

## 2 Meters (144-148 MHz):

144.00-144.05	EME (CW)
144.05-144.10	General CW and weak signals
144.10-144.20	EME and weak-signal SSB
144.200	National calling frequency
144.200-144.275	General SSB operation
144.275-144.300	Propagation beacons
144.30-144.50	New OSCAR subband
144.50-144.60	Linear translator inputs
144.60-144.90	FM repeater inputs
144.90-145.10	Weak signal and FM simplex (145.01,03,05,07,09 are widely used for packet)
145.10-145.20	Linear translator outputs
145.20-145.50	FM repeater outputs
145.50-145.80	Miscellaneous and experimental modes
145.80-146.00	OSCAR subband
146.01-146.37	Repeater inputs
146.40-146.58	Simplex
146.52	National Simplex Calling Frequency
146.61-146.97	Repeater outputs
147.00-147.39	Repeater outputs
147.42-147.57	Simplex
147.60-147.99	Repeater inputs

**Notes:** The frequency 146.40 MHz is used in some areas as a repeater input. This band plan has been proposed by the ARRL VHF-UHF Advisory Committee.

### 1.25 Meters (222-225 MHz):

222.0-222.150	Weak-signal modes
222.0-222.025	EME
222.05-222.06	Propagation beacons
222.1	SSB & CW calling frequency
222.10-222.15	Weak-signal CW & SSB
222.15-222.25	Local coordinator's option; weak signal, ACSB, repeater inputs, control
222.25-223.38	FM repeater inputs only
223.40-223.52	FM simplex
223.52-223.64	Digital, packet
223.64-223.70	Links, control
223.71-223.85	Local coordinator's option; FM simplex, packet, repeater outputs
223.85-224.98	Repeater outputs only

**Note:** The 222 MHz band plan was adopted by the ARRL Board of Directors in July 1991.

**70 Centimeters (420-450 MHz):**

420.00-426.00	ATV repeater or simplex with 421.25 MHz video carrier control links and experimental
426.00-432.00	ATV simplex with 427.250-MHz video carrier frequency
432.00-432.07	EME (Earth-Moon-Earth)
432.07-432.10	Weak-signal CW
432.10	70-cm calling frequency
432.10-432.30	Mixed-mode and weak-signal work
432.30-432.40	Propagation beacons
432.40-433.00	Mixed-mode and weak-signal work
433.00-435.00	Auxiliary/repeater links
435.00-438.00	Satellite only (internationally)
438.00-444.00	ATV repeater input with 439.250-MHz video carrier frequency and repeater links
442.00-445.00	Repeater inputs and outputs (local option)
445.00-447.00	Shared by auxiliary and control links, repeaters and simplex (local option)
446.00	National simplex frequency
447.00-450.00	Repeater inputs and outputs (local option)