

CW Tuning Guide for Club Calling Frequencies

160 Meters	1.813 MHz - SKCC 1.808 MHz - FISTS 1.818 MHz - CW Ops	1.836 MHz - QRP
80 Meters	3.525 MHz - FOC 3.528 MHz - CW Op 3.530 MHz - SKCC	3.550 MHz - SKCC 3.558 MHz - FISTS 3.560 MHz - QRP
40 Meters	7.025 MHz - FOC 7.028 MHz - FISTS 7.030 MHz - QRP	7.055 MHz - SKCC 7.058 MHz - FISTS 7.120 MHz - SKCC
30 Meters	10.106 MHz - QRP 10.118 MHz - FISTS 10.120 MHz - SKCC & FOC	10.116 MHz - QRP
20 Meters	14.025 MHz - FOC 14.028 MHz - CWOps 14.050 MHz - SKCC	14.058 MHz - FISTS 14.060 MHz - QRP 14.114 MHz - SKCC

17 Meters	18.058 MHz - FISTS 18.078 MHz - CWOps 18.080 MHz - SKCC & FOC	18.086 MHz - QRP 18.096 MHz - QRP
15 Meters	21.025 MHz - FOC 21.028 MHz - SKCC 21.050 MHz - SKCC	21.058 MHz - FISTS 21.060 MHz - QRP 21.114 MHz - SKCC
12 Meters	24.905 MHz - FOC 24.906 MHz - QRP 24.908 MHz - FISTS	24.910 MHz - SKCC
10 Meters	28.025 MHz - FOC 28.028 MHz - CWOps 28.050 MHz - SKCC	28.058 MHz - FISTS 28.060 MHz - QRP 28.114 MHz - SKCC
6 Meters	50.058 MHz - FISTS 50.090 MHz - SKCC 50.095 MHz - FOC	
2 Meters	144.058 MHz - FISTS 144.070 MHz - SKCC	