



# RAC Canada Day Contest 2024 Rules

## 2024 RAC Contest Rules updates | Contest: July 1, 2024

Each year on July 1, the anniversary of Canada's Confederation, Radio Amateurs of Canada sponsors the RAC Canada Day Contest and Amateurs all over the world are invited to Canada's Birthday Party on the air.

This year there are several changes including:

- In support of the new RAC Headquarters Amateur Station, the RAC contests will now recognize its call sign **VE3RHQ** as a new 20-point bonus call sign as part of the contest scoring. All the major software authors have implemented this change, so please update your software if you have not recently done so. If the software you use does not support this additional bonus scoring, rest assured that our contest management software will correctly add the value to your score when appropriate.
- **Commencing with the 2024 contest season we are no longer accepting paper logs.** The RAC Contest Management Teams Web Log System at <https://contest.rac.ca/> is the preferred method to submit logs and email logs will still be accepted for the near term.
- The Winnipeg Amateur Radio Club and the Manitoba Repeater Society have amalgamated into the new **Radio Amateurs of Manitoba**. They will now be the sponsor of the **Rookie Plaque**.
- We have received several inquiries about how the 10-minute rule was adjudicated in the Multi-Operator Single-Transmitter categories for High Power (MOSTHP) and Low Power (MOSTLP). There have also been other inquiries regarding transmitted signals, band and mode of operation. As a result we have extensively rewritten Category Note 4 to provide more clarity.

If you have questions about these rules or need help with preparing or submitting your log or have any other questions, please contact **Bart Ritchie, VE5CPU** at [ve5cpu@myrac.ca](mailto:ve5cpu@myrac.ca).

For the previous year's contest results, visit the RAC website in the Contest section at: <http://wp.rac.ca/contesting-results/>

**We look forward to celebrating Canada's birthday on the air with you on July 1.**

*Bart Ritchie, VE5CPU –  
RAC Canada Day Contest Manager*

# RAC Canada Day Contest 2024 Rules: July 1

– Note: Please check the RAC website for any updates to the RAC Canada Day Contest Rules –

Bart Ritchie, VE5CPU –  
RAC Canada Day Contest Manager

Each year on July 1, the anniversary of Canada's Confederation, Radio Amateurs of Canada sponsors the Canada Day Contest and Amateurs all over the world are invited to Canada's Birthday Party on the air.

**Contest Period: 0000 UTC to 2359 UTC on Monday, July 1.**

**Bands and Modes:** 160, 80, 40, 20, 15, 10, 6 and 2 metres, CW and phone (SSB, FM, AM, etc.)

**Suggested frequencies:** CW – 25 kHz up from the band edge and for SSB – 1850, 3775, 7075\*, 7225, 14175, 21250 and 28500 kHz. Check for CW activity on the half-hour.

*\*Note: For 7075 kHz please watch for conflicts in the band plan where there are overlaps with other modes of operation.*

**Exchange:** Stations in Canada send RS(T) and province or territory. VEØs and stations outside Canada send RS(T) and a serial number.

**QSOs:** Contacts with stations in Canada or VEØs are worth 10 points. Contacts with stations outside Canada are worth 2 points. Contacts with RAC official stations are worth 20 points.

RAC official stations are: VA2RAC, VA3RAC, VE1RAC, **VE3RHQ**, VE4RAC, VE5RAC, VE6RAC, VE7RAC, VE8RAC, VE9RAC, VO1RAC, VO2RAC, VY0RAC, VY1RAC and VY2RAC.

You may work any station once on each of the two modes, on each of the eight contest bands. It is **prohibited** to make CW contacts in the conventional phone sub-bands and phone contacts in the conventional CW sub-bands. Contacts or soliciting QSOs through a repeater during the contest period is not allowed.

Contacts in the RAC Canada Contests also count towards the RAC Canadian Portable Operations Challenge Award.

**Multipliers:** Thirteen in total, Canada's 10 provinces and three territories. Each multiplier may be counted once on each mode on each of the eight contest bands.

The multipliers, with their postal abbreviations and prefixes are: Nova Scotia [NS] (VE1, VA1, CY9, CYØ); Quebec [QC] (VE2, VA2); Ontario [ON] (VE3, VA3); Manitoba [MB] (VE4, VA4); Saskatchewan [SK] (VE5, VA5); Alberta [AB] (VE6, VA6); British Columbia [BC] (VE7, VA7); Northwest Territories [NT] (VE8); New Brunswick [NB] (VE9); Newfoundland and Labrador [NL] (VO1, VO2); Nunavut [NU] (VYØ); Yukon [YT] (VY1); and Prince Edward Island [PE] (VY2).

Certain special Canadian prefixes in use at the time of the contest may also apply; however, there may be no more than 13 multipliers on each band/mode. Please use the multiplier abbreviations, in square brackets, noted above.

**Note:** in the event a station is unable to make a contact with a Canadian station, there will be granted a multiplier count of 1 to facilitate the proper calculation of the final score since a multiplier of zero (0) would not create a valid calculation of a final score.

**Final Score:** The total QSO from all bands multiplied by the total number of multipliers from all bands.

# Radioworld



## Alan Goodacre, VE3HX



## Alfa Radio Ltd.



## Radio Amateurs of Manitoba



Saskatchewan Contest Club



**Table 1: Summary of Category Elements, Limitations and Eligibility**

Category	Power Level	Logged Band Requirement	Mixed Mode Contacts Required	Assisted Use Allowed	Transmitted On-air Signals	10 Minute Rule Applies	Rookie Plaque Eligible
SOABHP	>100 W	2 or more	Yes	No	1 at any given time	No	Yes
SOABLP	>5 to 100 W	2 or more	Yes	No	1 at any given time	No	Yes
SOABQRP	<5 W	1 or more	Yes	No	1 at any given time	No	Yes
SOABCW only	Any	1 or more	No, CW only	No	1 at any given time	No	No
SOABPH only	Any	1 or more	No, Phone only	No	1 at any given time	No	No
SOSB	Any	1 only	Optional	No	1 at any given time	No	No
SOAHP	>100 W	1 or more	Optional	Yes	1 at any given time	No	No
SOALP	<100 W	1 or more	Optional	Yes	1 at any given time	No	No
MOSTLP	<100 W	1 or more	Optional	Yes	1 run, 1 multiplier on different band	Yes	No
MOSTHP	>100 W	1 or more	Optional	Yes	1 run, 1 multiplier on different band	Yes	No
MOMT	Any	1 or more	Optional	Yes	1 per band	No	No

**Categories:**

All categories are designed to be multi-mode, Phone and CW categories except for the two single operator single mode categories. It is required that single operator all bands' categories have at least one contact in both modes to differentiate those categories from the single mode categories. All other categories may operate single mode if so desired recognizing that it reduces their potential contacts and multipliers.

Special thanks to all of our sponsors for their support of the RAC Canada Day and RAC Canada Winter Contests.

The following categories are eligible for plaques or certificates as detailed in the Awards section of the rules.

- 1) Single Operator All Bands High Power (SOABHP) >100 watts – **Radioworld**
- 2) Single Operator All Bands Low Power (SOABLP), max. 100 watts output – **Contest Club Ontario**
- 3) Single Operator All Bands QRP (SOABQRP), max. 5-watt output All Bands & Single Band – **Radioworld (See Note 8)**
- 4) Single Operator All Bands CW only, (SOABCW only), any authorized power – **Gary Bartlett VE1RGB Memorial by the Maritime Contest Club**

- 5) Single Operator All Bands PH only (SOABPH only), any authorized power – **Saskatchewan Contest Club**
  - 6) Single Operator Single Band (SOSB), any authorized power – **Radioworld (See Note 9)**
  - 7) Single Operator Assisted High Power (SOAHP) > 100 watts – **Radioworld Central (See Note 3)**
  - 8) Single Operator Assisted Low Power \*\* (SOALP), max. 100 watts output – **Radioworld Central (See Note 3)**
- \*\*Note: QRP entrants who wish to use assistance will be placed in the low power category.**
- 9) Multi-Operator Single Transmitter High Power (MOSTHP), >100 watts – **Alfa Radio (See Note 4)**
  - 10) Multi-Operator Single Transmitter Low Power (MOSTLP), max. 100 watts output – **Tony Allsop VE3FTA Memorial by the Mississauga Amateur Radio Club (See Note 4)**
  - 11) Multi-Operator Multi-Transmitter (MOMT), any authorized power – **Radioworld**

## Special Category Plaques

For the Canada Day Contest a special trophy is awarded for the highest Single Operator (no power classification) Foreign Entrant – **Larry Kayser VA3LK Memorial by Alan Goodacre, VE3HX.**

For the Canada Day Contest there is a “**Rookie**” subcategory plaque sponsored by **Radio Amateurs of Manitoba**. For detailed information regarding the qualifications for the Rookie plaque, please refer to item 14 of the Category Notes. Previous rookie winners of this contest are ineligible for an additional Rookie Plaque in this contest. Additional details on contest categories, limitations, exceptions, callouts and Rookie plaque eligibility appear in the Category Notes and in Table 1 on page 4.

### Category notes:

Please check the RAC website for any revisions.

1) The contents of a log that is submitted for a specific category must reflect that category including any multimode or single mode QSO requirement that may apply to the category. In the event of a conflict between the actual content of the log and the stated category in the Cabrillo header or contained in other elements of the entry material, the actual contents of the log will be used to determine the category of entry where possible. In the event this cannot be determined or in the event where a log does not identify the entry category, the entry will be classified into the Multi-Operator, Multi-Transmitter, any authorized power category.

Any entrant who wants to enter a specific category (i.e. Single Band entry) but who also worked additional contacts outside that category **may** submit those additional contacts in a **separate** check log file. Do not include them in the main entered category log file.

2) Where the categories have a power class and the submitted log does not clearly identify the power class entered, then the log will be treated as if the highest power class for that category was entered.

3) **Single operators** who receive assistance in identifying potential new QSOs and/or multipliers from an Amateur Radio Spotting Network – including Skimmer and similar technologies or any type of Packet Cluster system – during the contest must classify their log as being in one of the two **Single Operator Assisted** categories. To indicate an assisted entry use the Cabrillo heading “Category-Assisted: Assisted” in your log file to identify this entry classification. As noted in the category description, any QRP entrant claiming “Assistance” will be placed in the SOALP category as there is no QRP assisted class.

All multi-operator categories allow the use of spotting assistance without special identification.

## 4) This note applies to the Multi-Operator Single-Transmitter Low Power (MOSTLP) and Multi-Operator Single-Transmitter High Power (MOSTHP) categories.

Both Multi-Operator Single Transmitter categories permit up to two signals (one **Run** and one **Multiplier**) to be transmitted at the same time **if, and only if**, each signal is on a different band **and** with the following limitations:

- The Run Station is intended to be the primary and most active station for any Multi-Operator Single Transmitter operation. The Run Signal may be transmitted on any band and may solicit contacts (call CQ, QRZ, TEST, etc.) with all other stations as well as seek multipliers within the limitations which follow. The Run signal must remain on the band for at least 10 minutes, but may change mode within the Run Station active band within the 10-minute minimum time period. The 10-minute period begins when the first QSO (contact) on the run station band is logged and the time is recorded by the logging software. A Run Signal may not be transmitted on a “new band” until the 10-minute period has been met or exceeded as measured by the time difference recorded in the logging software. The Run signal QSOs will be designated with a “0” in the transmitter column of the Cabrillo log.
- It is intended that the Multiplier Station only “hunt” new Multipliers. The Multiplier Signal may be transmitted on any band other than the current Run Signal band, but may only contact another station **if, and only if**, it is a new multiplier on that band and mode. The Multiplier Signal may only call other stations. The Multiplier Signal may **not** request or attract any QSO by calling CQ, QRZ, TEST, etc., other than requesting a new multiplier worked to change modes on the same Multiplier Station active band if the contact would be a new multiplier on that band and mode combination. The Multiplier Signal must remain on one band for at least 10 minutes. The 10-minute period for the Multiplier Signal begins when the first QSO with a new multiplier on that band is logged and the time is recorded by the logging software. A Multiplier Signal may not be transmitted on a “new band” until the 10-minute period for the Multiplier Signal has been met or exceeded as measured by the time difference recorded in the logging software. The Multiplier Signal QSOs will be designated with a “1” in the transmitter column of the Cabrillo log if the logging software supports this feature.
- The designation of “0” (Run) or “1” (Multiplier) may not be assigned to an actual physical radio, although that is possible. The signal designation of “0” and “1” is a **functional** designation. Rig “A” or “B” (or “C,” etc., if more than two radios) can be assigned either “0” or “1” according to its function (role) at the time of the QSO. Operators should ensure that logging software is capable of designating each Run and Multiplier Station contact in the described manner. Please check your logging software in advance of the contest to ensure capability to comply. This is a desirable feature to properly adjudicate logs in these categories but if your software does not support this function, the log will still be accepted.



- Both Run Signal and Multiplier Signal station transmissions must comply with the maximum power limit for the power category entered.
- Multi-Operator Single-Transmitter categories may employ spotting assistance on both the Run and Multiplier stations
- All QSOs must be logged **immediately** upon completion of a QSO for proper time stamping of the QSO.

If an unintended contact is made with a non-multiplier station using the Multiplier Signal, operators are strongly encouraged to designate such QSOs as unclaimed within their Cabrillo log by marking that QSO with "X-QSO:" at the beginning of the line for each such logged QSO to avoid creating Nil QSOs with the station they contact, being assessed penalties or re-categorization for QSOs that are out of compliance with the category. Doing so will allow the other station to continue to receive points credit. Likewise, should either the Run Station or Multiplier Station log QSOs outside of the active band before the 10-minute band change limitation period expires, such QSOs should be marked as X-QSO: to avoid score and or possible multiplier reductions.

Multi-operator, Single Transmitter QRP entries will be included within the Multi-Operator, Single Transmitter Low Power Category.

Failure to comply with the above noted category specifications may result in reclassification of an entry to the Multi-Operator Multi-Transmitter category or Checklog category.

5) Multi-Multi category stations may operate the eight contest bands simultaneously, but only one transmitted signal per band is permitted at any time.

6) For all multi-transmitter categories, all transceivers, transmitters and receivers operated by the multi-station participants/entrants must be within a single 500-metre diameter circle and the antennas must be physically connected by RF transmission lines to the transceivers, transmitters and/or receivers.

7) Operators in either the Multi-Multi or Multi-Single categories should note that a distributed contest station is permitted in the RAC contests, however such operations are not eligible for awards.

A distributed station is defined as a station which does not have all transceivers, transmitters and/or receivers operated by station operators/participants/entrants located within a single 500-metre diameter circle of each other. Distributed Multi-Multi operations must identify such operations as part of their Cabrillo form log submission as a Soapbox comment or summary sheet document. Those individuals using distributed station operations must do so in accordance with the regulations governing Amateur Radio operation in their jurisdiction.

8) Any entry that claims QRP power levels other than QRP Assisted will be placed in the Single Operator All Band QRP category as that is the only entry class supporting QRP power levels. There is no recognition of any single band or single mode QRP operation as such categories do not exist.

9) Although there is only one Single Operator Single Band category that qualifies for a certificate or award, it is intended that the published results would show High Power or Low Power. To facilitate this break out of the listings, your entry should indicate the power class you used.

10) Operators who have participated in any multi-operator category entries may not contact the station they have participated in if they were to operate as part of another entry in the same contest. In addition, guest operators at any station regardless of entry category may not claim contacts with the station host owner or host station mobile call for points or multipliers.

11) Remote operations of a **single station** under the same call sign where all transceivers, transmitters and receivers are within a single 500-metre diameter circle – the antennas must be physically connected by RF transmission lines to the transceivers, transmitters and/or receivers – is explicitly permitted. Those operators using remote operations must do so in accordance with the regulations governing Amateur Radio operation in their home and remote station jurisdiction.

Remote operation of more than one station under the same call sign, or remote operation of more than one station by the same licensee under differing call signs, is prohibited during the contest period.

12) Single Operator 1 VFO (SO1V), Single Operator 2 VFO (SO2V) and Single Operator 2 Radio with one VFO shown for each radio (SO2R) entries are allowed in all categories.

13) Self-spotting and requesting other operators to spot your station by any means is strictly prohibited for any Canada Day Contest entry categories

14) **"Rookie"** is defined as a single operator who was first licensed as a Radio Amateur less than 36 calendar months (three years) prior to the date of the contest. Any level of Amateur Radio licence available from the licensing jurisdiction of the entrant qualifies for the category. The three supported categories that qualify for the "Rookie" plaque have a multi-mode requirement as differentiation from the single mode categories. Further, we are trying to encourage entrants to explore both SSB (Phone) and CW aspects of the contest thus **requiring a minimum of one CW and one SSB contact** to be made in the qualifying single operator categories that qualify for adjudication for the "Rookie" plaque.

The participating licensed Amateur is required to self-declare their eligibility, but the RAC Contest Management Committee reserves the right to request proof of eligibility to assist in resolving any disputes.

## Eligible Categories for Rookie Plaque:

Participants are eligible for the Rookie Plaque in the following categories.

**Note:** only one plaque is available across the three categories designated below.

- Single Operator All Band Low Power (SOABLP)
- Single Operator All Band High Power (SOABHP)
- Single Operator All Band QRP Power (SOABQRP)

## Log Identification of Rookie Overlay Category:

Your submitted log will need to indicate your entry in the Rookie category by indicating with a **“Category-Overlay: Rookie”** line in the Cabrillo log file header. You may need to manually enter this line if the logging software you use does not support this category overlay. This can also be selected when submitting a log via the RAC Web Log Submission System. In addition, “Rookie” entrants will need to indicate the date they were first licensed by adding a comment with that information in a “Soapbox:” field in the Cabrillo header. An example would be: “Soapbox: First licensed in January of 2020.”

While the scores from the single mode, unlimited and multi-op “Rookie” entries will be noted in the contest results, only Rookie entrants in the SOABHP, SOABLP or SOABQRP categories will be eligible for the Rookie plaque. While there is only a single Rookie plaque determined by the results from the three eligible single operator categories, a Rookie entrant will still be eligible for the plaque for the single operator category they have entered should they achieve the highest score for that category. Should they qualify for a certificate based on the normal criteria for certificates, they will be further awarded that certificate.

## Contest Awards:

**Plaques** will be awarded to the top-scoring entrants in each category, as noted above in the category list.

## Special thanks to our sponsors for their ongoing support!

**Certificates** will be awarded to the top-scoring entrant in each category, where a log containing a minimum of 50 gross QSOs has been submitted, in each of the following:

- 1) Canadian provinces or territories
- 2) Continental US call districts, W0 through W9 as well as Alaska and Hawaii. US Commonwealths, Territories and Possessions such as Puerto Rico, US Virgin Islands, etc will be treated as equivalent to a DXCC country
- 3) DXCC country, excluding Canada and the United States

To facilitate the proper allocation of certificates, all US stations should indicate their actual US call district based on their actual address, as provided in the Cabrillo header, if different than indicated by their call prefix.

DX stations should indicate the actual country of operation if different than indicated by their call prefix by indicating the country as part of the portable call sign designator.

RAC stations will compete and be considered the same as any other entrant for eligibility to plaques and certificates.

**Results:** Will be published in *The Canadian Amateur* magazine published by the Radio Amateurs of Canada. The results will also be published on the RAC website.

**Entries:** All entries must be electronically submitted by 23:59 UTC 14 days after the end of the contest (**July 15, 2024**). The preferred method is to submit logs via the Web Log Submission system at [www.contest.rac.ca](http://www.contest.rac.ca)

For the current contest year, we will also accept logs sent via email to [canadaday@rac.ca](mailto:canadaday@rac.ca). Electronic email entries will be confirmed by return email by the contest manager. This is a manual process, so do not expect an immediate reply.

## Special Note:

1) **Commencing with the 2024 contest season, we are no longer accepting paper logs.**

2) Any entry with 100 or more contacts should be submitted in digital format using the contest log submission system or, while supported, via email.

3) The required electronic format is the RAC Cabrillo format. The files must be submitted in plain ASCII/Text format. The current Cabrillo logging format / standard is available from the RAC web site at: <https://www.rac.ca/contesting-results/>, under the heading of RAC Cabrillo V3.3

4) When submitting any electronic log please use a **unique identifier** by naming the file using your call sign with a file extension of .LOG, .CBR or .TXT (e.g., yourcall.LOG). If you email your log, please send the file(s) as **attachments**. Do not paste the log file into the text of your message as there may be issues with the formatting making it difficult to properly extract the log. Large files may be zipped if necessary.

If you have questions about these rules or need help with preparing or submitting your log or have any other questions, please contact **Bart Ritchie, VE5CPU** at [ve5cpu@myrac.ca](mailto:ve5cpu@myrac.ca).

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