



SP UKF ACTIVITY CONTEST **/VHF, UHF, SHF, MW/** **Contest regulations (short)**

- 1.Dates** Every third Sunday each month
- 2.Contest period** 07:00 – 13:00 UTC
- 3.Emission types** CW/SSB/FM
- 4.Reports exchange** RS(RST) + QSO order number with 001 for first QSO
on each band + WW Locator
- 5.Categories**
- SINGLE (SO)**
- 50 MHz; 70 MHz; 145 MHz; 435 MHz; 1,3 GHz; 2,4 GHz; 3,4 GHz; 5,7 GHz; 10 GHz;
- MULTI (MO)**
- 50 MHz; 70 MHz; 145 MHz; 435 MHz; 1,3 GHz; 2,4 GHz; 3,4 GHz; 5,7 GHz; 10 GHz;
- SINGLE LOW POWER (SO-LP)**
- 145 MHz; 435 MHz
- MULTI LOW POWER (MO-LP)**
- 145 MHz; 435 MHz
- 6. Contest log** Contest log have to be submitted as digital files in EDI file
format, separately for every band/frequency. Log submission
dedline - not later than 2nd Monday after weekend in which
contest took place.
- 7.Contest log submission e-mail:** <http://spukfcontest.pl/calendar/>