SARL Cabrillo Standard

Version 0.4 draft of 2026-10-29

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 contester.

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.

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
QSO: ***** ** yyyy-mm-dd nnnn ************* nnn ****** ************* nnn ******
QSO: 28000 PH 2014-09-12 0531 ZS6A          59  001    W1AW/5        59  073
QSO: 28000 CW 2014-09-12 0531 ZS6A          59  001    W1AW/5        59  073
```

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
QSO: ***** ** yyyy-mm-dd nnnn ************* nnn ****** ************* nnn ******
QSO:  7000 CW 2014-09-12 0531 ZS6A          599 001    ZS9HQ         599 021
```

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
QSO: ***** ** yyyy-mm-dd nnnn ************* nnn ****** ************* nnn ******
QSO:  7000 DG 2014-09-12 0531 ZS6A          59  0001   ZS9HQ         53  0033
```

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
QSO: ***** ** yyyy-mm-dd nnnn ************* nnn ****** ************* nnn ******
QSO: 03755 PH 2014-09-12 0531 ZS6A          59  001    ZS9HQ         59  023
```

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
```

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
```

Revision tracking

0.4	2026-10-29	Removed the transmitter multiple from **AF-ALL-MODE-DX** and **SARL-HF** contests	ZS6JBZ