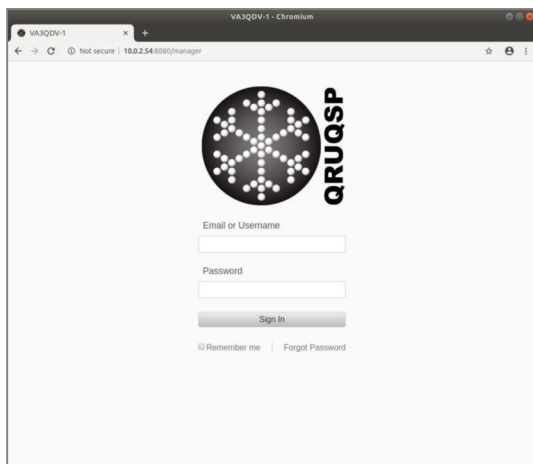# View Recent Contacts in Field Day Logger and other features

This tutorial shows how to view recent contacts in the Field Day Logger and make use of the various features that are available for viewing information about your contacts.

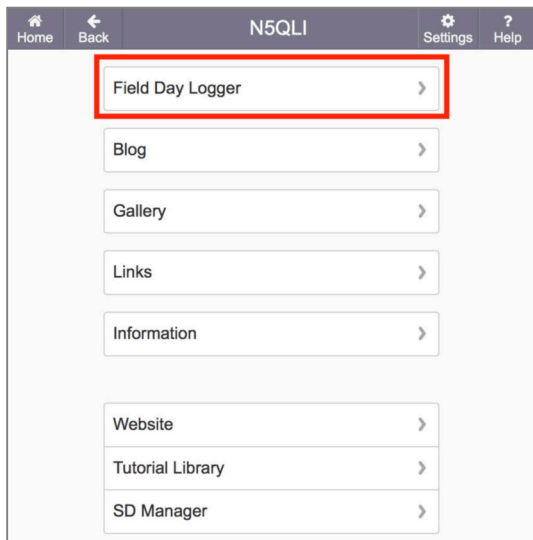## Step 1 of 8 - Login to QRUQSP.org Subscription

Open a web browser and connect to your QRUQSP.org subscription.

https://qruqsp.org/manager

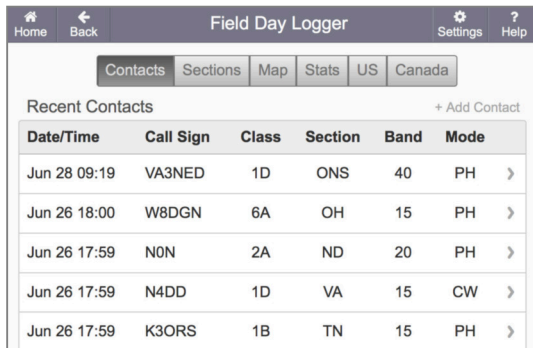Enter your login information and click the Sign In button.

**NOTE: You can click the remember me checkbox so you don't have to enter the information each time.

Step 2 of 8 - Select Field Day Logger

Select Field Day Logger from the main menu
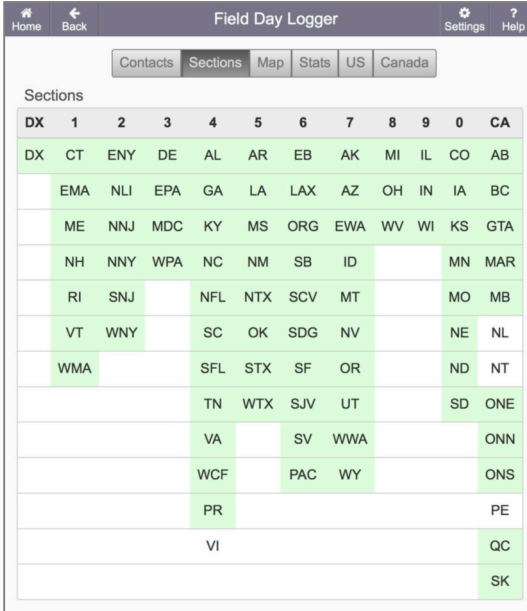
Step 3 of 8 - View Recent Contacts

The **"Contacts"** tab shows recent contacts.

NOTE: Shown here is the format as seen on a wide screen such as a computer monitor or tablet. Recent contacts are shown below everything else on a narrow screen such as a mobile phone.

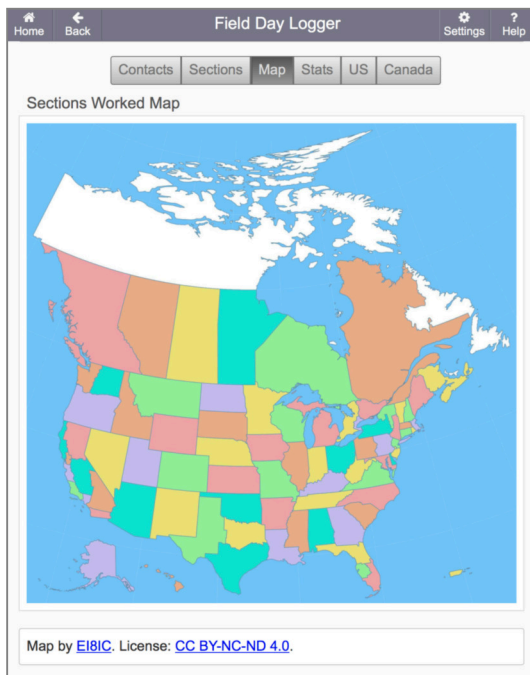# View Recent Contacts in Field Day Logger and other features

Step 4 of 8 - View Sections

Click on the **"Sections"** button to see a list of all ARRL and RAC sections. Sections you've contacted will have green highlight and sections you have not yet contacted will have a white background.
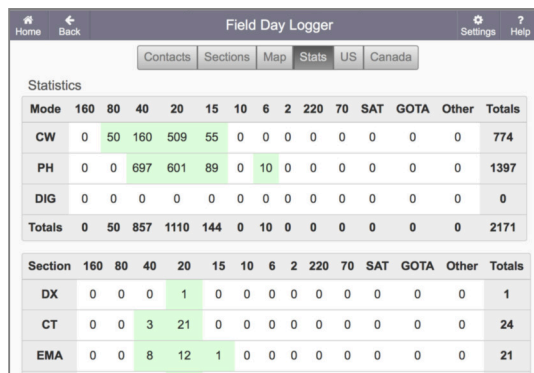
Step 5 of 8 - View a Map of Sections Contacted

Click on **"Map"** to view a map showing all sections in North America. Sections will be highlighted in a color if you've made a contact and will remain white if you've not yet made a contact in that section.

View Recent Contacts in Field Day Logger and other features

Step 6 of 8 - View Stats

Click on **"Stats"** to view statistics about the contacts you've logged.

Columns show how many contacts logged for each band with a column labeled "SAT" for satellite and a column labeled "GOTA" for contacts logged on your Get On The Air station.

Rows are provided for Modes and Sections, so you can see all this information at a glance.

Step 7 of 8 - View US Band Plan
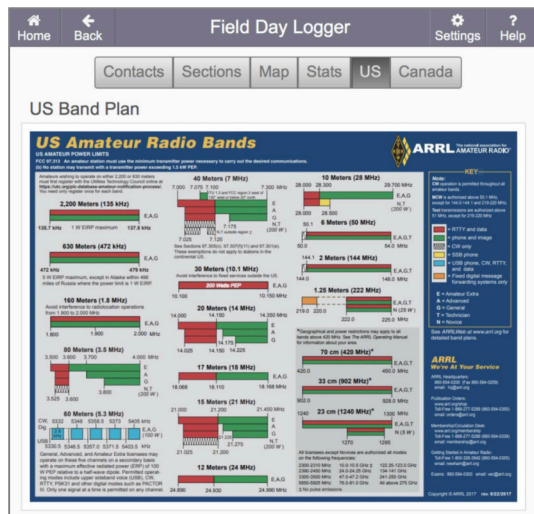
Click on **"US"** to view the Band Plan for USA.

This is copied from the ARRL web site under "Band Plan" and "Graphical Frequency Allocations". Use this band plan to help ensure that you do not operate outside of the frequencies allocated to the operating class of your FCC license.

NOTE: Be careful when operating near the edge of your allocated frequencies.

Keep a safe space from the edge of your operating privileges:
- **6 KHz** from the bottom of your allocated frequencies when operating LSB (below 10 MHz).
- **6 KHz** from the top of your allocated frequencies when operating USB (above 10 MHz).
Recommended frequencies within the US General Class frequency allocations are provided below:
1.806 - 2.000 MHz LSB (160 meters +6 kHz from bottom of allocation)
3.806 - 4.000 MHz LSB (80 meters +6 kHz from bottom of allocation)
7.169 - 7.300 MHz LSB (40 meters +6 kHz from bottom of allocation)
14.225 - 14.344 MHz USB (20 meters -6 KHz from top of allocation)
21.275 - 21.444 MHz USB (15 meters -6 KHz from top of allocation)
28.300 - 29.694 MHz USB (10 meters -6 KHz from top of allocation)

View Recent Contacts in Field Day Logger and other features

Step 7 of 8 - View US Band Plan (continued...)

ARRL provides a great explanation in the "Keeping Your HF Signal Where it Belongs" from the August 2008 QST magazine. Below are a few excerpts for quick reference:

Key Takeaway: SSB typically extends 4 to **6 kHz** beyond the career frequency that is set on your VFO dial.

"The FCC rules are very clear on this point. Section 97.307, Emission Standards states: (b) Emissions resulting from modulation must be confined to the band or segment available to the control operator. Emissions outside the necessary bandwidth must not cause splatter or keyclick interference to operations on adjacent frequencies.

This means that what is important is not the (suppressed) carrier frequency indicated on your radio display, but rather the frequency of your sideband components. If your carrier frequency is at 3800 kHz, your LSB signal extends below that, typically 4 to **6 kHz**, to let's say 3794 kHz, depending on the characteristics of your sideband filter. With that filter you will need to set your carrier at least as high as 3804 kHz to be operating within the limits of your [General class] license."

NOTE: If you hold an Extra class license then you might want to operate within the frequencies allocated to the General class for contest operations. The US General Class frequency allocations are available to the majority of operators with HF SSB phone privileges during this contest.

Step 8 of 8 - View Canada Band Plan
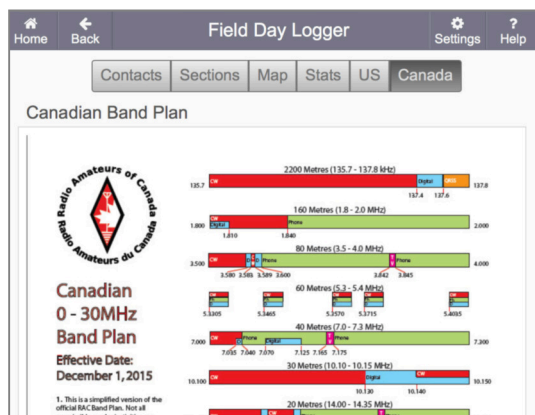
Click on **"Canada"** to view the Band Plan for Canada.

This is copied from the Radio Amateurs of Canada (RAC) web site under "Operating > Bandplans". Use this band plan to help ensure that you do not operate outside of the frequencies allocated to the license granted to you by the Innovation, Science and Economic Development Canada department (formerly Industry Canada).

NOTE: Be careful when operating near the edge of your allocated frequencies.

Keep a safe space from the edge of your operating privileges:
- **6 kHz** from the bottom of your allocated frequencies when operating LSB (below 10 MHz).
- **6 kHz** from the top of your allocated frequencies when operating USB (above 10 MHz).

Step 8 of 8 - View Canada Band Plan (continued...)

ARRL provides a great explanation in the ["Keeping Your HF Signal Where it Belongs"](#) from the August 2008 QST magazine. Below are a few excerpts for quick reference:

Key Takeaway: SSB typically extends 4 to **6 kHz** beyond the career frequency that is set on your VFO dial.

If your carrier frequency is at 3600 kHz, your LSB signal extends below that, typically 4 to **6 kHz**, to let's say 3594 kHz, depending on the characteristics of your sideband filter. With that filter you will need to set your carrier at least as high as 3604 kHz to be operating within the frequencies recommended for SSB Phone in the Canadian band plan.

NOTE: The US General Class frequency allocations are available to the majority of operators with HF SSB phone priviledges during this contest. Below is a summary of the frequency ranges where most US operators will likely be able to operate SSB phone:

1.806 - 2.000 MHz LSB (160 meters +6 kHz from bottom of allocation)
3.806 - 4.000 MHz LSB (80 meters +6 kHz from bottom of allocation)
7.169 - 7.300 MHz LSB (40 meters +6 kHz from bottom of allocation)
14.225 - 14.344 MHz USB (20 meters -6 KHz from top of allocation)
21.275 - 21.444 MHz USB (15 meters -6 KHz from top of allocation)
28.300 - 29.694 MHz USB (10 meters -6 KHz from top of allocation)