

SARL Cabrillo Standard

Version 0.3 draft of 2026-09-07

The following is the standard for Cabrillo format for SARL contests for which Cabrillo format logs will be accepted. Subject to the rules of the actual contests.

All Cabrillo logs must conform to the version 3 standard as found at <https://wwrof.org/cabrillo/>. A good example with explanation of the format and content of items can be found at <https://cqww.com/cabrillo.htm>.

Cabrillo Header

The minimal Header information fields that must be contained in every Cabrillo log submitted for a SARL contest, that accepts Cabrillo files, are listed below. Each contest has contest specific header information that must be provided – see the contest specific data below (both mandatory and optional). Where there are contest specific header requirements these override the ones below.

CALLSIGN: *your call used on air*

CATEGORY-OPERATOR: *SINGLE-OP or MULTI-OP*

CATEGORY-POWER: *LOW HIGH or QRP*

NAME: *FirstName [LastName]*

EMAIL: *your e-mail address (this is the e-mail to be used to communicate with you)*

Bold above indicates required Header fields and italics the values/examples of what must be supplied by the tester.

See <https://wwrof.org/cabrillo/cabrillo-v3-header/> for further information.

Cabrillo Header and QSO Data per SARL Contest

The SARL Contests where Cabrillo logs may be accepted are listed below along with the **Cabrillo-contest-name** and QSO **QSO data** format.

Refer to <https://wwrof.org/cabrillo/cabrillo-qso-data/> for further information on what the QSO data field may contain eg 7000 to indicate 40m band or 7130 to indicate the actual frequency worked.

Where contest specific header information is specified below it is mandatory, unless specified as *[optional]*.

CATEGORY-BAND: will be determined automatically from the band or bands of the QSO records submitted, subject to the rules of the contest.

CATEGORY-MODE: will be determined automatically from the modes of the QSO records submitted, subject to the rules of the contest.

DRAFT for COMMENT

Africa All Mode International DX Contest **AF-ALL-MODE-DX**

CONTEST: *AF-ALL-MODE-DX*

QSO:	freq	mo	date	time	call		rst	exch	call		rst	exch	t
QSO:	*****	**	yyyy-mm-dd	nnnn	*****		nnn	*****	*****		nnn	*****	n
QSO:	28000	PH	2014-09-12	0531	ZS6A		59	001	W1AW/5		59	073	0
QSO:	28000	CW	2014-09-12	0531	ZS6A		59	001	W1AW/5		59	073	0

SARL HF CW – August – **SARL-HF-CW**

CONTEST: *SARL-HF-CW*

CLUB: *nAAA - Club abbreviated callsign [optional]*

CATEGORY-OVERLAY: *YL [optional]*

CATEGORY-OVERLAY: *Youth [optional]*

QSO:	freq	mo	date	time	call		rst	exch	call		rst	exch	t
QSO:	*****	**	yyyy-mm-dd	nnnn	*****		nnn	*****	*****		nnn	*****	n
QSO:	7000	CW	2014-09-12	0531	ZS6A		599	001	ZS9HQ		599	021	0

SARL HF Digital – August - **SARL-HF-DG**

CONTEST: *SARL-HF-DG*

CLUB: *nAAA - Club abbreviated callsign [optional]*

CATEGORY-OVERLAY: *YL [optional]*

CATEGORY-OVERLAY: *Youth [optional]*

QSO:	freq	mo	date	time	call		rst	exch	call		rst	exch	t
QSO:	*****	**	yyyy-mm-dd	nnnn	*****		nnn	*****	*****		nnn	*****	n
QSO:	7000	DG	2014-09-12	0531	ZS6A		59	0001	ZS9HQ		53	0033	0

SARL HF Phone – August - **SARL-HF-PH**

CONTEST: *SARL-HF-PH*

CLUB: *nAAA - Club abbreviated callsign [optional]*

CATEGORY-OVERLAY: *YL [optional]*

CATEGORY-OVERLAY: *Youth [optional]*

QSO:	freq	mo	date	time	call		rst	exch	call		rst	exch	t
QSO:	*****	**	yyyy-mm-dd	nnnn	*****		nnn	*****	*****		nnn	*****	n
QSO:	03755	PH	2014-09-12	0531	ZS6A		59	001	ZS9HQ		59	023	0

DRAFT for COMMENT

SARL Saturday 20 m Club – **SARL20CC**

CONTEST: *SARL20CC*

CLUB: *nAAA - Your Club abbreviated callsign (ABCS)*

GRID-LOCATOR: *AAnn - Your 4 character Grid Square*

TX-Name: *AAAAAAAA - Your name sent (max 8 char)*

QSO:	freq	mo	date	time	call	call	ABCS	GRID	RX-name
QSO:	*****	**	yyyy-mm-dd	nnnn	*****	*****	nAAA	Aann	AAAAAAAA
QSO:	28080	PH	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES
QSO:	28080	RY	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES
QSO:	28080	CW	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES

SARL Saturday 40 m Club - **SARL40CC ***

CONTEST: *SARL40CC*

CLUB: *nAAA - Your Club abbreviated callsign (ABCS)*

GRID-LOCATOR: *AAnn - Your 4 character Grid Square*

TX-Name: *AAAAAAAA - Your name sent (max 8 char)*

QSO:	freq	mo	date	time	call	call	ABCS	GRID	RX-name
QSO:	*****	**	yyyy-mm-dd	nnnn	*****	*****	nAAA	Aann	AAAAAAAA
QSO:	28080	PH	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES
QSO:	28080	RY	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES
QSO:	28080	CW	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES

SARL Wednesday 80 m Club - **SARL80CC ***

CONTEST: *SARL80CC*

CLUB: *nAAA - Your Club abbreviated callsign (ABCS)*

GRID-LOCATOR: *AAnn - Your 4 character Grid Square*

TX-Name: *AAAAAAAA - Your name sent (max 8 char)*

QSO:	freq	mo	date	time	call	call	ABCS	GRID	RX-name
QSO:	*****	**	yyyy-mm-dd	nnnn	*****	*****	nAAA	Aann	AAAAAAAA
QSO:	28080	PH	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES
QSO:	28080	RY	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES
QSO:	28080	CW	2014-09-12	0531	ZS6A	ZS9HQ	6SRL	KG43	JOHANNES

SARL National Field Day **SARL-NFD**

CONTEST: *SARL-NFD*

NFD-CATEGORY-POWER: *6 4 2 1*

QSO:	freq	mo	date	time	call	rst	exch	call	rst	exch
QSO:	*****	**	yyyy-mm-dd	nnnn	*****	nnn	nCPP**	*****	nnn	*****
QSO:	28000	PH	2014-09-12	0531	ZS6A	59	3AGP	ZS9HQ	59	1EWC
QSO:	28000	CW	2014-09-12	0531	ZS6A	59	3AGP	ZS9HQ	59	1EWC

DRAFT for COMMENT

SARL Top Band QSO - **SARL-160-PARTY**

CONTEST: *SARL-160-PARTY*

QSO:	freq	mo	date	time	call	rst	exch	call	rst	exch
QSO:	*****	**	yyyy-mm-dd	nnnn	*****	nnn	*****	*****	nnn	*****
QSO:	01850	PH	2014-09-12	0531	ZS6A	59	KG33	ZS9HQ	59	JF96

Africa FT4 DX Contest - **AFFT4**

CONTEST: *AFFT4*

AFRICA-BASED: *Africa or Other*

QSO:	freq	mo	date	time	call	rst	exch	call	rst	exch
QSO:	*****	**	yyyy-mm-dd	nnnn	*****	nnn	*****	*****	nnn	*****
QSO:	03575	DG	2014-09-12	0531	ZS6A	-24	KG33	ZS9HQ	+33	JF96