

ARRL FIELD DAY



www.arrl.org

C.A.R.E.S. Operation

June 28 - 29, 2025



Cupertino ARES/RACES



Agenda

- What is Field Day?
- CARES Field Day Promotion
- CARES Field Day – ARRL Rules
- CARES Field Day Plan
- CARES Field Day Equipment
- CARES Field Day Schedule
- CARES Field Day Operations
- CARES Volunteer Needs
- After Field Day
- Final Comments




What is Field Day?

- An annual ARRL sponsored 24-hour event held on the fourth full weekend of June
- Field Day Objectives
 - To setup communication operations “under abnormal situations in less than optimal conditions.”
 - To work as many stations as possible in IARU Region 2 and beyond
 - Demonstrate to the public what amateur radio service is all about and how it can serve them in times of crisis
 - Public showing of how CARES prepares and serves our community



CARES Field Day Promotion

- Cupertino.org Event Calendar
- Radio Cupertino 1670AM PSA 
- Invitations have been sent to:
 - Mayor Liang Chao, Cupertino City Council and EOC staff
- ARRL Leadership
 - James Armstrong (NV6W) ARRL Section Manager, Santa Clara Valley
 - Kristen McIntyre (K6WX) 1st Vice President ARRL Board
- ARRL Field Day Locator page (Search for K6KP)
 - <https://www.arrl.org/field-day-locator>



CARES Field Day - ARRL Rules

Rules for Field Day 2025:

- From 2020, an aggregate club score will be published, which will be the sum of all individual entries indicating a specific club (similar to the aggregate score totals used in ARRL affiliated club competitions).
- Class A, B and C may run up to 500 watts PEP, all other classes cannot exceed 100 watts PEP.
- GOTA stations no longer have any QSO limits per operator and each QSO is worth 2 **points** with 100W PEP or below.
- Multi-streaming and fully automated QSO are prohibited.
- Responsibility Manager for 50 bonus points.



CARES Field Day – ARRL Rules

If you choose to operate from home but want to contribute your points to CARES Field Day:

- Each participant operates from home, mobile, etc. and uses their **own call sign**
- Each participant will assume their own **class and ARRL section**
- Each participant **logs their own contacts**
- Each participant submits their own Field Day entry using the Field Day web submission form:
 - <https://field-day.arrl.org/fdentry.php>
- Each participant enters “**CUPERTINO ARES**” on the web submission form field labeled “Club or group name”



CARES Field Day – ARRL Rules

ARRL Class

- Class A: Club or Group of 3 or more persons
- Class B: No more than two persons typically running on battery power or non-commercial power
- Class C: Mobile -- vehicle, marine mobile, aeronautical mobile
- Class D: Home station running on commercial main power
- Class E: Home station running on emergency power
- Class F: Emergency Operation Center (EOC) – CARES operates in this class
- The number preceding the class designator is the number of transmitters operating simultaneously
 - Eg: 2F = 2 transmitters operating simultaneously as class F



CARES Field Day – ARRL Rules

ARRL Section / RAC section

- ARRL section is an abbreviation of the section (geographic region) you are operating from
- ARRL Sections in San Francisco Bay Area:
 - SF: San Francisco
 - EB: East Bay
 - SCV: Santa Clara Valley
- All ARRL sections can be found in the ARRL Field Day 2025 packet (in PDF)



CARES Field Day – Bands and Modes

What bands can be used for Field Day?

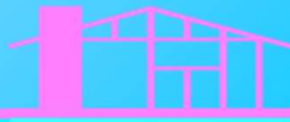
- 160m, 80m, 40m, 20m, 15m, 10m, 6m, 2m, 70cm
- Excludes WARC bands: 60m, 30m, 17m and 12m
- Modes:
 - Digital
 - CW, PSK31, RTTY, FT8, FT4, Packet
 - Non-Digital
 - SSB phone, FM Voice



CARES Field Day Bands and Modes

What types of contacts do NOT count for Field Day points?

- Any contacts made using repeaters
 - No contacts via FM repeaters, IRLP, Echolink, DMR
- Contacts made via Satellite are exempt



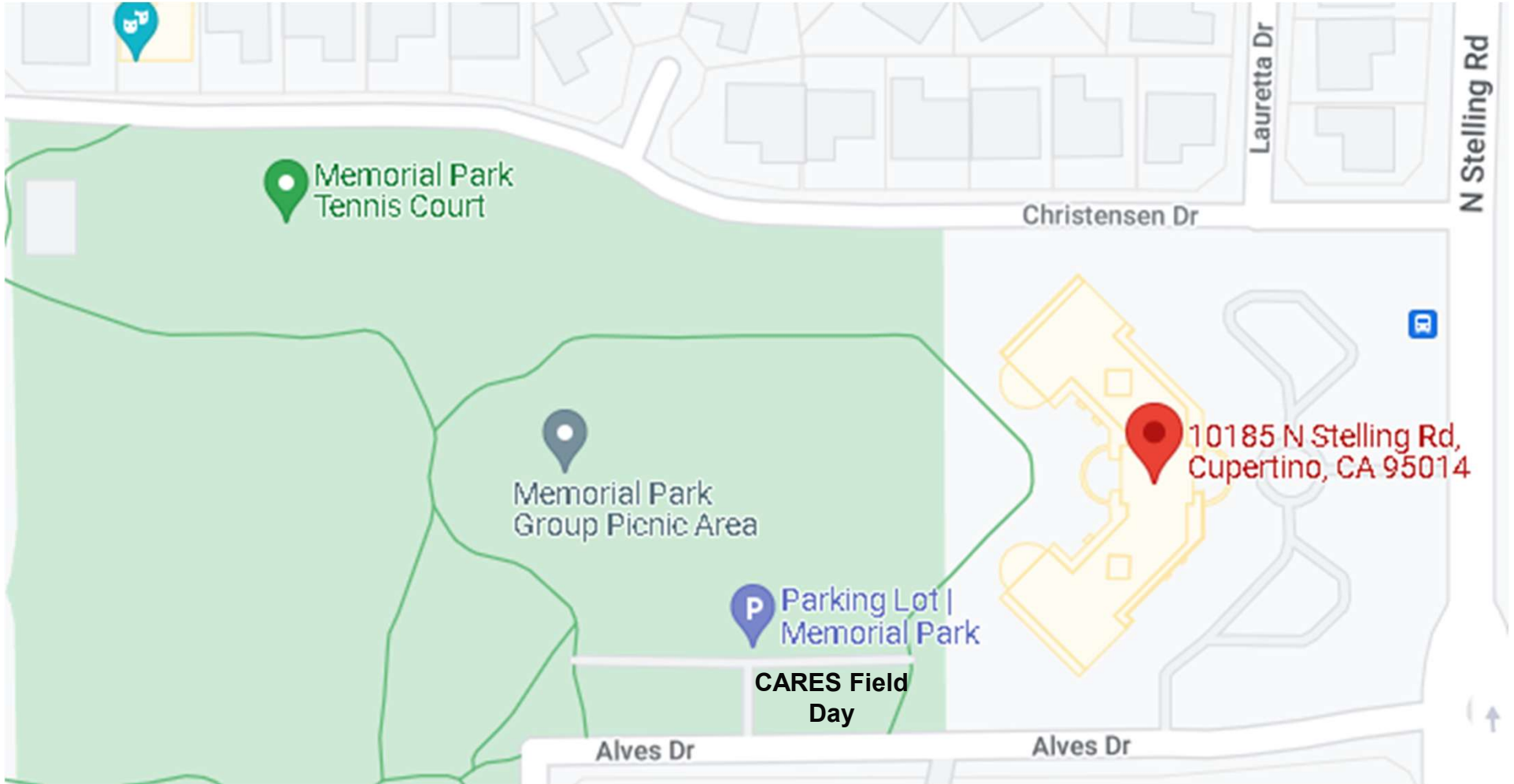
CARES Field Day Plan

- CARES Call Sign: **K6KP**
- GOTA Station Call Sign: **AG6GX**
- Field Day Class and Section: **2F SCV**
- ARRL Class **F** is EOC designation
- Cupertino EOC Activation Number: **CUP-25-32T**
- EOC activated and operating on 100% emergency power
- Location:
 - Quinlan Community Center rear south parking lot
 - 10185 N Stelling Rd, Cupertino

NOTE: No need to establish or maintain an ICS-214 or ICS-309



CARES Field Day Plan



CARES Field Day Plan

- Operating Stations
 - Two HF Stations
 - Bands: 40m, 20m, 15m, 10m
 - Modes: CW, SSB Phone, FT8, FT4, 10m FM
- GOTA HF station using call sign: **AG6GX**
 - Not running N1MM+
- VHF/UHF Station in Com Van 469
 - Modes: FM Voice, Packet



CARES Field Day Equipment

- One Tri-band Hex beam HF antenna: 20m, 15, 10m
 - One 26-foot MastWorks push-up mast with guy lines
 - One Triplexer for multiple stations on tri-band antenna
- One Buddy pole antenna for 40m NVIS communications
- Cupertino Com Van 469



CARES Field Day Equipment

- Several runs of coax
- 7 KW generator from Com Van 469, power strips, extension cords
- Fire extinguishers from ARKs
- 4 canopies, 8 tables, 13 chairs
- Information table with CARES literature and public sign-in visitor's log
- Food and drinks provided by the EOC
 - *Oh yea,... Don't forget the donuts!!*



CARES Field Day Bonus Points

Description	Bonus Points
100% Emergency Power Per Each HF Station – 2 HF stations – 100 X 2	200
Public Location	100
Public Information Table	100
Media Publicity	100
GOTA Coach	100
Message Origination to Section Manager (NTS or ICS-213 via Packet)	100
Copy the W1AW Bulletin	100
Field Day Site visited by Elected Officials	100
Field Day Site visited by Served Agencies	100
Formal Education During Field Day Event	100
ARRL Field Day Responsibilities Check List	50
Field Day Entry Submitted Using the Online Web Form	50
Total	1,200



CARES Field Day Schedule

- 7:45 – Com Van 469 and ARK supply trailer arrive on site
- 8:00 – Volunteers arrive for setup
- 8:15 – Site planning, safety briefing, assignments
- 8:30 – Site setup (Hex beam, 40m antenna canopies, Com Van, radios)
- 10:30 – Site safety walk-through check list
- 10:40 – Field Day operation and safety briefing
- 11:00 – (1800 Zulu) ARRL Field Day radio operation begins
- 12:30 – Lunch arrives
- 16:00 – 17:00 – Disassemble site, return equipment



CARES Field Day Operations

- Operate all stations and log contacts
- Greet and welcome the public, answer questions
- Media Interviews
- Visits by Cupertino elected officials and served agencies
- Visit by ARRL section leaders
 - James Armstrong (NV6W) ARRL Section Manager
 - Kristen McIntyre - K6WX – ARRL 1st Vice President



CARES Field Day Operations

Field Day Exchange Example for Voice

K6KP> CQ Field Day, CQ Field Day, Kilo Six Kilo Papa, QRZed:

KN6PE> Kilo November Six Papa Echo

K6KP> Kilo November Six Papa Echo, Two Foxtrot, Sierra Charley Victor

KN6PE> One Delta, Sierra Charley Victor

K6KP> Thanks, CQ Field Day, CQ Field Day, Kilo Six Kilo Papa, QRZed:

KK6EWQ> Kilo Kilo Six Echo Whisky Quebec

K6KP> Kilo Kilo Six Echo Whisky Quebec, Two Foxtrot, Sierra Charley Victor

KK6EWQ> One Charley, Sierra Charley Victor

K6KP> Thanks, CQ Field Day, CQ Field Day, Kilo Six Kilo Papa, QRZed.....

You will often hear “Please copy...*class section*”

Use of correct phonetics is very important especially on HF SSB



CARES Field Day Operations

HF band Plan depending on propagation

Time PDT	Band	Mode	Remarks
1100	20m, 40m	CW, FT8,SSB	20m is the most popular band, 40m for INVIS
1200	20m	CW, FT8,SSB	
1300	20m	CW, FT8,SSB	Check both 15m and 10m, look for FT8 signals
1400	20m	CW, FT8,SSB	Check 15m
1500	20m	CW, FT8,SSB	Try the “take a nap band”, there might be good propagation
1600	20m	CW, FT8,SSB	Check 40m, also 10m has been known to have short openings
1700	20m	CW, FT8,SSB	Check 40m
1800 - 2000	20m,40m	CW, FT8,SSB	Check 80m
2000 - 2300	20m,40m,80m	CW, FT8,SSB	20m usually dies at this point
2300 - 0600	40m,80m	CW, FT8,SSB	40m and 80m should be strong, or try the “Go to sleep” band
0600	20m,40m,80m	CW, FT8,SSB	
0700	20m,40m	CW, FT8,SSB	80m will start to die
0800	20m,40m	CW, FT8,SSB	
0900	20m	CW, FT8,SSB	Check 15m and 10m
1000	20m	CW, FT8,SSB	
1100			GAME OVER



CARES Field Day Volunteer Needs

- Volunteers needed for setup and tear down
- Listen for and copy down W1AW bulletin (K6PH will broadcast the W1AW bulletin for the West Coast)
- Station operators
- Man the information table and take public sign-in
- Site Safety and Responsibilities Check List
- Fox Hunt Mentor (Public Education)



What to bring to Field Day

- Communications Vest
- CERT hard hat and gloves for setup and teardown
- CARES Badge
- Sturdy shoes
- Hat for shading your head and face (Hard Hat for Antenna Crew and leather gloves for Antenna crew)
- HT for morning “talk-in” on Tac 3



Field Day 2024 is over, Now What?

- Follow up on visitors log for those who expressed an interest in Citizen Corps
- ARRL Field Day Submission
 - Calculate bonus points and QSO score
 - Put together all supporting documents
 - Submit scoring sheet and supporting documentation to the ARRL within 30 days
- After Action Report for city EOC activation
 - Write AAR and submit within 90 days



CARES Field Day Entry Submission

After Field Day, if you worked Field Day from home:

1. Collect any supporting documents to support any claimed bonus points
2. Total up your contacts by band and by mode
3. Package up your logs (hopefully they are on your computer)
4. Go to <https://field-day.arrrl.org/fdentry.php>
5. Enter YOUR call sign, your location in the ARRL/RAC section drop-down list
6. On the form “Club or group name”, enter “**CUPERTINO ARES**”
7. Enter the number of participants and simultaneous transmitters
8. Check the class you operated as: B, C, D, or E
9. Check the Power Sources, all that apply



CARES Field Day Entry Submission

After Field Day, if you worked Field Day from home:

9. For bonus points, only check the ones you did i.e., copy the W1AW bulletin and attach any supporting documents/files
10. Enter your QSO counts by band and mode per the table in the form
11. Do not enter anything for GOTA
12. Double check your information
13. Provide your name, call sign and email to confirm
14. If all is correct, click Submit Entry
15. Add any further comments as you wish
16. You will receive an email with your total score and breakdown. The email will contain a link for making changes if necessary.

Entries must be submitted **with in 30 days of Field Day**



CARES Field Day Entry Example

← → ↻ field-day.arrl.org/fdentry.php

2020 Field Day Entry

Attention! Entries for the 2020 Field Day are not being accepted until its start at 2020-06-27 18:00:00

Complete this form to submit your Field Day Entry to the ARRL for review and tabulation. You can access a help page by clicking on ⓘ next to an item on the form. **Note:** You can select documentation files for upload the documents at a later time. Each document can not be larger than 6 MB.

Call Used ⓘ GOTA Station Call ⓘ Location ▼

Club or Group Name ⓘ

Number of Participants ⓘ Number of Transmitters in simultaneous operation ⓘ

Entry Class (check only one):

- ☐ A. Club or non-club group portable ⓘ
☐ B. 1 or 2 person non-club group portable ⓘ List of calls of operators:
☐ C. Mobile ⓘ
☐ D. Home station commercial power ⓘ
☐ E. Home station emergency power ⓘ
☐ F. EOC station ⓘ

Power Source (check all that apply):

☐ Generator ☐ Commercial mains ☐ Battery ☐ Solar ☐ Other (list)

Power Multiplier (check only one):

- ☐ 5 watts or less and battery powered = 5x
☐ 150 watts or less = 2x
☐ Over 150 watts = 1x

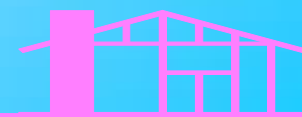


CARES Field Day Entry Example


Bonus Points claimed: Check each box as appropriate and include required proof of points with your submission. All bonus points will be verified at ARRL HQ and added to your score.

<input type="checkbox"/> 100% emergency power ⓘ	
<input type="checkbox"/> Media publicity ⓘ	Upload documentation: Choose File No file chosen
<input type="checkbox"/> Public location ⓘ	
<input type="checkbox"/> Public information table ⓘ	Upload documentation: Choose File No file chosen
<input type="checkbox"/> Formal message to ARRL SM/SEC ⓘ	Upload documentation: Choose File No file chosen
<input type="checkbox"/> W1AW Field Day message ⓘ	Upload documentation: Choose File No file chosen
<input type="checkbox"/> Formal messages handled ⓘ — No. <input type="text"/>	Upload documentation: Choose File No file chosen
<input type="checkbox"/> Satellite QSO (automatically determined)	
<input type="checkbox"/> Natural power QSOs completed ⓘ	Upload documentation: Choose File No file chosen
<input type="checkbox"/> Site visit by invited elected official ⓘ	
<input type="checkbox"/> Site visit by invited served agency official ⓘ	
<input type="checkbox"/> Educational activity ⓘ	
<input type="checkbox"/> Youth participation ⓘ	
Number of youth participants completing at least 1 QSO: <input type="text"/>	
Total number of youth participants: <input type="text"/>	
<input type="checkbox"/> GOTA bonus (automatically determined)	
<input type="checkbox"/> Submitted entry online (automatically determined)	
<input type="checkbox"/> Safety officer ⓘ	Upload documentation: Choose File No file chosen
<input type="checkbox"/> Social media ⓘ	

Note: Bonus points for satellite QSO, GOTA QSOs and web submission will be automatically determined from info entered elsewhere on this form.




CARES Field Day Entry Example

Band/Mode QSO Breakdown: Do not list GOTA QSOs in this section. 

Band	CW		Digital		Phone	
	QSOs	Pwr(W)	QSOs	Pwr(W)	QSOs	Pwr(W)
160m						
80m						
40m						
20m						
15m						
10m						
6m						
2m						
222						
432						
Other						
Satellite						

Upload band/mode calls list (Dupe Sheet or Cabrillo file):

I/We have observed all competition rules as well as all regulations for amateur radio in my/our country. My/our report is correct and true to the best of my/our knowledge. I/We agree to be bound by the decisions of the ARRL Awards Committee. Submission of this form indicates my/our agreement with these statements. 

Name Call E-mail Address

You'll have an opportunity to enter comments using a link on the confirmation page.

Some Final Comments

- All FCC Part 97 rules apply during Field Day
 - At Memorial Park, K6KP trustee and GOTA station coach AG6GX both hold an Extra class license
 - Station operators may work with Extra class privileges at the Field Day site
 - If operating from home, your license class and band privileges are in affect
- If there is an active hurricane, please stay clear of 14.300MHz and 14.325MHz
 - Marine Mobile Nets
 - National Hurricane Center
- Setup and Tear down
 - Work with the equipment owners and follow their instructions



Interested in Getting Your Amateur Radio License?

The following are links to several VE and test locations for obtaining your amateur radio (ham) licenses:

Name / Location	Website
Sunnyvale VEC ARC	www.amateur-radio.org/
BAEARS - Bay Area Educational Amateur Radio Society	www.baears.com/
Silicon Valley VE Group – Saratoga Fire Station	www.svve.org/
W5YI-VEC	www.w5yi.org

Additional information can be found at:

The ARRL
Amateur Radio Relay League
www.arrl.org
Search for VEC:
www.arrl.org/find-an-amateur-radio-license-exam-session



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www.arrl.org

Call Sign

K6KP

Category and Section

2F SCV



Cupertino ARES/RACES



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Thank you

Any Questions?

