Slow CW (10 WPM) Activity on HF Ham Bands

Slow CW (10 WPM) Activity on HF Ham Bands

80 Meters (3.500 - 4.000 MHz):

- **Frequency: 3.560 MHz**

40 Meters (7.000 - 7.300 MHz):

- **Frequency: 7.055 MHz**
- **Frequency: 7.040 MHz**

20 Meters (14.000 - 14.350 MHz):

- **Frequency: 14.055 MHz**
- **Frequency: 14.060 MHz**

17 Meters (18.068 - 18.168 MHz):

no specific frequencies or activities related to QRS/slow CW are provided

15 Meters (21.000 - 21.450 MHz):

- Best Frequency: Around 21.050 - 21.120 MHz.
- Why: Excellent for long-distance communication, particularly during solar maximum periods. It's considered a good daytime band.
- Best Time: Daytime, particularly during solar maximum.
- Tip: Check the lower portion of the band for slower speed CW, as well as for activity from QRP operators.

10 Meters (28.000 - 29.700 MHz):

- CW Portion: The lower part of the band (28.000 – 28.300 MHz) is generally designated for CW, digital modes, and beacons.
- Slow CW Activity:
    - 28.028 - 28.045 MHz: Known for K1USN slow-speed transmissions.
    - CW and Data (e.g., RTTY) are permitted from 28.000 - 28.300 MHz.
    - CW and Phone (SSB) are permitted from 28.300 - 28.500 MHz.
    - Check for Beacons: You can find beacons throughout the lower part of the 10-meter band, which can indicate band openings and propagation.

6 Meters (50.000 - 54.000 MHz):

- Best Frequency: Around 50.000 - 50.100 MHz.
- Why: Often called the "Magic Band" because of its sporadic E propagation, which can open up for long-distance contacts. It offers a mix of local and long-distance possibilities.
- Best Time: Daytime, with openings often occurring during the spring and summer.
- Tip: Check the CW portion of the band for activity, particularly during sporadic E openings.

General Tips for These Bands:

- Propagation: Be aware that propagation conditions on 15, 10, and 6 meters can change significantly, especially during different phases of the solar cycle.
- Monitor: Monitor these bands frequently to take advantage of any openings.
- Patience: Finding slow CW contacts on these bands may require more patience than on the lower bands, as they are not always open for long-distance communication.

Quick Guide to Slow Speed CW Frequencies

Quick Guide to Slow Speed CW Frequencies

Contents:

CW Watering holes

When discussing QRP "watering holes," we're referring to frequencies where low-power (QRP) ham radio operators tend to congregate. It's important to remember that these are general guidelines, and activity can vary. Here's a breakdown of common QRP frequencies for the bands you mentioned:

- 80 Meters: Around 3.560 MHz (CW) yes
- 40 Meters: Around 7.030 MHz (CW) yes
- 20 Meters: Around 14.060 MHz (CW)
- 15 Meters: Around 21.060 MHz (CW)
- 10 Meters: Around 28.060 MHz (CW)

Popular Frequencies for Slow CW:

CW specific info is in this color

- **160 meters (1.8 - 2.0 MHz): Low Frequency (LF)**
  - **CW Segment:** The entire band is generally used for CW.
  - **Slow Code:** Listen around 1.810 - 1.820 MHz. This band is often quieter and attracts operators who prefer slower speeds.

- **80 Meters (3.5 - 4 MHz): MF**
  - **CW Segment:** 3.525 - 3.600 MHz (primary CW segment)
  - **Slow Code:** 3.530 - 3.560 MHz is a good starting point. You'll often find slower activity in the evenings.

- **60 Meters 5260 kHz to 5410 kHz**

5330.5	**USB, CW, Data**	
5346.5	**USB, CW, Data**	
5357	**USB, CW, Data**	
5403.5	**USB, CW, Data**	

- **60 meters (5.3305 - 5.4065 MHz):**
    - **There is also a narrow segment dedicated for CW ONLY around 5.332 MHz.**
        - **Target the center freq. of 5.332 MHz to ensure you remain within the allocated Ham space of 5.3318-5.3322 MHz**
        - The primary reason for the CW-only segment on 60 meters is to minimize interference with other services operating on nearby frequencies outside the amateur allocation, making it an ideal location for this mode due to CW's narrow bandwidth.

- **40 Meters (7 - 7.3 MHz):**
  - **CW Segment:** 7.000 - 7.125 MHz
  - **Slow Code: 7.030 - 7.040 MHz is a common area for slower CW. The Technician portion of the band (7.100 - 7.125 MHz) also tends to have slower activity.**
  - **7,025,000 Hz: Sometimes used for slower CW, though activity can vary.**
  - 7,050,000 Hz (Especially popular): A very common frequency for slow-speed CW contacts, often used by groups like FISTS and for general rag-chewing (casual conversation).
  - 7,114,000 Hz (SKCC Elmer Frequency): This frequency is often monitored by experienced SKCC CW operators ("Elmers") who are willing to help beginners learn and improve their skills.
- **30 meters: 10.1 - 10.15 MHz**
  - **CW Segment: The entire band is used for CW and digital modes.**
  - **Slow Code: 10.100 - 10.110 MHz. This band is generally less crowded and can be a good place to find slower code.**

- **20 Meters (14 - 14.35 MHz):**
  - **CW Segment:** 14.000 - 14.150 MHz
  - **Slow Code: 14.030 - 14.040 MHz.**
  - **14,025,000 Hz: Sometimes used for slower CW.**
- **17 Meters (18.068 - 18.168 MHz):**
  - **CW Segment:** The entire band is used for CW and digital modes.
  - **Slow Code: Near the lower band edge, around 18.070 MHz.**

- **15 Meters (21.0 - 21.45 MHz):**
  - **CW Segment:** 21.000 - 21.200 MHz
  - **Slow Code: 21.030 - 21.040 MHz.**

- **12 Meters (24.89 - 24.99 MHz):**
  - **CW Segment:** The entire band is used for CW and digital modes.
  - **Slow Code: Near the lower band edge, around 24.895 MHz.**

- 11 Meters (26.965 - 27.405 MHz)
- **10 Meters (28.0 - 28.3 MHz):**
  - **28.025.000 Hz:** A common calling frequency for CW on 10 meters, often used for slower speeds.
  - **Slow Code: 28.030 - 28.040 MHz.**
  - 28,050,000 Hz: Another frequency where you might find slower CW activity, especially associated with groups like the Straight Key Century Club (SKCC).

    - 28,450,000 Hz: **Valley Radio Club (VRC)** FUN WITH MORSE CODE: 10 WPM any key. Thursdays 8:30 PM.
        - Weekly fun challenges posted at: **VRC.Groups.io/g/W7PXL**.
        - Chat on SSB then QSY to CW. When Students done QSY to SSB to discuss the challenge.
- **6 meters (50 - 54 MHz):**
    - **CW Segment:** 50.000 - 50.100 MHz
    - **Slow Code: Near the lower band edge, around 50.050 MHz.**

North West Slow Speed CW Nets:

Valley Radio Club (VRC) FUN WITH MORSE CODE: Thursdays 8:30 PM on 28,450,000 Hz (10M).

- **This net provides a relaxed environment for practicing CW, with a focus on fun and interaction.**

- **LICW Challenge:** Suggested calling frequencies (+/- 5 KHz): 1.837, 3.557, 7.057, 10.117, 14.057, 18.077, 21.057, 24.897, 28.057, 50.097, 144.057 and any 60m channel. **CQ format**: CQ LICW
- **QRPp PNW users use these nets:**
    - (10M) 28.040 MHz, Tuesday evenings at 7:30 PM local
    - (80M) 3.556.5 MHz, Thursdays at 5:00 PM local - and NAQCC
    - 3.970 MHz, every day at 8:00 AM local

NAQCC Pacific Northwest QRS CW 10 wpm Net (PNW80): Thursdays 5:00 PM PST on 3,556,500 Hz (80M).

- This net is specifically designed for slow-speed CW operators and those who are learning.

- **NAQCC** Midwest QRS Net (MWN): Mondays 7:30 - and QRPp NW, PM CST on 7,031,000 Hz +/- (40M). Similar to the PNW80 net, this net caters to slower CW speeds.
- **"The Bob Net"**: 3,558,000 Hz (80M) at 06:30 & 19:30 (7:30 PM) PST (Western Nevada). This net is a casual ragchew net that welcomes slow-speed operators and newcomers.

Copying a Preset to VFO A on the QMX:

Important Notes:

Tech CW HF bands 200 watts PEP maximum

Finding slow code

K7VIQ's CW QSO Protocol in Detail - Google Doc
Tuning a CW Station on the IC-7300 - Google Doc
Paul's Memory and Learning Morse Code - Google Doc
My Page 3 Morse Code Study History Latest practice sheet - Google Doc
Portable Radios Comparisons - Google compare sheet
Redesign of the MTR-3B by the end of 2024 - Google Doc
Summary of where to find slower and faster code - Google Doc

- These frequencies are often used by beginners and experienced operators alike to practice and communicate in CW.
- "How to Learn and Have Fun with Morse Code"

NOVICE CW OP WHERE TO FIND SLOW SPEED MORSE CODE TO COPY YouTube

- TO FIND SLOW SPEED MORSE CODE TO COPY IN GENERAL
- The CW only band plan areas are:
- Summary of where to find slower and faster code.
- Table of the CW areas of the ham bands allocated to each license class in the United States:
- "The Bob Net" 3558 Khz at 06:30 & 19:30(7:30) PST Western Nevada
- VRC(Valley Radio Club) FUN WITH MORSE CODE - 28.450MHz Thursday 8:30 pm 10 WPM
- PNW QRP QRPp@groups.io
- SKCC Member Operating Frequencies
- NAQCC CW Nets
  - NAQCC Pacific Northwest QRS 80 Meter CW 10 wpm Net (PNW80)
  - NAQCC MIDWEST QRS Net (MWN)

"How to Learn and Have Fun with Morse Code"

Howard Bernstein, WB2UZE & Jim Crites, W6JIM of LICW

for example let's talk about 40 meters the lower 25 kilohertz and is really for high speed yeah why because that was the extra band for many years and extra people you know had to qualify it at 20 words a minute back in the day

seven or two five it then when you're up around 7.050 or 7.060 that's where straight key Century Club is

the old novice band was that size 100 yep yep you can go above 7.100 there's lots of slow speed operators up above 7.100, between 7.100 and 7,120. 40 meters right around 7,040 to 7,060 you're going to find plenty of people going at a leisurely pace

NOVICE CW OP WHERE TO FIND SLOW SPEED MORSE CODE TO COPY YouTube

TO FIND SLOW SPEED MORSE CODE TO COPY IN GENERAL

You will find almost constant slow CW between 7045 and 7055

LICW: 7.057 *(7.037 in the EU)* **14.057** **21.057** **28.057**

FISTS: 7.058 14.058 21.058 28.058

Slow Code Net - Valley Radio Club 10 meter 28.450 MHz Thursdays 8:30 pm PT

Scott Rosenfeld N7JI)

SKCC: 7.038 7.055 7.0114 *(Straight Key only Club)*
14.114 21.050 21,114 28.050 28.114

Reverse beacon settings can be set for your desired speed
You will find almost constant slow CW between 7045 and 7055

The CW only band plan areas are:

Summary of where to find slower and faster code.

On 40 meters the lower 25 kilohertz is really for high speed
so traditionally that's where the DX is and that's the higher speed.
seven or two five it
Around 7.050 or 7.060 that's where straight key Century Club is

The old novice band was that size 100 you can go above 7.100

There's lots of slow speed operators up above 7,100 between 7.100 and 7.120

Table of the CW areas of the ham bands allocated to each license class in the United States:

“The Bob Net” 80M 3558 KHz at 06:30 & 7:30 PST 10 WPM

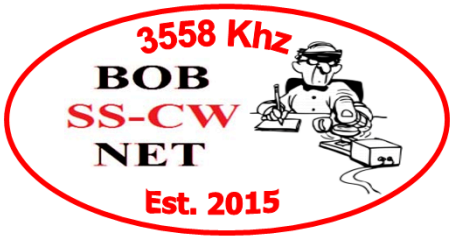
Slow speed operators between 7.100 and 7.120

You will find almost constant slow CW between 7045 and 7055

10M 28.450MHz VRC Thursday 8:30pm 10 WPM

On 40 meters the lower 25 kilohertz is really for high speed

"The Bob Net" at 06:30 & 19:30(7:30) PST



“The Bob Net” 3558 KHz at 06:30 & 19:30(7:30) PST

on most mornings & evenings on 3558 KHz at 0630 & 1930 PST

VRC(Valley Radio Club) FUN WITH MORSE CODE - 28.450MHz Thursday 8:30 pm 10 WPM

PNW QRP QRPp@groups.io

The CW net is 28.040 on Tuesday at 7:30 PM Local, with a switch to 28.380 SSB afterwards to recap. or the one at 7:00 PM Central time from Texas, Tuesdays, on 7.067 MHz.
http://felge.us/nwnets.html

SKCC Member Operating Frequencies

NAQCC CW Nets

NAQCC Pacific Northwest QRS **80 Meter** CW 10 wpm Net (PNW80)

Stewart KE7LKW White Salmon, WA 98672

NAQCC MIDWEST QRS Net (MWN)

Bob W0CC (Kansas)

The most commonly used bands for CW (Morse code) operations are:

For slow-speed CW operators, certain frequency segments are commonly used:

18.068–18.168 MHz. 100 kHz wide. Contests: Not allowed.

The 17 meter ham band is a shortwave radio frequency band used by licensed amateur radio operators:

- Frequency range: 18.068–18.168 MHz
- Band type: A WARC band, named after the World Administrative Radio Conference that allocated it for amateur use in 1979
- Best use: Daytime, but can open up for DX activity at night during solar maximum
- Characteristics: Similar to the 20 meter band, but less frequently open at night
- Good for: Portable operators looking for DX during the day
- Contests: Not allowed on 17 meters
- Bandwidth: 100 kHz wide

Here are some more details about the 17 meter ham band:

- It's often less busy than the 20 meter band, making it easier for stations with modest equipment to make DX contacts
- Super stations are likely to have smaller antennas, focusing on contest bands
- You should avoid transmitting on the International Beacon Project frequency of 18.110 MHz
- There's a gentlemen's agreement that the WARC bands may not be used for general contesting due to their relatively small bandwidth

CW Advantages

CW Advantages

CW Requires Less Expensive Equipment

Oregon & Eugene Area Slow-Speed CW Nets

🔗 Valley Radio Club Local Nets -
Valley Radio Club.org club-info

🔗 Valley Radio Club Local Nets
Valley Radio Club.org club-info

🔗 AmRRON CW Net Information
🔗 Our other CW and Morse Code related posts for more resources!

🔗 West Coast Net -

🔗 Stanwood-Camano ARC Net Info -

🧰

CW QSO Finder **CW QSO Finder**

POTA style

- Standard QSO (callsign, RST, QTH, name, rig, ant, etc)
- SKCC Basic Exchange

Ragchew

LICW Challenge

- STANDARD QSO Protocol

🔗 Reverse Beacon Network

🔗 NAQCC CW Nets

🔗 CW Academy