

**IARU REGION 1 HF BAND PLAN – Effective 29 March 2009**

	<b>FREQUENCY (kHz)</b>	<b>MAX BANDWIDTH (Hz)</b>	<b>PREFERRED MODE AND USAGE</b>
<b>7 MHz Band:</b>	7000 - 7025	200	CW, contest preferred
	7025 - 7040	200	CW, QRP Centre of Activity 7030 kHz
	7040 - 7047	500	Narrow band modes - digimodes
	7047 - 7050	500	Narrow band modes – digimodes, automatically controlled data stations (unattended)
	7050 - 7053	2700	All modes - digimodes, automatically controlled data stations (unattended) *
	7053 - 7060	2700	All modes - digimodes
	7060 - 7100	2700	All modes, digital voice 7070, SSB QRP Centre of Activity 7090 kHz, SSB contest preferred
	7100 - 7130	2700	All modes, Region 1 Emergency Centre of Activity 7110 kHz
	7130 - 7200	2700	All modes, SSB contest preferred, Image Centre of Activity 7165 kHz
	7175 - 7200	2700	All modes, priority for intercontinental operation.