SARL HF Phone, Digital and CW Contests

1. Aim

The aim of the three HF Contests is for participants to contact as many amateurs in Southern Africa as possible on the 20, 40 and 80 m amateur bands.

2. Dates

2.1. HF Phone Contest on (1st Sunday) 1 August 2027 14:00 to 17:00 UTC

2.2. HF Digital Contest on (2nd Sunday) 8 August 2027 13:00 UTC to 16:00 UTC

2.3. HF CW Contest on (4th Sunday) 22 August 2027 14:00 to 17:00 UTC

3. Mode and Frequencies

3.1. SSB:

14 125 to 14 350 kHz
7 063 to 7 100 and 7 130 to 7 200 kHz. The segment from 7 100 to 7 130 is contest free
3 603 to 3 650 and 3 700 to 3 800 kHz. The segment from 3 651 to 3 699 kHz is contest free

3.2. CW:

14 020 to 14 030 kHz
7 000 to 7 040 kHz
3 510 to 3 560 kHz

3.3. FT4 and FT8 as Digital modes:

The default frequencies for FT4 and FT8 in WSJT-X for the three contest frequencies of 20m, 40m and 80m.

4. Categories

4.1. Single Operator Single Radio - Single Band (overlay YL or Youth)

4.2. Single Operator Single Radio - All Band (overlay YL or Youth)

4.3. Multi Operator - Single Band (overlay YL or Youth)

4.4. Multi Operator - All Band (overlay YL or Youth)

4.5. Individual competitors and club stations are encouraged to compete.

5. Exchange

5.1. CW and SSB: RS, RSQ or RST report and a consecutive serial number starting at 001.

5.2. FT4 and FT8 minimally a signal strength report and RRR/73/RRR73 and a serial number in each direction between the two parties.

To enable the serial number in version 2.6 (or later) of WSJT-X, under 'File>Settings>Advanced' select 'EU VHF Contest' under Special operating activity and check the 'CQ with individual contest name' and enter 'SARL' into the contest name block.

Note that this is a contest mode and that the exchanges are different to standard exchanges, so QSOs with stations operating with the 'normal' default exchanges will not work through to conclusion RR73/73 of the QSO. In order to complete QSOs with stations in 'default' mode, the contester will have to switch off the contest mode.

5.3. Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

6. Scoring

6.1. Each QSO counts one (1) point

6.2. Add two (2) points for each call area on each band.

6.3. Add two (2) points for each station contacted on all three bands.

6.4. Call Areas
Area 1: ZS1, ZR1 and ZU1 - Western Cape
Area 2: ZS2, ZR2 and ZU2 - Eastern Cape
Area 3: ZS3, ZR3 and ZU3 - Northern Cape
Area 4: ZS4, ZR4 and ZU4 - Free State
Area 5: ZS5, ZR5 and ZU5 - KwaZulu-Natal
Area 6: ZS6, ZR6 and ZU6 - Gauteng, Mpumalanga; Limpopo and North-West
Area 7: V5 - Namibia
Area 8: 3DA, 7P, 7Q, 9J, C9, A2, D2, Z2, ZD7, ZD9, ZS7, ZS8, FR, 3B8, 5R, FH and D6
Area 9: Stations in the rest of the world.

7. Log Sheets

7.1. Upload logs at https://mysarl.org.za/contests/uploads.php after the contest ends or during the 5 days thereafter.

7.2. Logs to be an Excel spreadsheet or in Cabrillo format.

7.3. The Cabrillo file must carry the required header information and exchanges as per the SARL Cabrillo specification.

7.4. Excel log sheets are available at contest.sarl.org.za.

8. SARL HF Phone, Digital and CW Awards (Refer to General Rule 10)

Certificates will be issued on application for:

8.1. Participation.

8.2. The highest scoring V5 station.

8.3. The first three places of each category and leg of the contest.

8.4. To be eligible to receive the above certificates an entered log must have at least one QSO where one or both of the parties is/are operating from Area 1 to Area 8 (see 6.4 above) and appears in the contest results.

8.5. The SARL Trophies will be awarded as per 9. below to SARL members.

9. SARL HF Phone, Digital and CW Contest Trophies

The following trophies will be awarded by the SARL Contest Working Group and presented to the recipients at the SARL Annual Dinner along with an award letter and PDF certificate:

Phone Contest

The Silent Keys Memorial Trophy SSB. Awarded to the SARL member who achieves the highest score during the annual HF Phone Contest.

Joseph White Trophy. Awarded to the SARL member who as a Single Operator Single Band achieves the highest score on any one band, during the annual HF Phone Contest.

The AKYAB Trophy. Awarded to the SARL member who, in his/her first year of licensed activity, achieves the highest score during the annual HF Phone Contest. Candidates for this trophy shall state the date of the issue of the licence on the summary sheet.

Digital Contest

The SARL Digital Trophy. Awarded to the SARL member who achieves the highest score during the annual HF Digital Contest.

CW Contest

The Silent Keys Memorial Trophy CW. Awarded to the SARL member who achieves the highest score during the annual HF CW Contest.

The Anon Trophy. Awarded to the SARL member who as a Single Operator Single Band achieves the highest score on any one band, during the annual HF CW Contest.

Combined

The HOS Trough. Awarded by the Contest Working Group to the SARL member who achieves the highest aggregate score in the three HF Contests.

The Fred Mills Trophy. Awarded to the SARL member who achieves the highest score in the three HF Contests and who has never won a SARL HF Contest Trophy before.

The SAWRC Trophy. Awarded to the YL SARL member amateur who achieved the highest aggregate score in the three annual SARL HF Contests.

The SARL Youth Trophy. Awarded to the young SARL member amateur 25 years or younger who achieved the highest aggregate score in the three annual SARL HF Contests.

The Club Participation Award (Branch Participant Trophy). Awarded to the SARL affiliated club who achieves the highest participation in the three HF Contests.