

Region	Band (m)	0000-0159 UTC	0200-0359	0400-0559	0600-0759	0800-0959	1000-1159	1200-1359	1400-1559	1600-1759	1800-1959	2000-2159	2200-2359
01. VK2/ZL	80												
01. VK2/ZL	40									VK2/ZL 40m	VK2/ZL 40m		
01. VK2/ZL	20						VK2/ZL 20m	VK2/ZL 20m	VK2/ZL 20m	VK2/ZL 20m	VK2/ZL 20m		
01. VK2/ZL	15					VK2/ZL 15m	VK2/ZL 15m	VK2/ZL 15m	VK2/ZL 15m	VK2/ZL 15m			
01. VK2/ZL	10					VK2/ZL 10m	VK2/ZL 10m	VK2/ZL 10m					
02. JA	80										JA 80		
02. JA	40										JA 40		
02. JA	20				JA 20m	JA 20m	JA 20m	JA 20m	JA 20m	JA 20m		JA 20m	JA 20m
02. JA	15				JA 15m	JA 15m	JA 15m						
02. JA	10					JA 10m							
03. SE Asia	80											SE As 80m	SE As 80m
03. SE Asia	40										SE As 40m	SE As 40m	
03. SE Asia	20								SE As 20m	SE As 20m	SE As 20m	SE As 20m	SE As 20m
03. SE Asia	15						SE As 15m	SE As 15m	SE As 15m	SE As 15m			
03. SE Asia	10					SE As 10m	SE As 10m	SE As 10m	SE As 10m				
04. P. Gulf	80	Gulf 80m	Gulf 80m								Gulf 80m	Gulf 80m	Gulf 80m
04. P. Gulf	40	Gulf 40m	Gulf 40m	Gulf 40m						Gulf 40m	Gulf 40m	Gulf 40m	Gulf 40m
04. P. Gulf	20							Gulf 20m	Gulf 20m	Gulf 20m	Gulf 20m	Gulf 20m	Gulf 20m
04. P. Gulf	15				Gulf 15m	Gulf 15m	Gulf 15m	Gulf 15m	Gulf 15m				
04. P. Gulf	10					Gulf 10m	Gulf 10m	Gulf 10m					
05. Eu (3000km)	80	EU (3000km) 80m											
05. Eu (3000km)	40	EU (3000km) 40m	EU (3000km) 40m										EU (3000km) 40m
05. Eu (3000km)	20				Eu (3000km) 20m						Eu (3000km) 20m	Eu (3000km) 20m	
05. Eu (3000km)	15				Eu (3000km) 15m	Eu (3000km) 15m			Eu (3000km) 15m	Eu (3000km) 15m			
05. Eu (3000km)	10					Eu (3000km) 10m	Eu (3000km) 10m	Eu (3000km) 10m	Eu (3000km) 10m	Eu (3000km) 10m			
06. Eu (1000km)	80												
06. Eu (1000km)	40				Eu (1000km)	Eu (1000km)					Eu (1000km)	Eu (1000km)	
06. Eu (1000km)	20					Eu (1000km) 20m	Eu (1000km) 20m	Eu (1000km) 20m	Eu (1000km) 20m	Eu (1000km) 20m			
06. Eu (1000km)	15												
06. Eu (1000km)	10												
07. Eu (500km)	80	EU (500km) 80m	EU (500km) 80m	EU (500km) 80m								EU (500km) 80m	EU (500km) 80m
07. Eu (500km)	40	EU (500km) 40m	EU (500km) 40m	EU (500km) 40m	EU (500km) 40m						EU (500km) 40m	EU (500km) 40m	EU (500km) 40m
07. Eu (500km)	20						Eu (500km) 20m	Eu (500km) 20m	Eu (500km) 20m				
07. Eu (500km)	15												
07. Eu (500km)	10												
08. UK (NVIS)	80	UK (NVIS) 80m	UK (NVIS) 80m	UK (NVIS) 80m							UK (NVIS) 80m	UK (NVIS) 80m	UK (NVIS) 80m
08. UK (NVIS)	40				UK (NVIS) 40m	UK (NVIS) 40m	UK (NVIS) 40m	UK (NVIS) 40m	UK (NVIS) 40m	UK (NVIS) 40m			
08. UK (NVIS)	20												
08. UK (NVIS)	15												
08. UK (NVIS)	10												
09. S Am	80	S Am 80m											
09. S Am	40	S Am 40m	S Am 40m	S Am 40m									S Am 40m
09. S Am	20	S Am 20m	S Am 20m	S Am 20m	S Am 20m	S Am 20m						S Am 20m	S Am 20m
09. S Am	15						S Am 15m	S Am 15m	S Am 15m	S Am 15m	S Am 15m	S Am 15m	
09. S Am	10						S Am 10m	S Am 10m	S Am 10m	S Am 10m	S Am 10m		
10. Caribbean	80	Caribbean 80m	Caribbean 80m	Caribbean 80m									
10. Caribbean	40	Caribbean 40m	Caribbean 40m	Caribbean 40m	Caribbean 40m								Caribbean 40m
10. Caribbean	20	Caribbean 20m	Caribbean 20m	Caribbean 20m							Caribbean 20m	Caribbean 20m	Caribbean 20m
10. Caribbean	15							Caribbean 15m	Caribbean 15m	Caribbean 15m	Caribbean 15m	Caribbean 15m	
10. Caribbean	10							Caribbean 10m	Caribbean 10m	Caribbean 10m	Caribbean 10m		
11. USA NE	80	USA NE 80m	USA NE 80m	USA NE 80m	USA NE 80m								USA NE 80m
11. USA NE	40	USA NE 40m	USA NE 40m	USA NE 40m	USA NE 40m	USA NE 40m						USA NE 40m	USA NE 40m
11. USA NE	20							USA NE 20m	USA NE 20m	USA NE 20m	USA NE 20m	USA NE 20m	
11. USA NE	15							USA NE 15m	USA NE 15m	USA NE 15m	USA NE 15m	USA NE 15m	
11. USA NE	10								USA NE 10m	USA NE 10m			
12. USA W5	80	USA W5 80m	USA W5 80m	USA W5 80m									
12. USA W5	40	USA W5 40m	USA W5 40m	USA W5 40m	USA W5 40m								USA W5 40m
12. USA W5	20	USA W5 20m	USA W5 20m	USA W5 20m	USA W5 20m						USA W5 20m	USA W5 20m	USA W5 20m
12. USA W5	15							USA W5 15m	USA W5 15m	USA W5 15m	USA W5 15m	USA W5 15m	
12. USA W5	10								USA W5 10m	USA W5 10m			

Region	Centred On
01. VK2/ZL	SE Aust/NZ
02. JA	Japan (Tokyo)
03. SE Asia	Thailand/Malaysia
04. P. Gulf	Persian Gulf
05. Eu (3000km)	3000km from Manc: Western UA9, Eastern Med.
06. Eu (1000km)	1000km from Manc: Berlin, Alpine Europe, N Spain
07. Eu (500km)	500km from Manc: Low Countries, Channel Is.
08. UK (NVIS)	Intra-UK + R. of Ireland
09. S Am	South America (Rio, Brazil)
10. Caribbean	Jamaica
11. USA NE	NE USA/VE3
12. USA W5	USA (Texas)