field station is a temporary station installed at a remote location for the contest. One or more operators may operate it but only a single call sign may be used for all contest contacts made.

A Rover station is a portable or mobile station that may operate from one or more different grid squares during the contest. There is no limit to the number of grid squares a Rover may operate from during the contest, but each operation must be for a minimum of two hours and a maximum of four hours and operation from only one location per grid square is permitted. One or more operators may operate a Rover but only a single call sign may be used for all contest contacts made.

### 5. Contacts

All authorized digital modes are permitted. This includes all modes of WSJT, RTTY, PSK31, CW and any other digital modes commonly used in the amateur service.

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Only one contact per band using any of the digital modes is permitted in each of the two sessions.

Use of the DX Cluster and other spotting networks (including internet facilities) is permitted during the contest.

### 6. Exchange

The contest exchange will consist of call sign and grid sub-square (6 digits). Signal report is not required.

### 7. Scoring

Scoring will be one point per km measured from sub-square centre to sub-square centre. Distance points will be totaled for each band

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

Multipliers on each band will be the number of different grid squares contacted.

Band score will be the total distance points multiplied by the number of grid squares contacted on that band.

The total score will be the sums of the individual band scores.

### 8. EME Contacts

EME contacts will fall into a separate category and will be scored separately. 1000 points will be earned for each completed EME contact and total points will be multiplied by the number of EME grid squares contacted to determine total score. A certificate will be awarded to the high EME scorer provided at least three EME logs are received.

### 9. Awards

Winners will be determined in the following categories

Overall home station high score, overall second and third place. Overall high score home station in each division.

Overall field station high score, overall second and third place. Overall high score field station in each division.

Overall high score on each band.

Rover category high score, second and third place. As each Rover entry from a different grid is treated as a separate entry, one station may receive more than one award.

### 10. Log Submissions

## The South African Radio League

Logs and summary sheets should be submitted to SARL VHF Digital Contest Committee, PO Box 2599, Zwavelpoort 0036 and must be post-marked within 15 days of the close of the contest.

Closing date for logs is Monday 5 April 2010 and 4 October 2010

### 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.

2. Dates

The first Thursday in April and October. [1 April 2010 and 7 October 2010]

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 operators name

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

West Rand Amateur Radio Club, PO Box 562, Roodepoort, 1725. E-mail: glevy\_Xgmail.com. Closing date for log submission: 16 April 2010 and 22 October 2010

### RaDAR Contest

1. Aim

## The South African Radio League

An event aimed at promoting the use of Rapid Deployable Amateur Radio stations and antennas preferably without relying on normal mains power (Eskom). All stations including home stations are welcome to participate and to share in the fun.

The points system is so structured to encourage portable operation. Score multipliers are used to reward and favour the portable stations and for stations using temporary antennas and alternative power supply sources.

### 2. Date and Time

First Saturday of April and first Saturday of November (3 April and 6 November 2010), starting at 12:00 UTC and ending at 18:00 UTC (14:00 CAT to 20:00 CAT (6 hours = 4 during the day, 2 at night)

### 3. Band and Mode

All amateur bands allowed. Including cross band contacts via amateur satellites. QSOs via terrestrial repeaters will be allowed. Mode – All amateur modes

### 4. Exchange

Call sign, Name, QTH and grid locator.

If the grid locator is not known, then some other information that could describe the location, e.g. Mabula Lodge, 40 km west of Warmbaths.

### 5. Scoring

1 point per QSO.

1 QSO per mode, per band / satellite, per call sign.

### 6. Multiplier

X 1 for all home stations using normal antennas and mains power;

X 2 for all home stations not relying on their normal antennas or mains power;

X 3 for portable operation not relying on mains power. This would include all mobile stations;

X 4 for true RaDAR portable operations not relying on existing antennas or mains power;

X 5 for true RaDAR portable operations as above and using QRP. Output power limited to 5 watts PEP.

### 7. Bonus points for portable and RaDAR stations

5 Points (equivalent to 5 QSOs) for a minimum of one satellite or any digital mode involving a computer QSO.

The true RaDAR station must have carried; the entire station including an-

## The South African Radio League

tennas for at least 1 km prior to setting up, without relying on existing man made infrastructures i.e. antennas, masts or towers. To be considered as a RaDAR station, the entire station; radios, batteries, mast and antennas must be easily portable and hence the need to carry the equipment for at least 1 km.

For the sake of safety, it will be acceptable to carry / backpack your entire station for a distance of at least 1 km and end up where you started from - your home, campsite, picnic site, motor vehicle or wherever you choose to operate.

### 8. Log Sheets

The Lichtenberg Amateur Radio Club (LARK), PO Box 410, Lichtenburg, 2740. E-mail entries - zs6lrk\_Xnwinternet.za.org. The closing date for logs is 19 April 2010 and 21 November 2010. A photo of the station (JPG format) MUST accompany every log entry.

## Autumn QRP Sprint

### 9. Aim

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

### 10. Date and Time

Autumn – The third Sunday of April 12:00 to 14:00 UTC [14:00 to 16:00 CAT] 18 April 2010 – World Amateur Radio Day

### 11. Categories and Power

Portable or Fixed Station

CW or Phone or Mixed

Power – 5 watt, 1 watt or 100 milliwatt

### 12. Exchange

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

### 13. Frequency

It is a phone and CW contest on the 40-metre band [7,000 to 7,025 MHz and 7,060 to 7,100 MHz]

### 14. Antennas

Only wire antennas may be used

## The South African Radio League

### 15. 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

$(\text{QSO score} \times \text{prefix score}) \times \text{power multiplier}$

### 16. Log Sheets

Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to hfcontests\_Xnetactive.co.za or by snail mail to The Contest Committee, PO Box 12104, Brandhof, 9324. Closing date for log submissions: 3 May 2010.

## ZS3 Sprint

### 17. Aim.

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

### 18. Date and Time.

The first Sunday of May from 14:00 to 15:00 UTC [16:00 to 17:00 CAT]  
[2 May 2010]

### 19. Exchange

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

### 20. Frequency

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

### 21. 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.

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### 22. Log Sheets

Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to zs3tg\_Xvodamail.co.za or by snail mail to ZS3 Sprint, PO Box 1049, Kathu, 8446. Closing date for log submissions: 17 May 2010.

### 23. Awards

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

## 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 [8 and 9 May 2010 and 9 and 10 October 2010]

### 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.

### 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

## The South African Radio League

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\\_Xxsinet.co.za](mailto:andy.cairns_Xxsinet.co.za). Closing date for log submissions: 24 May 2010 and 25 October 2010.

## ZS4 Sprint

### 1. Aim.

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

### 2. Date and Time.

The fourth Sunday of May from 14:00 to 15:00 UTC [16:00 to 17:00 CAT]  
[23 May 2010]

### 3. Exchange

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

### 4. Frequency

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

### 5. 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.

### 6. Log Sheets

### 7. Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to E-mail logs to [riaanzs4pr\\_Xgmail.com](mailto:riaanzs4pr_Xgmail.com) and copy

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fwolff\_Xglobal.co.za or by snail mail to The Sasolburg Amateur Radio Club, ZS4SRK, PO Box 3493, Vanderbijlpark, 1911. Closing date for log submissions: 7 June 2010

### 8. Awards

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

## 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.

### 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 zs3tg\_Xvodamail.co.za or by snail mail to SARL Youth Day Sprint, PO Box 1049, Kathu, 8446. The age of the operator must be shown on the summary sheet. Closing date for log submission: 1 July 2010. All the logs received will be entered into a draw for a Student Membership of the SARL.

## SARL Top Band QSO Party

### 1. Aim

## The South African Radio League

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

00:00 UTC [02:00 CAT] on Thursday 17 June 2010 to 00:00 UTC [02:00 CAT] on Sunday 20 June 2010.

### 3. Frequency

Phone: 1842 – 1850 kHz  
CW: 1810 – 1838 kHz

### 4. Exchange

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

- (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\_Xnetactive.co.za or by snail mail to the 160 m QSO Party, PO Box 12104, Brandhof, 9324. Closing date for log submission: 06 July 2010.

## 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 South African Radio League

The last Sunday of June, from 13:00 UTC to 16:00 UTC [15:00 to 18:00 CAT]. [27 June 2010]

## 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.

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

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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: zs6lrk\_Xnwinternet.za.org. Closing date for log submission: 12 July 2010.

## 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] (25 July 2010)

### 3. Category

Fixed or mobile station (Mobile includes field stations, portable stations)

### 4. Exchange

The exchange is call sign, RS and year in which you were licensed

### 5. Frequency

It is a phone only Sprint on the 40-meter band, 7,060 – 7,100 and 7,135 – 7,200 MHz. Only three [3] contacts per frequency allowed before you have to change frequency. You may only return to a previously used frequency after five [5] contacts.

### 6. Antennas and Power

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

### 7. Scoring

Contacts between Fixed stations are 1 point.  
Contact between Fixed and Mobile station are 2 points.  
Contacts between two mobile stations are 3 points.

### 8. Log Sheets

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ONLY Excel Log sheets will be accepted. Log sheets shall be submitted within 15 days after the contest and can be sent by e-mail to [zs1bak\\_Xbark.org.za](mailto:zs1bak_Xbark.org.za). A printed version of this log sheet can be mailed to BARK, PO Box 273, Strand, 7139. The log sheet is available on the SARL web site. Closing date for log submissions – 9 August 2010.

### 9. 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.

## 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 [1 August 2010]

CW: Last Sunday in August [29 August 2010]

### 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]

### 4. Frequencies

SSB: 14,125 to 14.350 MHz 7,060 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 Single Band

b) Single Operator All Band

c) Multi Operator Single Band

d) Multi Operator All Band

Individual competitors and club stations are encouraged to compete.

### 6. Exchange

RS(T) and a consecutive serial number as follows:

Category a: Starting with 101 for the first contact

Category b: Starting with 401 for the first contact

Category c and d: Starting with 701 for the first contact

Non-participants start with 001 for the first contact

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## 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 and FH Mayotte

Area 8: 9J Zambia, A2 Botswana, D2 Angola, V5 Namibia, ZD9 Gough and Tristan da Cunha Islands, ZS7 Antarctica and ZS8 Marion Island

Contacts with stations outside these areas are allowed, QSO points may be claimed but no zone or three-bander points may be claimed.

## 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\_Xnetactive.co.za. Closing date for log submission – 16 August 2010 (Phone) and 13 September 2010 (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

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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\_Xnetactive.co.za or by snail mail to the SARL YL Sprint, PO Box 12104, Brandhof, 9324. Closing date for log submission: 24 August 2010.

## ZS6JVT Spring 40 Metre Youth Contest

### 1. Aim

This is a fun activity to promote contacts between radio amateurs under the age of 26.

### 2. Date and Time

First Saturday of September, from 08:00 to 10:00 UTC [10:00 to 12:00 CAT] 4 September 2010

### 3. Frequency

It is a phone contest on the 40-metre band [7.130 to 7.200 MHz]

### 4. Categories

Class A - ZR and ZS Licence holders  
Class B - ZU Licence Holders

### 5. Power

Class A – maximum 100 W  
Class B – maximum 20 W

### 6. Exchange

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

### 7. Scoring

## The South African Radio League

QSO between two stations that are under the age of 26 = 5 points.

QSO between a station under 26 and a station over 26 = 3 points.

QSO between two stations older than 26 = 1 points.

QSO with ZS6JVT = 10 points.

### 8. Log Sheets

Log sheets and summaries shall be submitted within 15 days after the contest and can be sent by e-mail to [telesat\\_Xcybersmart.co.za](mailto:telesat_Xcybersmart.co.za) or by snail mail to the JVT Youth Competition, Technical High School John Vortser, PO Box 31714, Totiusdal, 0134. The age of the operator must be shown on the summary sheet.

Closing date for log submission: 20 September.

### 9. Certificates

The top five in each class will receive Certificates. There will be a lucky draw between all the logs received.

## 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

Spring - The second Sunday of September 12:00 to 14:00 UTC [14:00 to 16:00 CAT] 12 September 2010

### 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 7,060 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\_Xnetactive.co.za or by snail mail to The Contest Committee, PO Box 12104, Brandhof, 9324. Closing date for log submissions: 27 September 2010

## 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, starting at 10:00 UTC and ending at 13:00 UTC (12:00 to 15:00 CAT)

### 3. Frequencies and Power

Only frequencies in the following segments may be used. CW: 7.000 to 7.025 MHz; phone: 7.060 to 7.100 MHz and 7.153 to 7.200 MHz. A maximum output power of 100 W is allowed.

### 4. Exchange

The exchange is call sign, RS(T) signal report, a serial number commencing with 001 and the letter indicating the station type - B for blockhouses, H for other heritage sites and G for general stations. Example: 59 001 B

### 5. Participation

Blockhouse (B) stations

Other heritage (H) stations

General (G) stations

## The South African Radio League

For stations at blockhouses and heritage sites, field station rules apply as per the SARL blue book.

### 6. Scoring

CW scoring - 12 points for every contact with a station at a South African block house or other heritage site and 4 points for every other station.

Phone scoring - 8 points for every contact with a station at a South African block house or other heritage site and 2 points for every other station.

### 7. Multiplier

Multipliers - Blockhouse (B) and Heritage (H) stations use a multiplier of 3 (x3); General (G) stations use no multiplier (x1)

### 8. Sponsor

The Sasolburg Amateur Radio Club, ZS4SRK. Electronic logs are required and may be in any standard logging format or MS Excel. No paper logs, scanned images or .pdf files will be accepted, except as check logs. Example logs available on request or on the ZS4SRK website, <http://www.qsl.net/zs4srk>. E-mail logs to [riaanzs4pr\\_Xgmail.com](mailto:riaanzs4pr_Xgmail.com) and copy [fwolff\\_Xglobal.co.za](mailto:fwolff_Xglobal.co.za). Closing date for log submissions is 8 October 2010.

## The Pears HF QSO Party

### 1. Aim

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 (5 December 2010).

### 3. Modes and Frequencies

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

80 m: 3,600 – 3,650 and 3,700 – 3,800 MHz.

40 m: 7,060 – 7,100 and 7,135 – 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.

## The South African Radio League

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.

### 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

Logs can be sent via snail-mail to: PEARS QSO Party, PO Box 10402, Linton Grange, Port Elizabeth 6015, South Africa or via email to [contest\\_Xpears.ham-radio-op.net](mailto:contest_Xpears.ham-radio-op.net).

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.

Copies of the various log sheets and summary sheets are available in MS Word and MS Excel format at <http://www.sarl.org.za/public/contests/contestrules.asp> as well as <http://www.zs4bfm.co.za/contesting.asp>

# The South African Radio League

**SOUTH AFRICAN  
RADIO LEAGUE  
CONTEST LOG**



**SUID-AFRIKAANSE  
RADIOLIGA  
WEDSTRYD  
PUNTELYS**

Call Sign / Roepsein

Grid:

Page / Bladsy of

Date / Datum:

	Band	Mode	Time UTC	Station worked	RST Sent	RST Rcvd	Call Area	3 Band	Grid locator	QSO Points
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
Total ZS Stations										
Total non ZS Stations										
Contest Total										

# The South African Radio League

**SOUTH AFRICAN  
RADIO LEAGUE  
CONTEST  
SUMMARY SHEET**



**SUID-AFRIKAANSE  
RADIOLIGA  
WEDSTRYD  
OPSOMMING**

Call Sign / Roepsein
Date / Datum
All Band / Single Band

a. Single Operator	
b. Multi-Operator	
Category Entered Phone / CW / Digital	

Band	Number of Con- tacts	Score		Score
<b>Total Basic Score =</b>				
<b>Total Points Claimed =</b>				

Station Description	
Antennas	
Operators	
Club	
Remarks	

<b>Declaration:</b> <i>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.</i>	Signature:
Full Name	
Address	
Telephone number	Fax number
Email address	

NB: Logs must be post-marked no later than 15 days after the contest

# The South African Radio League

## SOUTH AFRICAN RADIO LEAGUE

HF CONTEST  
SUMMARY SHEET



## SUID-AFRIKAANSE RADIOLIGA

HF WEDSTRYD  
OPSOMMING

Call Sign / Roepsein		a. Single Operator		
Date / Datum		b. Multi-Operator)		
All Band / Single Band		Category Entered Phone / CW		
Band	Number of Con- tacts	Score SSB X 1 CW X 2	Call Areas X 2	Score
20 m				
40 m				
80 m				
Total Basic Score =				
Total 3-Banders			X 2	
Total Points Claimed =				

Station Description	
Antennas	
Operators	
Club	
Remarks	

<b>Declaration:</b> <i>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.</i>	Signature:
Full Name	
Address	
Telephone number	Fax number
Email address	

NB: Logs must be post-marked no later than 15 days after the contest

# The South African Radio League

SARL HF Field Day  
Contest Log Sheet  
2010



SARL HF Velddag  
Wedstrydlogstaat

Date	Contest Call	Band
------	--------------	------

	Logged							General		Field	
	Time UTC	Call	Mode	RST Sent	RST Rec	Location	Area*	Own 1	Other 2	Own 3	Other 4
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											
17											
18											
19											
20											
21											
22											
23											
24											
25											
26											
27											
28											
29											
30											
31											

### Page Summary

- \* mark Area first time worked
- \* Area 1 - 6 : ZS1 - ZS6
- \* Area 7 : Southern Africa
- \* Area 8 : Stations in the rest of the world

Phone	Own Area		
	Other Area		
CW	Own Area		
	Other Area		

# The South African Radio League

**SOUTH AFRICAN  
RADIO LEAGUE**  
HF FIELD DAY  
SUMMARY SHEET



**SUID-AFRIKAANSE  
RADIOLIGA**  
HF VELDDAG  
WEDSTRYD OPSOMMING

Call Sign / Roepsein						a. Field Station - Single Operator			
Date / Datum						b. Field Station - Multi-operator			
QRP / Low Power / High Power Single Band / All Band						c. General Station			
Band	Mode	General Stations		Field Stations		Band Total (A)x1 + (B)x2 + (C)x3 + (D)x4	Band Mult	Area Mult	Points Claimed
		Own Area	Other	Own Area	Other				
		A	B	C	D				
10 m	CW						2		
	SSB						2		
15 m	CW						2		
	SSB						2		
20 m	CW						2		
	SSB						2		
40 m	CW						3		
	SSB						3		
80 m	CW						3		
	SSB						3		
160m	CW						2		
	SSB						2		
Total Basic Score =									
Multiplier: x 6 for QRP; x 4 for Low Power; x 2 for High Power									
General Stations X 1 ; Single and Multi op stations X 2									
Total Points Claimed =									
Station Description									
Antennas									
Operators									
Club									
Remarks									
<b>Declaration:</b> <i>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.</i>						Signature:			
Full Name									
Address									
Telephone number					Fax number				
Email address									

NB: Logs must be post-marked no later than 15 days after the contest

# The South African Radio League

**SOUTH AFRICAN  
RADIO LEAGUE**  
VHF/UHF CONTEST  
SUMMARY SHEET



**SUID-AFRIKAANSE  
RADIOLIGA**  
VHF/UHF WEDSTRYD  
OPSOMMING

Call Sign / Roepsein
Date / Datum
Grid Locator

Category Entered	
a. Fixed Station - Single Fixed Station - Multi-op	
b. Portable/Field Station - Single Portable/Field Station - Multi	
c. Limited Category Station	

Band	Number of Contacts	Raw Score	Multiplier	Weighted Score	Longest distance worked on this band
6 m					
4 m					
2 m					
70 cm					
23 cm					
Total Basic Score =					
Multiplier X 1.5 - Portable stations only:					
Total Points Claimed =					

Station Description	
Antennas	
Operators	
Club	
Remarks	

<b>Declaration:</b> <i>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.</i>	Signature:
Full Name	
Address	
Telephone number	Fax number
Email address	

NB: Logs must be post-marked no later than 15 days after the contest