

AmRRON Communications Plan				
BAND	Description	Frequency MHz	Mode	Notes
80 Meters	AmRRON 80 Meter <i>(Also TAPRNet's 80M Freq.)</i>	3.818 - LSB	Voice	
	PSK31	3.580 - USB	Digital	
	CW (Morse Code)	3.545 - USB	CW	
40 Meters	AmRRON 40 Meter <i>(Also TAPRNet's 40M Freq.)</i>	7.242 - LSB	Voice	
	PSK31	7.073 - USB	Digital	
	CW (Morse Code)	7.055 - USB	CW	
20 Meters	AmRRON 20 Meter	14.242 - USB	Voice	
	PSK31	14.065 - USB	Digital	
2 Meters	AmRRON 2 Meter <i>(Also TAPRNet's 2M Freq.)</i>	146.420	Voice	Simplex
70cm	AmRRON 70cm	446.025	Voice	Simplex
CB	CH3 - Citizen Band	26.985	Voice	USB (When using SSB)
FRS	CH3 - Family Radio Service	462.6125	Voice	No Sub-Channel
MURS	CH3 – Multi-Use Radio Service	151.940	Voice	No Sub-Channel

Ninety Minute Time Window for Communications at:

0300 / 0900 / 1500 / 2100 ZULU Time

Time Window	Band	Mode	Notes
00 to 10 minutes after the hour	*CH3 (CB, FRS, MURS)		Voice is also Known as 'Phone' in Radio Speak
	80 Meters	Voice - LSB	
10 to 20 after the hour	80 Meters	Digital PSK31 - USB	
20 to 30 after the hour	80 Meters	CW (Morse Code) - USB	
30 to 40 after the hour	40 Meters	Voice - LSB	
40 to 50 after the hour	40 Meters	Digital PSK31 - USB	
50 to 60 after the hour	40 Meters	CW (Morse Code) - USB	
60 to 70 after the hour	20 Meters	Voice - USB	
70 to 80 after the hour	N/A	N/A	
80 to 90 after the hour	2 Meters	Voice	
	70 centimeter	Voice	
<p>These Ninety-Minute communications windows will occur every 6 hours, 24 hours a day during a real-world national emergency and during Readiness Exercises.</p> <p>0300hrs Zulu Time 0900hrs Zulu Time 1500hrs Zulu Time 2100hrs Zulu Time</p>			
<p>* To save power, CH3 frequencies will be used/monitored EVERY hour, on the hour, as opposed to the 6-hour interval windows used by other bands/modes.</p>			

Using ZULU Time

Most of the **United States** begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S., each time zone switches at a different time.

To make the conversion to your local time, see the chart below. Find your local time in the first column. If you are on Eastern Daylight Saving Time (EDT), you would use the second column to find your Zulu Time/UTC. For instance, if it's 11 a.m. Eastern Daylight Saving Time in Washington, D.C., it's 1500 hours in Zulu time/UTC.

Time Zone Legend:

EDT = Eastern Daylight Saving Time

EST = Eastern Standard Time

CDT = Central Daylight Saving Time

CST = Central Standard Time

MDT = Mountain Daylight Saving Time

MST = Mountain Standard Time

PDT = Pacific Daylight Saving Time

PST = Pacific Standard Time

LOCAL	EDT	EST	CDT	CST	MDT	MST	PDT	PST
	Mar- Nov	Nov- Mar	Mar- Nov	Nov- Mar	Mar- Nov	Nov- Mar	Mar- Nov	Nov- Mar
Midnight	0400	0500	0500	0600	0600	0700	0700	0800
1 a.m.	0500	0600	0600	0700	0700	0800	0800	0900
2 a.m.	0600	0700	0700	0800	0800	0900	0900	1000
3 a.m.	0700	0800	0800	0900	0900	1000	1000	1100
4 a.m.	0800	0900	0900	1000	1000	1100	1100	1200
5 a.m.	0900	1000	1000	1100	1100	1200	1200	1300
6 a.m.	1000	1100	1100	1200	1200	1300	1300	1400
7 a.m.	1100	1200	1200	1300	1300	1400	1400	1500
8 a.m.	1200	1300	1300	1400	1400	1500	1500	1600
9 a.m.	1300	1400	1400	1500	1500	1600	1600	1700
10 a.m.	1400	1500	1500	1600	1600	1700	1700	1800
11 a.m.	1500	1600	1600	1700	1700	1800	1800	1900
NOON	1600	1700	1700	1800	1800	1900	1900	2000
1 p.m.	1700	1800	1800	1900	1900	2000	2000	2100
2 p.m.	1800	1900	1900	2000	2000	2100	2100	2200
3 p.m.	1900	2000	2000	2100	2100	2200	2200	2300
4 p.m.	2000	2100	2100	2200	2200	2300	2300	2400
5 p.m.	2100	2200	2200	2300	2300	2400	2400	0100
6 p.m.	2200	2300	2300	2400	2400	0100	0100	0200
7 p.m.	2300	2400	2400	0100	0100	0200	0200	0300
8 p.m.	2400	0100	0100	0200	0200	0300	0300	0400
9 p.m.	0100	0200	0200	0300	0300	0400	0400	0500
10 p.m.	0200	0300	0300	0400	0400	0500	0500	0600
11 p.m.	0300	0400	0400	0500	0500	0600	0600	0700
LOCAL	EDT	EST	CDT	CST	MDT	MST	PDT	PST