



YCCC Virtual Contest Cookbook

Zoom Meeting - 19 Nov 2020

Presented by : N1RR, W1UE, WA1Z, K1AR, K1DG,
K5ZD, W1FV, KD2RD and Special Guest N2ZN



YCCC Virtual Contest Cookbook

Important Contest Rules

Charlie Morrison – N1RR

Important CQ WW DX Contest Rules

- Definition of Assistance**
- Category band change rules?**
- Get your log in before Friday 23:59UTC
with Yankee Clipper Contest Club on it.**

Assisted Operating:

VIII. DEFINITIONS OF TERMS:

2. QSO finding assistance:

The use of any technology or other source that provides **call sign** or **multiplier identification** of a signal to the operator.

This includes, but is not limited to:

- Use of a CW decoder,
- DX cluster, DX spotting Web sites (e.g., DX Summit),
- local or remote call sign and frequency decoding technology (e.g., CW Skimmer or Reverse Beacon Network),
or
- Operating arrangements involving other individuals.

Category Band Change Rules – Single Operator –

There are no rules except these four:

ONLY ONE TRANSMITTED SIGNAL AT ANY TIME.

The operator performs all operating & logging functions.

Total output power must not exceed 1500 watts on any band at any time.

If you are assisted, you must claim assisted.



Multi-Op Band Change Rules
– Multi-Single –
The 10 minute Rule

Band Change Rules – Multi-Single – HP or LP

Multi-Single: Only one transmitted signal on one band permitted during any 10-minute period (run station/signal). Exception: One — and only one — other transmitted signal (multiplier station/signal) may be used during any 10-minute period, if — and only if — it is on a different band from the run transmitter and the station worked is a new multiplier. The run and multiplier transmitters are governed by independent 10-minute rules. Ten-minute periods begin with the first QSO on a band. The log must indicate which station/signal (run or multiplier) made each QSO. The multiplier station/signal may not call CQ (solicit contacts). Please be sure to read the Multi-Single FAQ section at cqww.com/rules_faq.htm.

Total output power must not exceed 1500 watts on any band at any time.

With two stations

RUN

MULT

With three stations

RUN

MULT

MULT

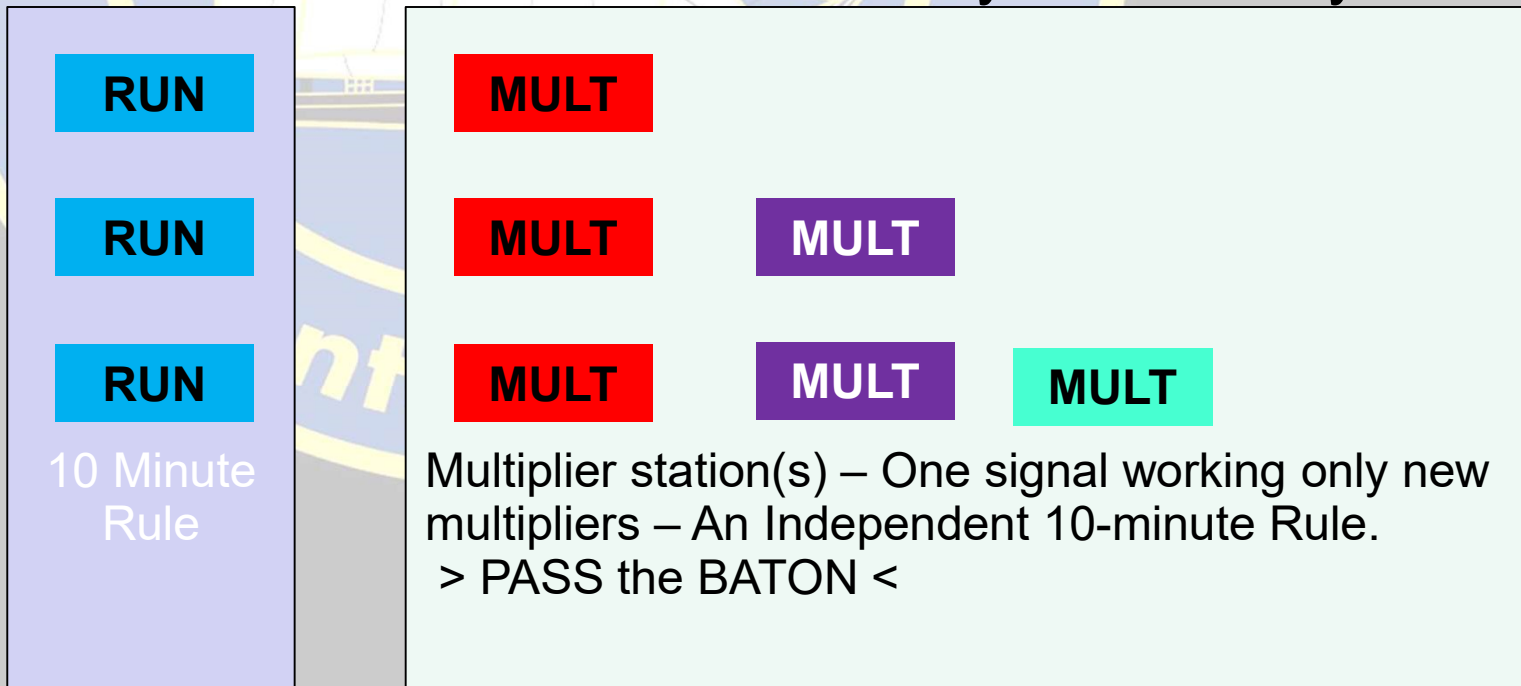
With four stations

RUN

MULT

MULT

MULT



10 Minute Rule

Multiplier station(s) – One signal working only new multipliers – An Independent 10-minute Rule.
> PASS the BATON <

The logo is a circular emblem with a light blue background and a yellow border. It features a white three-masted sailing ship with its sails up, positioned in the center. The text "Wankee Clipper" is written in a yellow, serif font along the top inner edge of the circle, and "Contest Club" is written in the same font along the bottom inner edge.

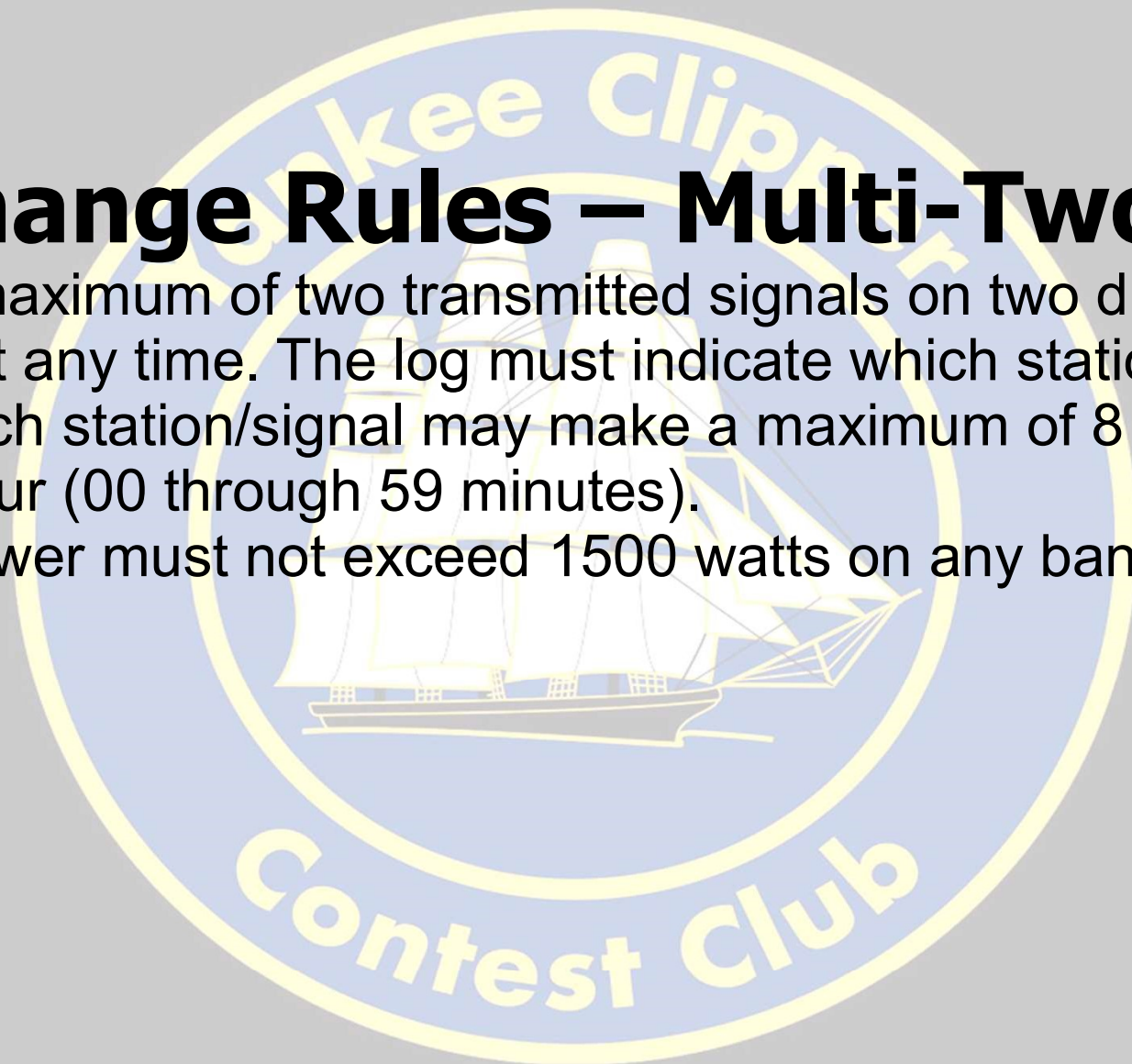
Multi-Op Band Change Rules
– Multi-Two –

8-Band changes per hour for
each of the two transmitters.

Band Change Rules – Multi-Two –

Multi-Two: A maximum of two transmitted signals on two different bands may be used at any time. The log must indicate which station/signal made each QSO. Each station/signal may make a maximum of 8 band changes in any clock hour (00 through 59 minutes).

Total output power must not exceed 1500 watts on any band at any time.





Category Band Change Rules

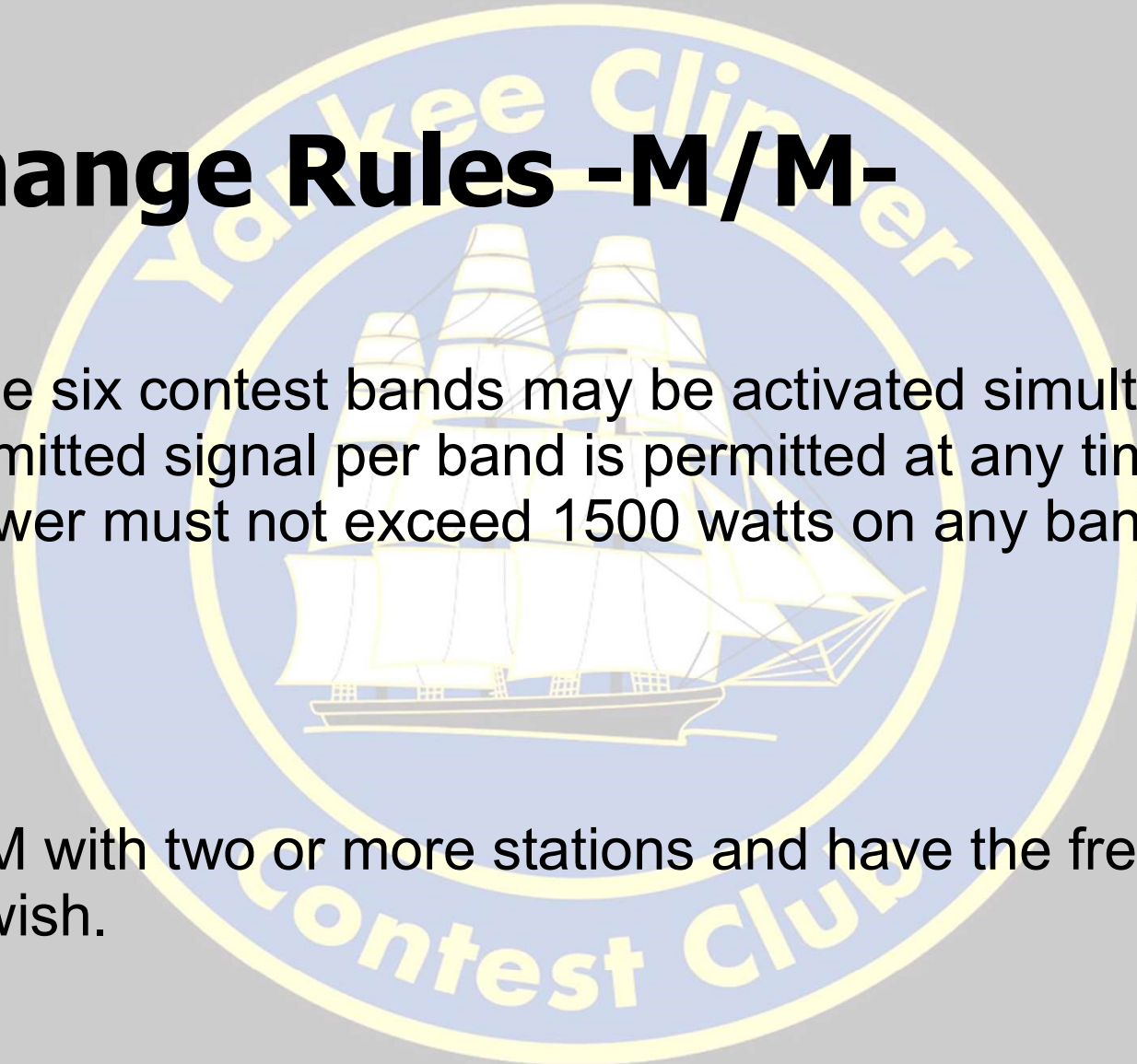
– Multi-Op Multi-Transmitter –

One transmitted signal per band

Band Change Rules -M/M-

Multi-Multi: The six contest bands may be activated simultaneously. Only one transmitted signal per band is permitted at any time. Total output power must not exceed 1500 watts on any band at any time.

You can do M/M with two or more stations and have the freedom to QSY wherever you wish.



Important Scoring Tips:

#1 All Canadians, Caribbean, Central America & Alaska are worth 2 QSO points per band.

#2 Log all the Americans you work. Your club member might need the multiplier from you!

#3 All Canadians, Caribbean, Central America & Alaska & U.S. are worth zone multipliers (1-8) on each band. Hang up a WAZ map so you know. " Know Your Zones "

#4 All Canadians, Caribbean, Central America & Alaska & U.S are worth country multipliers on each band.

	160M	80M	40M	20M	15M	10M
Zone 1						
Zone 2	■	■	■	■	■	■
Zone 3	■	■	■	■	■	■
Zone 4	■	■	■	■	■	■
Zone 5	■	■	■	■	■	■
Zone 6						
Zone 7						
Zone 8						
W	■	■	■	■	■	■
VE	■	■	■	■	■	■

YCCC Virtual Contest Cookbook
Get ready BEFORE the Contest !
Dennis Egan – W1UE



Contest Prep

YCCC Meeting 11/19/20
Dennis W1UE

How do you get to Carnegie Hall?

**Practice, Practice,
Practice!**

Morse Runner (with N1MM)
RUFZ

On the Air

I use Morse Runner.

Real calls used.

Emulates CQWW.

High rate regardless of radio or conditions.

30 minutes/day for week before test.

Crank the speed up!

Goal is to make the contest activity speed
seem to slow down.

Configurer

Hardware Function Keys Digital Modes Other Winkey Mode Control Antennas Score Reporting Broadcast Data WSJT/JTDX Setup

Letters Wav File Path

Language
 English

Primary CW Speed Step SSB Tuning Tolerance (Hz) SSB Up/Down Arrow Incr (kHz)

Secondary CW Speed CW Tuning Tolerance (Hz) CW & Dig Up/Down Arrow Incr

Repeat time in millisecs RTTY Tuning Tolerance PgUp/PgDn Incr (kHz)

Default # Spots in SH/DX CW Weight

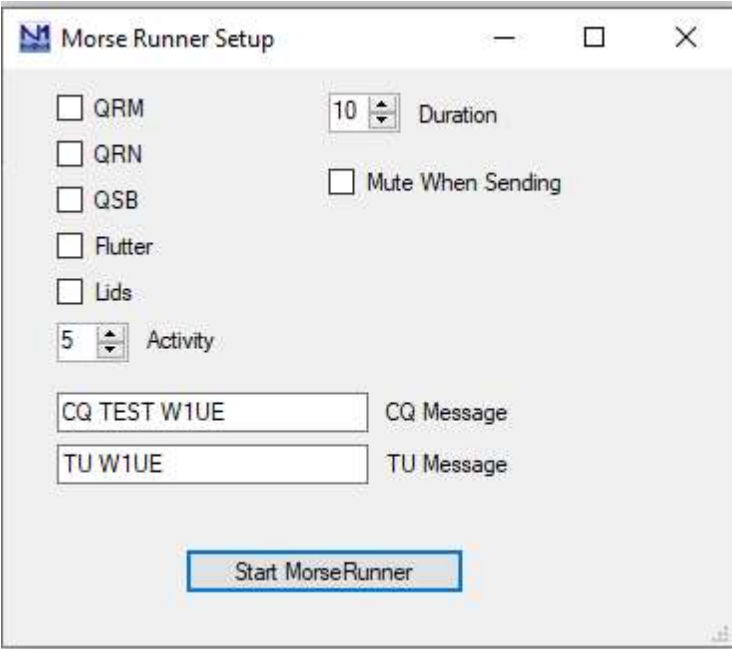
Clear automatically populated exchange on callsign change
 Per Operator Function Key Messages
 MorseRunner Mode
 Show text cursor position in inactive EntryWindow
 Overwrite serial number in Entry Window

Mute mic on supported radios
 Check for new program versions
 CC Cabrillo to logs@supercheckpartial.com
 Dual-EntryWindow Frequency Tuning Indicator
 Use Reverse CW Radio 1

OK Cancel Help

Click here-----

Morse Runner Start-up Screen



ARRL Propagation Report

NG3K Announced DX Operations

ARRL DX Bulletin

Local Weather Report

ARRL Propagation Bulletin

Predicted Solar Flux

Predicted solar flux for the following seven days was revised downward on Thursday, November 12. Predicted flux is 85 on November 13 to 15, 82 on November 16, 80 on November 17 to 19, 78 on November 20 to 25, then 80 and 82 on November 26 and 27, 86 on November 28 through December 5, then 90, 88, 86 and 84 on December 6 to 9, 82 on December 10 and 11, 80 on December 12, 78 on December 13 to 22, 80 and 82 on December 23 and 24, and 86 on December 25 to 27.

Predicted A Index

Predicted planetary A index is 8 on November 13 to 15, 5 on November 16 to 19, then 15, 12 and 15 on November 20 to 22, then 8, 10 and 12 on November 23 to 25, 5 on November 26 through December 2, 8 on December 3 and 4, 5 on December 5 to 8, then 8 and 10 on December 9 and 10, 5 on December 11 to 13, then 10, 5 and 10 on December 14 to 16, then 15, 12 and 15 on December 17 to 19, then 8, 10 and 12 on December 20 to 22, then 5, 5, 8, 5 and 5 on December 23 to 27.

See <https://bit.ly/38Cfs6W> for an article about increasing solar activity.

Geomagnetic activity forecast for the period November 13 to December 9, 2020 from F. K. Janda, OK1HH.

"Geomagnetic field will be
Quiet on: November 13 and 14, December 1, 6 to 8
Quiet to unsettled on: November 15 to 19, 23 to 30, December 2, 4
Quiet to active on: December 3, 5, 9
Unsettled to active: November (20 to 22)
Active to disturbed: None

Solar wind will intensify on: November (18 to 20,) 21 to 25, (30,) December (2,) 3 to 5, (9)

Predicted Geomagnetic Field

CQ World Wide DX CW Announced Operations: 2020

CQ World Wide DX CW Announced Operations
November 28-29, 2020

[\[Rules\]](#)

[\[Submit a DXpedition\]](#)

(Please no SO fm common entities)

Click on the **CQWW** and **CQZ** column headers to view operations in order by CQWW entity and CQ zone respectively

Call	CQWW	CQZ	Class	QSL	Source	Notes
4L8A	Georgia	21	SOSB 20M	LoTW	4L8A	By 4L8A; QSL via M0OXO
7Q7WW	Malawi	37	MO	LoTW	TDDX	By KC4D K6ZO 7Q7JN; see qrz.com for QSL details
8P1W	Barbados	08	SOAB	KU9C	8P6ET	By 8P6ET
9K2K	Kuwait	21	SOAB	LoTW	9K2GS	By 9K2GS; QSL via EC6DX
9M6NA	East Malaysia	28	SOAB LP	LoTW	JE1JKL	By JE1JKL; assisted; 40-10m; remote operation (not IOTA eligible); QSL via Club L
CU2/WJ2O	Azores	14	SOAB	N2ZN	WJ2O	By WJ2O; no 160m; travel restrictions permitting
EA8RM	Canary Is	33	SOAB	LoTW	EA8RM	By EA8RM
GU4YOX	Guernsey	14	SOSB 40M	LoTW	GU4YOX	By GU4YOX; QSL via GU4YOX (B/d)
IH9YMC	African Italy	33	SOSB	LoTW	IH9YMC	By IH9YMC; Pantelleria I (AF-018)
J8/UR5BCP	St Vincent	08	SO LP	KD7WPJ	UR5BCP	By UR5BCP; few hours only
KP2B	US Virgin Is	08	SOSB 20M	EB7DX	WP3A	By WP3A
KH7M	Hawaii	31	SOAB	KH6ZM	N6TJ	By N6TJ
KP3DX <small>NEW</small>	Puerto Rico	08	SOAB	N4AO	NP4Z	By NP4Z
NP2J	US Virgin Is	08	SOSB 160M	LoTW	K8RF	By K8RF; QSL via K8RF direct
OH0Z	Aland Is	15	M/S	W0MM	OH6EI	By OH2N OH2XX OH6CT OH6DD OH6EI
OZ5E	Denmark	14	M/S	OZ1ACB	OZ2I	By OZ1ETA OZ1ISY OZ2I OZ1ADL OZ1JUX
P40W	Aruba	09	SOAB	LoTW	W2GD	By W2GD; QSL via N2MM direct; QRV Nov 24-Dec 1 (travel restrictions permitting)
PJ4/KU8E <small>NEW</small>	Bonaire	09	SO HP	K4BAI	KU8E	By KU8E; 20 15 10m only; remote operation

Amateur Radio Contesting Resources and

***** [World Radiosport Team Championship 2022, July 6-11, Bologna, Italy](#) *****

DX Operation Announcements for Forthcoming Contests

Forthcoming contests operations are included in the tables linked-to below. For operations in contests that have already taken place see "[Operations for Previous Contests](#)". Note however, this is archival data and is not, as a rule, updated. The older the record, the less accurate the information, and links to Web pages will no longer be accurate.

For operations in the forthcoming smaller contests for which I don't create dedicated tables and for operations that are not covered by the [Operations](#) (ADXO) table.

Operations in Specific Forthcoming Contests

- [CQ WW DX Contest, CW](#) (Nov 28-29, 2020) Updated! Nov18
- [CQ 160m Contest, CW](#) (Jan 29-31, 2021) Updated! Oct27

[[Submit your own contest DXpedition information](#) (Please, no single op from common entities)]

Other Contest Operation Tables and Facilities

- [DX Operations in All Contests -- ASCII version](#) A mostly plain-ASCII, bare bones version of forthcoming contest operations designed to be used by others and incorporated into their own applications.
- [Operations for Previous Contests](#) (Tables covering operations in contests that have already taken place going back to 1996)
- [Search Contest Operations](#) (Use the ADXO search facility to search for operations in contests, future, current, and past)

Contest Calendars

Select This

Text File of ADXO

CQ World Wide DX CW Contest (November 28-29, 2020)

Call	Entity	Class	Operators
4L8A	Georgia	SOSB 20M	4L8A
7Q7WW	Malawi	MO	KC4D K6ZO 7Q7JN
8P1W	Barbados	SOAB	8P6ET
9K2K	Kuwait	SOAB	9K2GS
9M6NA	East Malaysia	SOAB LP	JE1JKL
CU2/WJ2O	Azores	SOAB	WJ2O
EA8RM	Canary Is	SOAB	EA8RM
GU4YOX	Guernsey	SOSB 40M	GU4YOX
IH9YMC	African Italy	SOSB	IH9YMC
J8/UR5BCP	St Vincent	SO LP	UR5BCP
KP2B	US Virgin Is	SOSB 20M	WP3A
KH7M	Hawaii	SOAB	N6TJ
KP3DX	Puerto Rico	SOAB	NP4Z
NP2J	US Virgin Is	SOSB 160M	K8RF
OH0Z	Aland Is	M/S	OH2N OH2XX OH6CT OH6DD OH6EI
OZ5E	Denmark	M/S	OZ1ETA OZ1ISY OZ2I OZ1ADL OZ1JUX
P40W	Aruba	SOAB	W2GD
PJ4/KU8E	Bonaire	SO HP	KU8E
PJ4A	Bonaire	SOSB 40M	K4BAI
V31AZ	Belize	SOAB	N1SNB
VE2IM	Canada	SOAB HP	VE3DZ
VE2NCG	Canada	SOSB 15M	VE2NCG
VK2IA	Australia	M/S	VK2IA VK2PN VK4CT
VP5M	Turks & Caicos	SO	K4QPL
VP9I	Bermuda	SOAB LP	KO8SCA
WP3C	Puerto Rico	M/S	WP3C WP3TT N2GK
YB2DX	Indonesia	SOAB	YB2DX
YB0ECT	Indonesia	SOSB 20M	YB0ECT
YT5A	Serbia	M/M	YT1AD YU8A YU6DX YU9DX YU1KX YU2FG YU1YV YU1BV YT2T YT2B
ZL3X	New Zealand	M/S	ZL3GA ZL4TT ZL3PAH
ZP9MCE	Paraguay	SO	ZP9MCE

Thanks to: 4L8A, 8P6ET, 9K2GS, EA8RM, GU4YOX, IH9YMC, JE1JKL, K4QPL, K8RF, KO8S, W2GD, WJ2O, WP3A, WP3C, YB0ECT, YB2DX, YT1AD, ZL3PAH, ZP9MCE

Local Weather

Big Storm Sunday? Concentrate on Saturday

May influence Low Band choices

Snow Static! Can't hear anything!

Pick up those last minute additions....ARRL DX Bulletin

ARRL DX Bulletin ARLD046 (2020)

W1AW Bulletins Archive

W1AW Bulletins Archive (DX)

W1AW Bulletins Archive (Keplerian)

W1AW Bulletins Archive (Propagation)

W1AW Bulletins Archive (Satellite)

SB DX @ ARL \$ARLD046
ARLD046 DX news

ZCZC AE46
QST de W1AW
DX Bulletin 46 ARLD046
From ARRL Headquarters
Newington CT November 12, 2020
To all radio amateurs

SB DX ARL ARLD046
ARLD046 DX news

This week's bulletin was made possible with information provided by The Daily DX, the OPDX Bulletin, 425 DX News, DXNL, Contest Corral from QST and the ARRL Contest Calendar and WA7BMM web sites. Thanks to all.

FRENCH POLYNESIA, FO. Jay, KE6GLA is operating portable as FO/KE6GLA from Bora Bora (OC-067). QSL via his home call.

ST. VINCENT, J8. Oleh, UR5BCP (aka KD7WPJ) plans to operate in the CQ WW DX CW Contest for a few hours as J8/UR5BCP as a single op, low power entry. He will be on location from November 21 to 28. QSL via KD7WPJ.

UNITED NATIONS, 4U. Special event station 4U75UN is QRV until the end of 2020 to celebrate the United Nation's 75th anniversary. QSL via HB9BOU.

U.S. VIRGIN ISLANDS, KP2. Dan, K8RF will be QRV as NP2J in the CQ WW DX CW Contest as a single band, 160 meter entry. QSL via K8RF direct or via LoTW.

ISRAEL, 4X. Special event station 4X0RMN will be QRV from Ramon Crater on November 13 and 14. QSL via 4X6ZM.

MALAWI, 7Q. Members of the Russian Robinson Club Team will be QRV as 7Q7RU near Embangweni until November 18. Activity will be on 160 meters to 70 centimeters using CW, SSB and FT8 in DXpedition mode, and on various satellites. QSL via R7AL.

CHINA, BY. Dale, BA4TB is QRV as B9/BA4TB from Xining city in the Qinghai province. QSL to home call.

Questions?

**YCCC Virtual Contest Cookbook
Single-Op Low Power
Bob Raymond – WA1Z**





Low Power in
CQ Worldwide
CW



Low Power Attitude

Think Big, Think Loud, but...

Know your station's capabilities

Prepare yourself for being pushed around -
especially when running

Persistence is key. Don't give up too quickly, but
know when to do something different



Search and Pounce

Walk away from large pileups after a call or two.

Put the station in your band map (if not there already)

Come back 5 minutes later

XIT Offset

Logging program automation for XIT offset

Lots of opinions on a good range

Personal starting-point preference: +/- 100-130 Hz

If you're using the Big Knob, focus on small band segments at a time.



Running

Antenna Impact

Vertical Angles of Arrival change over course of an opening

If you don't know what to expect, keep trying; use the contest to learn your station's capabilities.

Look for frequencies higher in the band. Be flexible, change frequencies if needed

Possibly less "activity compression" on 20 meters

YCCC Virtual Contest Cookbook
Making the Most of a Small Station
John Dorr – K1AR



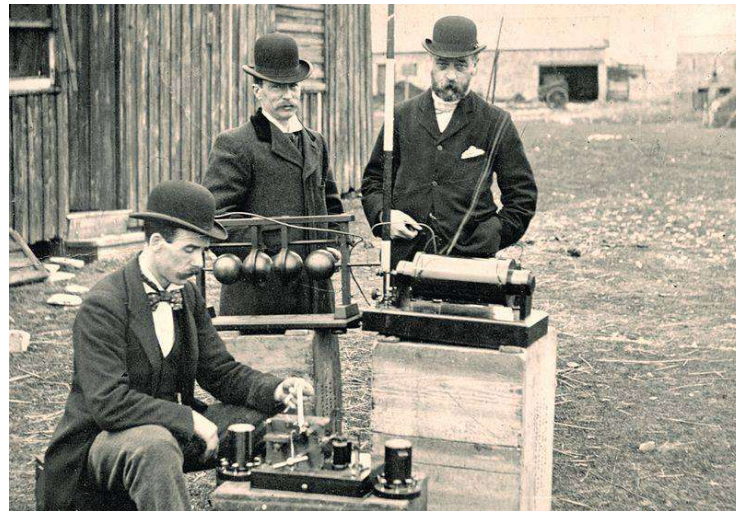
Operating Strategies from a Small Station

**By John Dorr, K1AR
19 November 2020**



Reality of Contest Operating

Most operators will not win!!



But, that's OK!!

The K1AR Superstation!



K1AR Antenna Farm



80M Dipole

Some Topics to Consider

Setting goals

Small station operating techniques

Most important points



Setting Goals

Some worthy goals for anyone:

Competing against other “peers”

Setting personal goals and beating them

Higher score than last year

Best score ever!

DXCC++

Improving skills

Experimenting with new antennas

New contests, modes, categories

Winning a certificate/award



More about Goals

Some specific examples:

Working DXCC on 20 meters in one contest weekend

Setting personal records

Highest single QSO hour

Most total QSOs in one weekend

Competing against your friends

Consider operating single-band



Let's Discuss Operating

Match your operating strategy to your station/antennas

YES

Operate high in band
CQ during peak openings
Don't waste time in large pile-ups
Call stations off frequency (CW)
Consider entering "assisted" categories

NO

Don't try to operate alongside the "big boys"
Avoid marginal band openings
Don't use bad habits (good operating is more important than ever!)

Some Additional Encouragement

Try operating in smaller contests where the QRM and competition is reduced

Remember, you are not alone! If conditions are poor for you, they are poor for everyone!

Be on the air; you can't maximize your score if you're not operating

QSL via K1AR

Typical contest picture of N1RR



Most Important Point



Contest operating is a
mental game.



You are only as loud and capable as your mind
thinks you are!

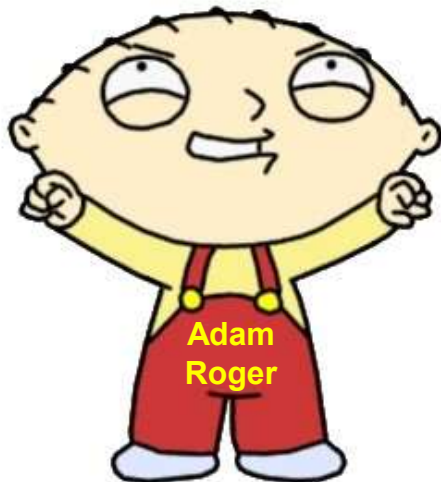
You can actually make a better score by simply
believing you can and operating that way!

For Your Next Contest

Win it YOUR way!!

Congratulations on your **VICTORY!!**

Victory is Mine!



Victory is Mine!



Questions?

Thank You
de
K1AR!!

(cqk1ar@gmail.com)



QSL via K1AR

**YCCC Virtual Contest Cookbook
Mult-Ops & Strategies
Ken Boasi – N2ZN**



YCCC Virtual Contest Cookbook

Multi-operator Strategy

Ken Boasi, N2ZN

November 19, 2020

About Me

First licensed July 1994

First contests: 1994 Field Day, School Club Roundup, Novice Roundup

Operator at W2GSB, W2FU, K2NNY, N2WK, W2RDX, PZ5RO, PJ4J, VP2MVV, etc

Member YCCC, Rochester DXA, Long Island DXA, North Coast, others (but never FRC)

CQWW Activity Focus for 10+ years is multiop, all categories

Pre Prep for Multi

Operating Team (less than 2 weeks to recruit!)

Find out who your part timers and full timers will be

Pick Category

Station Capability

SO(2), M/S, M/2 setup vs. M/M

“Classic” M/S and M/2, or multiple radios per operating position (ex. M/S with 4 radios)

Goals: Competitive or “make points for the club”?

Pre Prep for Multi

Once the category and goals are established:

- Review scores and logs from previous years (available at CQWW.com)

- Review solar conditions (start now-get on the air)

- Smoke test everything-find new sources of interference (start now-get on the air)

- Test remote setups

- Add “stuff” (or not)?

Develop operator schedule

On the Air

160-15 should be in play, based on CQWW SSB conditions

Possible openings to 10, also (other than SA/Carib)

For M/S, M/2: run EU, mult everything else

Don't pass up double mults, or other mults you "should" get (ex. Zone 3 on 160).

Possibly run JA Saturday or Sunday PM if EU dries up

Move Mults (easier when M/2)

For M/M: press F1 and move mults

Use RBN (but regular cluster still exists, too!) for bandmap filling/cleaning

Online Scoreboards (pro or con)

On the Air

Don't forget the odd band openings:

- Long path to JA/Asia/OC in late afternoon on 40 and 80 (150 degrees)

- Long path to Asia after sunset on 20 (170 degrees)

- Skew path to JA/BY on 40 or 80 starting at 0700z (220-250 degrees)

- Short path Asians during morning EU runs

East Coast Advantage: dig out a run frequency early, low in the band

Act loud; be loud!

Post Contest

Send log in for YCCC

No edits!

Post score on 3830

Spend Monday morning refreshing site for updates

YCCC Virtual Contest Cookbook

Multi-operator Strategy

Ken Boasi, N2ZN

November 19, 2020



**YCCC Virtual Contest Cookbook
Accuracy & Penalties
Doug Grant – K1DG**



Accuracy and Penalties

CQWW Committee log checking software tries to match every QSO in your log with the worked station's log

If you log a call incorrectly, your score goes down!

Dupes removed with no penalty

Uniques not removed

No penalty if the other guy miscopies your call

Penalties

Not-in-log: lose QSO plus 2x equivalent points

Incorrect call: lose QSO plus 2x equivalent points

Incorrect exchange: lose QSO, no penalty

Out-of-band: lose QSO, no penalty

Band-change violation (MS, M2): lose QSO, no penalty

How to avoid losing QSOs

When S&P

DO NOT TRUST THE CLUSTER/SKIMMERS

Skimmers spotted "VY1CQ" incorrectly in SS

EK3LR, LW3LPL sometimes spotted

Occasional fake spots, frequent miscopied calls

When running

If the call is not in database, it's probably wrong

Yankee Clipper
YCCC Virtual Contest Cookbook
Sleep Strategies
Randy Thompson – K5ZD



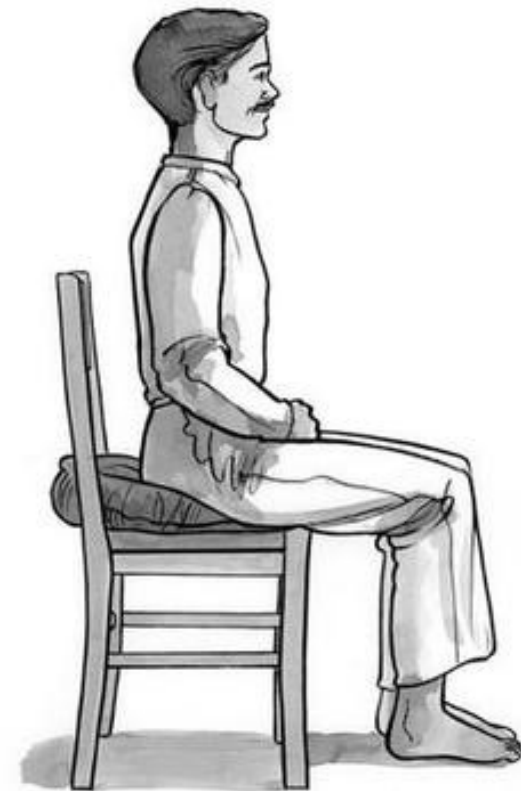
Contest Sleep Strategy

Randy Thompson, K5ZD

YCCC
November 2020

BIC – Butt in Chair

- No other single thing will help you more to improve your scores.
- It only works if you spend your time making QSOs



BIC Strategy

- **Plan your life to meet your contest goal**
 - Work, family, food, rest, station repairs
- **Part time?**
 - BIC for the best rate or at different times each day
- **Have a goal!**



Sleep Facts

- **You can not train for lack of sleep**
- **You can not store sleep**
- **Under sleep deprivation, highly practiced skills will deteriorate more slowly than those which require new or creative thought**

Contest Sleep Strategy

- **Preparation**

- Have good physical fitness
- Stay on your normal sleep schedule
- Get extra sleep 4-7 days before the contest
- Take 3 hour nap before contest starts

- **During the contest**

- Sleep for 90 or 180 minutes
- Avoid caffeine until needed



Remember your goal!

- **Fatigue will make you want to quit**
- **A short nap is better than quitting**
- **Sleep during low rates so you are fresh during the high rate periods**
 - 0800-0930z both days
 - 0030-0330z Sat night

Questions?

*Whether you think you can or you think you can't,
you're right. — Henry Ford*

Do or do not. There is no try. — Yoda

*It does not matter how slowly you go as long as you do not stop.
— Confucious*

YCCC Virtual Contest Cookbook
Log Analysis
Randy Thompson – K5ZD



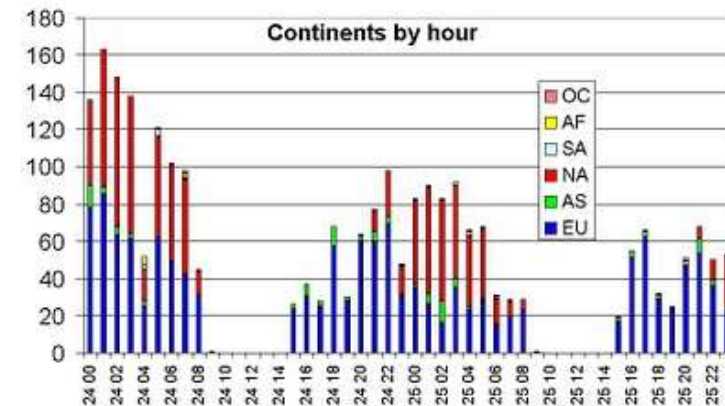
Log Analysis

Randy Thompson, K5ZD

YCCC
November 2020

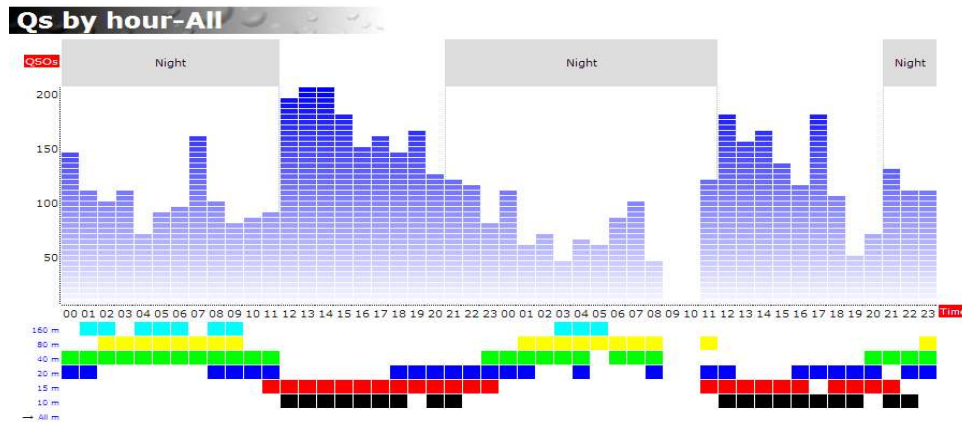
Do your homework

- **CQWW and WPX logs are open... what did your competition do?**
 - Do the winners focus on QSOs or multipliers?
 - Where do the QSOs come from?
 - Do activity patterns repeat?
 - What hours to be on the air?
 - Expected opening times for each band
 - When to “run” and when to “search”

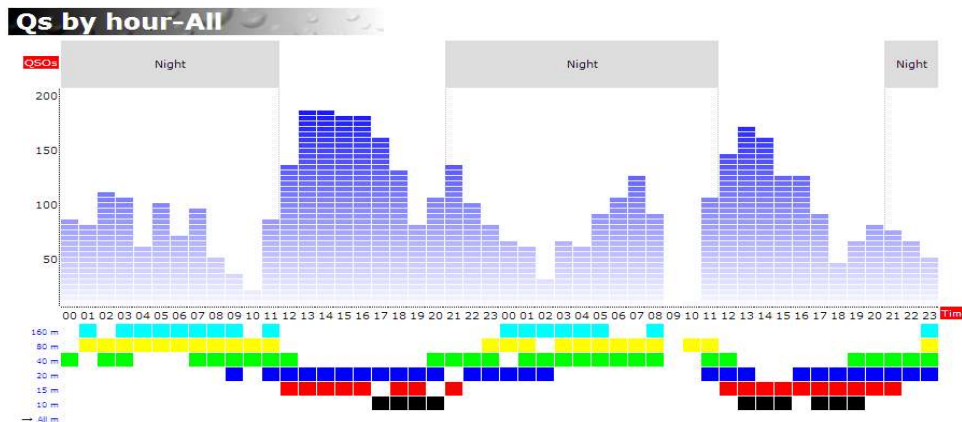


Activity Patterns Repeat

K5ZD/1
WW CW
2013



K5ZD/1
WW CW
2006



The world turns at the same speed every year.

The population centers don't move.



The same openings and rates will happen about the same time each year.

Rate charts by SH5 software

CQ WW CW 2019 – K5ZD SOA HP

<https://k5zd.com/2019-cq-ww-cw-k5zd/>

Hour	160M	80M	40M	20M	15M	10M	Total	Cumm	Off
0000Z	----	----	47/54	38/27	----	----	85/81	85/81	
0100Z	-	2/3	126/24	3/3	-	-	131/30	216/111	
0200Z	-	29/28	85/15	-	-	-	114/43	330/154	
0300Z	-	49/19	65/3	-	-	-	114/22	444/176	
0400Z	-	64/12	22/13	-	-	-	86/25	530/201	15
0500Z	66/53	6/1	7/3	-	-	-	79/57	609/258	
0600Z	67/4	47/7	6/5	3/3	-	-	123/19	732/277	
0700Z	16/12	65/13	1/0	-	-	-	82/25	814/302	
0800Z	6/6	11/9	45/9	6/9	----	----	68/33	882/335	
0900Z	-	2/3	9/3	8/7	-	-	19/13	901/348	35
1000Z	-	-	2/0	-	-	-	2/0	903/348	60
1100Z	1/1	4/0	7/3	98/23	3/6	-	113/33	1016/381	
1200Z	-	-	-	186/14	8/13	-	194/27	1210/408	
1300Z	-	-	-	175/3	18/18	-	193/21	1403/429	
1400Z	-	-	-	165/6	25/19	-	190/25	1593/454	
1500Z	-	-	-	128/10	42/8	1/2	171/20	1764/474	
1600Z	----	----	----	43/35	22/18	4/8	69/61	1833/535	
1700Z	-	-	-	111/2	18/9	4/2	133/13	1966/548	
1800Z	-	-	-	64/12	4/5	17/16	85/33	2051/581	
1900Z	-	-	-	13/1	3/2	3/3	19/6	2070/587	
2000Z	-	-	111/1	4/4	-	1/1	116/6	2186/593	
2100Z	-	3/1	138/1	8/3	-	-	149/5	2335/598	
2200Z	-	7/5	48/16	3/0	-	-	58/21	2393/619	
2300Z	6/2	22/6	9/6	4/0	-	-	41/14	2434/633	

0000Z	2/1	11/3	----	----	----	----	13/4	2447/637	47
0100Z	-	-	-	-	-	-	0/0	2447/637	60
0200Z	-	-	-	-	-	-	0/0	2447/637	60
0300Z	6/3	26/2	1/1	-	-	-	33/6	2480/643	28
0400Z	3/3	82/7	11/1	-	-	-	96/11	2576/654	
0500Z	24/4	86/2	-	-	-	-	110/6	2686/660	
0600Z	39/1	51/3	2/1	-	-	-	92/5	2778/665	
0700Z	19/4	48/1	3/0	-	-	-	70/5	2848/670	
0800Z	----	14/0	1/0	----	----	----	15/0	2863/670	43
0900Z	-	-	-	-	-	-	0/0	2863/670	60
1000Z	-	-	-	-	-	-	0/0	2863/670	60
1100Z	-	6/1	13/2	42/2	-	-	61/5	2924/675	6
1200Z	-	-	4/2	90/5	2/1	-	96/8	3020/683	
1300Z	-	-	-	124/1	2/0	-	126/1	3146/684	
1400Z	-	-	-	113/0	11/3	2/1	126/4	3272/688	
1500Z	-	-	-	83/1	22/3	-	105/4	3377/692	
1600Z	----	----	----	88/2	3/2	1/2	92/6	3469/698	
1700Z	-	-	-	71/2	8/0	-	79/2	3548/700	
1800Z	-	-	3/0	4/1	4/1	1/1	12/3	3560/703	
1900Z	-	-	11/0	7/2	-	2/0	20/2	3580/705	30
2000Z	-	-	56/3	3/1	3/1	-	62/5	3642/710	
2100Z	-	1/0	81/0	5/1	4/2	-	91/3	3733/713	
2200Z	3/0	12/0	55/2	1/0	-	-	71/2	3804/715	
2300Z	9/0	7/2	10/0	-	-	-	26/2	3830/717	15
Total:	267/94	655/128	979/168	1691/180	202/111	36/36			

Sunrise & Sunset Times for VE2, W1, W2

**An important ingredient
to propagation**

Sunset	244 degs
21:06 UTC	Portland, ME
21:11 UTC	Orleans, MA
21:11 UTC	Grandby, QC
21:13 UTC	Boston, MA
21:13 UTC	Manchester, NH
21:15 UTC	Fairhaven, MA
21:16 UTC	Providence R.I.
21:16 UTC	Burlington, VT
21:21 UTC	Peru, MA
21:22 UTC	Hartford, CT
21:23 UTC	Albany, NY
21:26 UTC	Ronkonkoma L.I.
21:27 UTC	Poughkeepsie, NY
21:28 UTC	Utica, NY
21:28 UTC	Nassau, L.I.
21:30 UTC	NYC & Fort Lee

116 degs	Sunrise
Orleans, MA	11:45 UTC
Fairhaven, MA	11:48 UTC
Boston, MA	11:51 UTC
Providence, R.I.	11:51 UTC
Portland, ME	11:52 UTC
Manchester, NH	11:55 UTC
Ronkonkoma, L.I.	11:55 UTC
Hartford, CT	11:56 UTC
Nassau, L.I.	11:56 UTC
NYC & Fort Lee	11:58 UTC
Peru, MA	11:59 UTC
Poughkeepsie, NY	12:01 UTC
Albany, NY	12:03 UTC
Burlington, VT	12:06 UTC
Grandby, QC	12:07 UTC
Utica, NY	12:10 UTC



**YCCC Virtual Contest Cookbook
160 Meters by Doug Grant
K1DG**



160 Meters in CQWW CW

No antenna?

Buy 500 feet of #14 at HD, Lowe's

Measure out 130 feet for the radiator

Get one end up in a tree as high as you can

Stretch the other end away to something high

Use the remaining wire for 3 x 120-foot radials

If you already have a TX antenna, add a Beverage for receiving

Realistic goals

Small station (LP, simple antenna)

Work any W (USA, Zone 5 mults); VY2ZM (VE)

Work a VE3 or W8 (Zone 4); VP9I will be on, get that
5 easy mults (2 zones, 3 DXCC)

Medium station (HP, simple antenna)

Work the above plus a few Caribbean stations

Call a few loud Europeans at their sunrise

Saturday night will be better – a lot of QRM in Europe
Friday night

Goal: 8 Zones (Z4, 5, 7, 8, 9, 14, 15, 20), 10-15 DXCC

160M Goals

Big station (HP, vertical(s) with lots of radials)

Work some Europeans at their sunrise

Also try at 00z on Saturday night

Work some South Americans

LU, HC are surprisingly easy

Find a W or VE7 for Zone 3

KH6 for a double mult

If band is good and you are getting through pileups, try
CQing (European band starts at 1810)

Goal: 12 Zones (3, 4, 5, 7, 8, 9, 10, 13, 14, 15, 20, 31) 20-
25 DXCC



**YCCC Virtual Contest Cookbook
80 Meters by John Kaufman
W1FV**





80 Meters

John Kaufmann W1FV

YCCC Virtual Contest Cookbook
November 2020

Station Assumptions



- **Category: single-op all-band, 15 to 30 hours total “on” time**
- **Station: 1500W, dipole at moderate height (~60 feet) or sloper**
- **For a different category and/or different station capability, adjust your strategy and expectations accordingly**

General Strategy



- **Europe will provide most of your QSO's and mults**
 - Run if possible
 - Being heard in Europe can be hard the first night
 - Try higher in the band
 - A receiving antenna (like a Beverage) towards Europe will help reduce stateside QRM
- **Work the easy multipliers (like the Caribbean) outside of Europe**
- **Don't waste time on the hard multipliers**
- **Before sunrise you should be on the higher bands**

Propagation



- **Two peaks into Europe: local sunset and European sunrise, but it varies from day to day**
- **Sometimes propagation to Europe drops off for a few hours after initial darkness, returns later**
- **If MUF to Europe drops below 7 MHz in the middle of the night (happens in low sunspot years), hit 80 meters**
- **Caribbean is generally easy, available all night**
- **After band closes to Europe, look for South and Central America, KH6, but don't waste time here**
 - **40m remains open to Europe considerably longer than 80**

Multipliers



- **Classification of difficulty based on propagation and activity**
 - **Easy zones (total of 16): 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 14, 15, 16, 20, 31, 33**
 - **Difficult zones (total of 18): 1, 12, 17, 18, 19, 22, 23, 24, 25, 26, 27, 28, 29, 34, 36, 37, 38, 39**
 - **In between easy and hard (total of 6): 13, 21, 30, 32, 35, 40**
- **Fewer multipliers will be available this year because of very limited DXpedition activity**



**YCCC Virtual Contest Cookbook
40 Meters by John Bagno
KD2RD**





40 Meters – CQ WW CW Strategy – John, KD2RD

Antenna/Antenna Diversity – Beam, Loop, Sloper, Phased-Parasitic Array, ‘Quick Switch’ for South America.
- You may have more 40M antenna options, antenna configs & antenna supports that you think !

Tough on Friday in the first hour on every band except for the big guns. Start 20 minutes before contest to establish frequency if starting on this band (7.001+ or 7.030+) or Search & Pounce until you find a clear frequency, then try to CQing. Nowadays it seems like you can have a 150 hz hole on CW and that's all.

Here's a snapshot of the duration of the 40M openings by continent in CQWW-CW:

Continent Opens - Closes Notes:

EU 19:15Z - 09:30Z Some later CU/TF until 11Z.

SOAB/Multi-Op: Run 40M from 21Z to 00Z. 80M could be good as early as 22Z, so check 80 & dont go there too.

SOAB ops should sleep when Europe sleeps: 00Z - 6:30Z. Start your 80M EU Sunrise run before Moscow sunrise.

Start 40 EU Sunrise run between 5:45Z and 6:30Z, good til 9:30Z

AF 19:15Z - 08:30Z

Asia->East 20:00Z - 03:15Z Have even worked Zone 18 & 19 & HS during this time.

Japan Longpath 21:15Z - 22:00Z Lucky to hear any/maybe work a few. 135-155degs, but some may be loud via SP.

SA/Carib 19:15Z - 12:00Z & later You can work Carib/SA @ 20Z but they are likely much busier on higher freq band.

PACIFIC 03:45Z - 12:00Z & later Opening begins about 1 hr before KH6 sunset. >10Z Monitor for 20M opening.

Japan ShortPath 07:45Z - 12:00Z & later Do Not stay on 40M too long if you are All-band. >10Z Monitor for 20M opening.

ASIA->West 08:00Z - 12:00Z & later Do Not stay on 40 too long if you are All-band. >10Z Monitor for 20M opening.

Don't stay on 40M too long if you are an All-band entry. It's more important to monitor for the 20M opening.



40 Meters – CQ WW CW Strategy – John, KD2RD

If you have limited hours, include 40M in your operating plan. If you have a yagi or phased array, plan to run on 40M at these times. Little Pistols will find lots of QSOs & multipliers at these times too.

- A few hours on Friday night
- Saturday 21Z-to-00Z and again 5:45-to-8:30Z.
- Sunday 21Z-to-00Z (may be slow rate, Try multipliers on 15/20 til bands close first, then go to 40.)
- Catch one morning between 10Z-to-11:30Z for lots of double-multipliers. Do stay too long > 20M is open !

Here's what I did on 40M in 2018 as part of my S/O All-Band HP Classic [24 hours] entry:

Determine “Run or S&P” early – S&P may be best at times.

- 01:00 – 02:41 (EU, S&P)
- 06:17 – 07:00 (EU, S&P) Some of European sunrise
- 11:30 – 11:53 (Late EU's, PAC, JA, VE, S&P)
- 00:16 – 01:20 (EU, Run)
- 03:50 – 04:59 (EU, S&P)
- 12:03 – 12:40 (EU, VE, PAC S&P)
- 22:27 – 22:59 (EU, Run)

VE's are worth points, do not pass over them ! Call “CQ VE” if feasible, after 12z , start again about 18z above 7.030

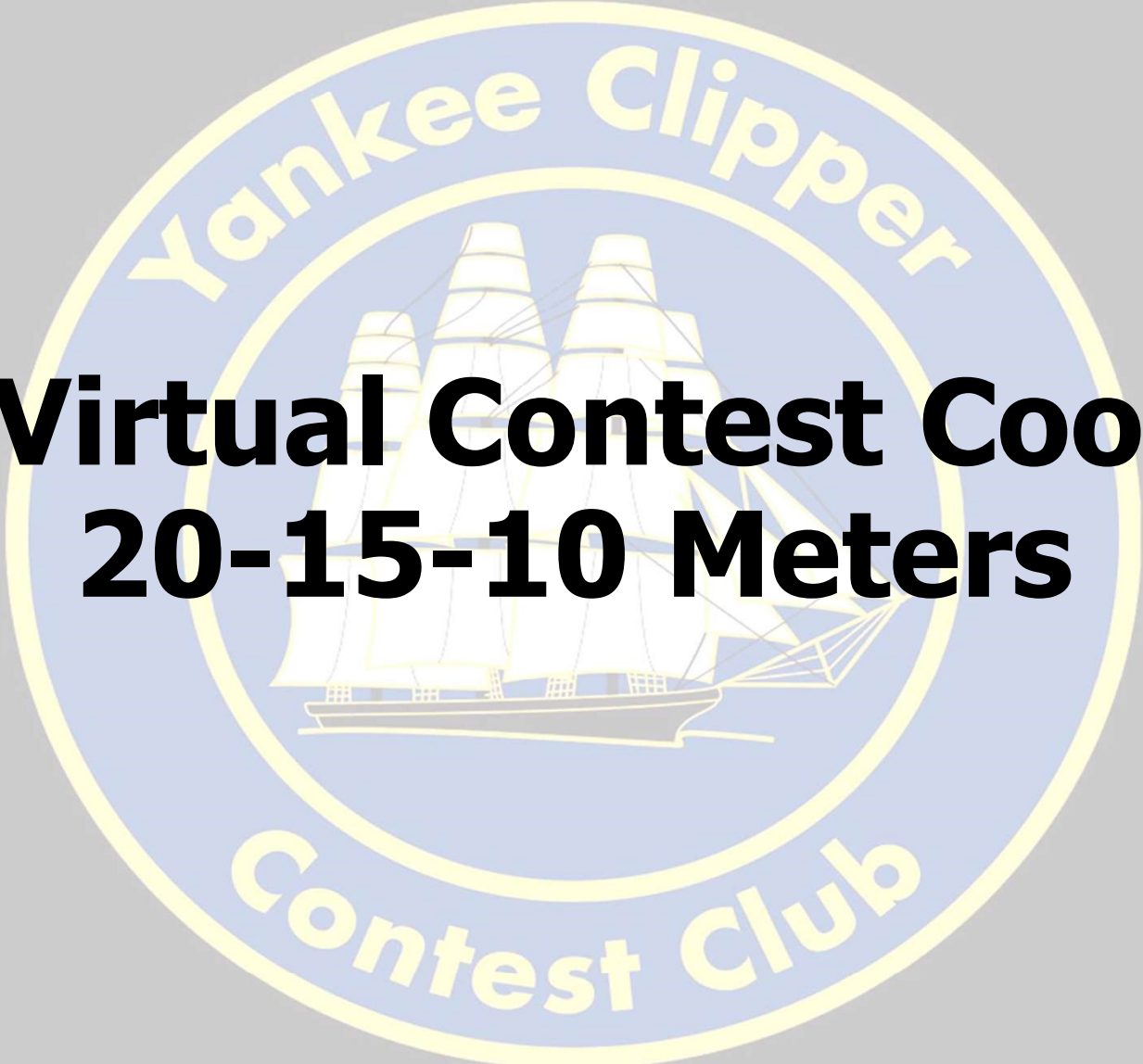
Sunrise: Pacific plus Skew Path to JA, VR2, YB, DU (West – Southwest)

Prop Charts: <https://www.voacap.com/hf/>

WebSDR for your Antenna testing: <http://websdr.org/>

Interactive / Questions? ----- Thank you, John

Spot your fellow Club members if possible (Spot all stations you've heard during your S&P work)



**YCCC Virtual Contest Cookbook
20-15-10 Meters**