

# 144-148 MHz

Please note that this bandplan is a general recommendation. Spectrum usage can be different depending on location and regional coordination differences. Please check with your Frequency Coordinator for information.

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	SSB calling frequency
144.20-144.275	General SSB operation
144.275-144.300	Propagation beacons
144.30-144.50	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 radio)
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
146.61-147.39	Repeater outputs
147.42-147.57	Simplex (*)
147.60-147.99	Repeater inputs