2024 ARRL November Sweepstakes
arrl.org/sweepstakes

CW: First full weekend in November (November 2-4, 2024).

Phone: Third full weekend in November (November 16-18, 2024).

Contest Period: Begins 2100 UTC Saturday and runs through 0259 UTC Monday.

The ARRL's annual November Sweepstakes is the oldest domestic contest, beginning in 1930. Sweepstakes paused during World War II but came back stronger than ever. It's a competition between North American stations – individuals, teams, and clubs. For many US and Canadian hams, it is their first contest operation and remains a regular event on their yearly schedule for a lifetime. The contest is somewhat unique in that each station may only be contacted once and the number of different recognized locations ("multipliers") is limited to the ARRL and RAC sections. Working all of the sections is called a "Clean Sweep" and allows the station to claim one of the coveted Clean Sweep coffee mugs – there are other awards, as well.

This package of information about Sweepstakes contains an overview of the contest and how to participate, including complete rules or the contest. Please submit your log by using the online web uploading service at contest-log-submission.arrl.org. Paper log sheets and summary sheets are also available on the Sweepstakes web page.

We hope you'll participate in the 2024 ARRL Sweepstakes – thanks for your interest!

73,

Paul Bourque, N1SFE

ARRL Contest Program Manager

Sweepstakes Overview and Introduction

When is the contest?

Sweepstakes consists of two separate contests – CW and Phone – each held on a separate weekend. CW Sweepstakes is the first full weekend in November. Phone Sweepstakes is the third full weekend in November. Each contest begins at 2100 UTC Saturday and runs through 0259 UTC Monday (Sunday evening local time in the US and Canada).

How can I participate and what information do I exchange?

The object of the contest is to work stations in the United States and Canada (including territories and possessions). You can make contest contacts on 160, 80, 40, 20, 15, and 10 meters. Work as many ARRL and RAC sections as possible – **there are 85 sections in total**.

Start by choosing one of the eight operating categories. The column labeled "Precedence" shows what you'll send as part of the contest exchange to indicate your category. Single Operator and Single Operator Unlimited entrants can choose to enter in the "Limited Antennas" overlay. See rules below for details.

CATEGORY	CATEGORY ABBREVIATION	PRECEDENCE	DESCRIPTION
Single Operator, QRP	SOQRP	Q	One Operator, 5 W output or less, no use of spotting networks.
Single Operator, Low Power	SOLP	A	One operator, 100W output or less, no use of spotting networks.
Single Operator, High Power	SOHP	B	One operator, greater than 100W output, no use of spotting networks.
Single Operator Unlimited, QRP	SOUQRP	U	One Operator, 5 W output or less, use of spotting networks permitted.
Single Operator Unlimited, Low Power	SOULP	U	One operator, up to 100W output, use of spotting networks permitted.
Single Operator Unlimited, High Power	SOUHP	U	One operator, greater than 100W output, use of spotting networks permitted.
Multioperator, Single Transmitter, Low Power	MSLP	M	More than one operator, only one transmitted signal allowed at any given time, up to 100W output, use of Social Media & spotting networks is permitted.
Multioperator, Single Transmitter, High Power	MSHP	M	More than one operator, only one transmitted signal allowed at any given time, greater than 100W output, use of Social Media & spotting networks is permitted.
School Club	S	S	Students and participating alumni in a college, university, technical, secondary or other school club station. More than one operator encouraged and use of Social Media & spotting networks is permitted.

The specific requirements for each category are described in the rules. For example, if you are operating by yourself without an amplifier, then you are probably a SOLP category station – the most popular – and SOHP if you use an amplifier. If you use information from a spotting network to locate stations to work, you are a Single Operator Unlimited category station and can enter as High Power, Low Power or QRP.

Your exchange format is based on an ARRL radiogram header and has five parts:

> **Serial number** – the number of this contact in the contest (1st, 10th, 121st, etc.)
> **Precedence** – your category designator as described above (Q, A, B, U, M, or S)
> **Your call sign**
> **Check** – the last two digits of the year in which you were licensed (i.e. – '02' for 2002)
> **ARRL Section** – the abbreviation for your ARRL and RAC sections

<p align="center">Exchange example: 123 B K5OT 65 STX</p>

How do I contact a station in the contest?

Start by tuning around the HF bands (160, 80, 40, 20, 15, and 10 meters) for stations calling "CQ SS" on CW or "CQ Sweepstakes" on Phone. Listen for a contact or two to get an idea of the rhythm and style. When you are ready to call, just give your call sign one time, using phonetics on phone. If the station answers you, be ready to copy down their exchange. When it's time to send your exchange, send it in the same order given above. You can give their call sign first if you want and maybe "R" or "QSL" to let them know you received their information OK. There's no need to send anything else like "Please copy…" or "Your number is…" – they are ready and waiting as soon as they stop transmitting! Read the eham.net article "An Enticement for Contest Newbies" (www.eham.net/article/35581) for more information about effective operating in the Sweepstakes contest.

How long may I operate and what is "off time"?

You may operate for a maximum of 24 hours during each weekend (CW or Phone) and your off-time periods must be at least 30 minutes long. (Listening time counts as operating time.) To count as off time, the log must show a minimum of 30 consecutive minutes without operating (seconds are ignored) or that period will not be counted as off time. For example, the period in a log without contacts in minutes 0115 through 0144 (30 consecutive "empty" minutes) counts as off time. The period of 0115 to 0143 is 29 empty minutes and will not count as off time at all – off time must be at least 30 minutes long. Let's say it another way: If your last QSO before the break is at 0114, then the next QSO should not resume until 0145 or later.

The intent of this rule is to limit operating time (listening or transmitting) to 24 hours. Contacts logged after 24 hours of operation will not be counted toward your final score. However, there is no penalty for including those contacts in a submitted log and the stations you contact beyond 24 hours are eligible to receive credit for the contact, even if those contacts don't count for you.

How do I calculate my score?

Your score is two points for each contact times the number of ARRL and RAC sections you contact. The score will be calculated from the contacts you logged during the first 24 hours of operation. (See the previous discussion of off time.)

How can I make sure my club gets credit for my score?

If you are a member of an ARRL or RAC affiliated club, your Sweepstakes score will help the total club effort. Please note that the rules for club competition have changed. First, see the "Affiliated Club Competition Rules" (see link below). You must be a member in good standing of the club, and both reside and operate within the designated club territory for the contest. Next: Are you on the club's eligibility list? Contact your Club Secretary (or designated Club Scorekeeper) to make sure you are 'on the list' for the contest, as just being on the club roster is not enough! You'll need to know the 6-character grid locator for your residence and/or station from which you'll operate.

Your Cabrillo log will have a header line-item called CLUB: which is where you should enter the correct club name. Exact wording of your club name is critical, so do not abbreviate. For example, spell out 'Society of Midwest Contesters' and not 'SMC.' If you are not certain, check the official list of club names for ARRL affiliated clubs or RAC affiliated clubs.

Finally, submit your log to the ARRL, as discussed in the next section. Pay attention to the log submission deadline, too, which is SEVEN (7) days after the end of each Sweepstakes contest.

The full rules for the ARRL Affiliated Club Competition are available on the web at contests.arrl.org/ContestRules/ClubComp-Rules.pdf.

How do submit my entry to the ARRL?

If you used a logging program, export your contacts to a Cabrillo-format file, creating an "electronic log." Your logging software user's manual will show you how to do that. Open your web browser and navigate to contest-log-submission.arrl.org. Enter the required information and browse to your log file. You can also copy-and-paste the entire log into the text window. Press the Submit button and your log's formatting will be checked, then sent to the ARRL. If there are any formatting problems, you'll be notified so you can edit and resubmit the log. Your contacts are not cross-checked, just reviewed so that they are correctly formatted in the log file. A set of Cabrillo-format headers for your electronic log are provided at the end of this document

The preferred method for log submission is via electronic Cabrillo logs. If you logged on a paper log sheet, visit WA7BNM's site at b4h.net/cabforms for tools to convert your paper log to a Cabrillo formatted electronic log. Select the appropriate event from the menu, enter your data, and the system will generate a Cabrillo log file for submission. The ARRL will still accept paper logs, but please try submitting via the web service. If you do submit your paper logs, you'll need to complete a paper entry form from the Sweepstakes web page as well.

Sweepstakes Results and Resources

[ARRL November Sweepstakes web page](#)

[Previous Year's Results](#) – CW

[Previous Year's Results](#) – Phone

[November CW Sweepstakes All-Time Records](#)

[November Phone Sweepstakes All-Time Records](#)

Articles about Sweepstakes and contest operating:

"How to Operate Sweepstakes (and Other Contests)", NØAX, Oct 2008 *QST* Radiosport section
"My First Solo Sweepstakes at Age 12" KØADX, Nov/Dec 2009 NCJ
"Gear Up for November Sweepstakes", Oct 2008 *QST*
"A Contest Primer" NØAX, Oct 2003 *QST*
"Ontario Times Four" NØAX, Oct 2012 *QST*

ARRL Contest Resources:

ARRL Contest Tutorial web page: www.arrl.org/contest-toolbox-tutorials
ARRL Contest Update newsletter: www.arrl.org/contests/update
ARRL Contest Branch: contests.arrl.org
ARRL Contest Glossary: www.arrl.org/contest-glossary

Magazines, Newsletters, Web sites, and E-Mail Reflectors:

National Contest Journal: www.ncjweb.com
Contesting.com: www.contesting.com
CQ-contest reflector: lists.contesting.com/mailman/listinfo/cq-contest
3830 Claimed Score and Soapbox reporting: 3830scores.com

Contest Calendars and Events:

ARRL Contest Corral: www.arrl.org/contests
WA7BNM Contest Calendar: contestcalendar.com

Sweepstakes Rules Summary

The rules are now presented as one complete document (see link below). Most participants will only need to refer to these basic rules which are summarized below:

Select the appropriate category for your operation:

- SOQRP – Single Operator, QRP*
- SOLP – Single Operator, Low Power*
- SOHP – Single Operator, High Power*
- SOUQRP – Single Operator Unlimited, QRP*
- SOULP – Single Operator Unlimited, Low Power*
- SOUHP – Single Operator Unlimited, High Power*
- MSLP – Multioperator, Single Transmitter, Low Power
- MSHP – Multioperator, Single Transmitter, High Power
- S – School Club

   Any Single Operator or Single Operator Unlimited entrant can enter using the Limited Antennas Overlay. Operation is limited to the use of single-element antennas such as a single vertical, end-fed wire, or a single dipole antenna no more than 50 feet above ground at its highest point. The antenna(s) may cover multiple bands, as in the case of multiband verticals and dipoles with fan or trap constructions.

- Verify the proper Precedence to be used for your selected category.
- Be sure to use the right abbreviation for logging or transmitting sections.
- Operate for a maximum of 24 hours during each weekend's contest.
- When taking some off-time, be sure it lasts for at least 30 continuous minutes.
- If you use information from any spotting networks, or participate in Social Media, you must enter in one of the Multioperator or School Club categories.
- Give your exchange in the recommended order to avoid confusion.

Full ARRL November Sweepstakes rules are available as a PDF file at
contests.arrl.org/ContestRules/SS-Rules.pdf

For more information on ARRL Affiliated Club Competition, **Click Here**

Participation Pins:

The ARRL is again pleased to offer Participation Pins and for purchase. 2024 Sweepstakes pins and mugs will be available for purchase through the ARRL store at
https://home.arrl.org/action/Shop/Store, and not through the Contest Program as has been done in the past.

Clean Sweep Mugs:

Commemorate working your "clean sweep" by purchasing your 2024 November Sweepstakes mug. To earn your mug, work all 85 ARRL/RAC sections during the CW or Phone November Sweepstakes. 2024 Sweepstakes Mugs will be available for purchase through the ARRL store at https://home.arrl.org/action/Shop/Store.

Submitting a Cabrillo-Formatted Log

If your logging software can export your contest log as a Cabrillo-formatted file, submit your contest QSO information using our log submission web page at contest-log-submission.arrl.org/

However, if you want to create a Cabrillo-formatted log yourself or just check what your software has generated, examples of headers for each Sweepstakes category follow this page.

Here's an example of a Cabrillo header for the popular Single-Operator, Low Power category (you would have sent A as your exchange precedence during the contest).

```
START-OF-LOG: 3.0
CALLSIGN: W1AW  [Replace with your information]
LOCATION: CT  [Replace with your information]
CONTEST: ARRL-SS-CW [or ARRL-SS-SSB for Phone Sweepstakes]
CATEGORY-OPERATOR:SINGLE-OP
CATEGORY-TRANSMITTER:ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: LOW
CATEGORY-MODE: CW [or SSB for Phone Sweepstakes]
CATEGORY-ASSISTED:   NON-ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Enter the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim [Replace with your information]
ADDRESS: 225 Main Street  [Replace with your information]
ADDRESS: Newington, CT 06111 [Replace with your information]
ADDRESS: [Use as many lines as you need, repeating the ADDRESS: at the beginning of each address
line.]
SOAPBOX: [Enter your comments on the contest, repeating the SOAPBOX: at the beginning of each line,
for as many lines as you want.]
The header will then be followed by lines of QSO data from your log, starting with: QSO:  [see below for
QSO line examples]
```

QSO DATA TEMPLATE
(key on next page):

```
Guide:  A     B     C        D    E       F G H I   J        K L M N
QSO: 14000 CW 2024-11-03 2100 W1AW    1 M 38 CT K8MM     1 Q 92 MI
QSO: 14000 CW 2024-11-03 2101 W1AW    2 M 38 CT K3TX    1 A 59 EPA
QSO: 14000 CW 2024-11-03 2104 W1AW    3 M 38 CT W4DAN    1 A 77 TN
QSO: 14000 CW 2024-11-03 2106 W1AW    4 M 38 CT K1BG     2 U 68 WMA
QSO: 14000 CW 2024-11-03 2106 W1AW    5 M 38 CT K5AF    10 A 60 STX
END-OF-LOG:  [this will always be the last line in the log- including the colon at the end.]
```

A= Operating frequency. Use the following generic abbreviations:

1800
3500
7000
14000
21000
28000

B= Mode. In the CW Sweepstakes, use CW; in the Phone Sweepstakes, use PH.
C= Date, in YYYY-MM-DD format. November 4, 2024 is typed as 2024-11-04.
D= Time, in UTC format.
E= Your call.
F= Your QSO #.
G= Your precedence.
H= Your check (the last two numbers of the year you were first licensed).
I= Your ARRL Section
J= The call of the station you worked.
K= Their QSO number to you.
L= Their precedence.
M= Their check.
N = Their ARRL Section.

Cabrillo Headers for ARRL November Sweepstakes

Single Operator, Low Power (Category: SOLP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW   [or ARRL-SS-SSB]
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: LOW
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: NON-ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111 [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Single Operator, High Power (Category: SOHP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]

LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW   [or ARRL-SS-SSB]
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: HIGH
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: NON-ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111 [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Single Operator, QRP (Category: SOQRP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW   [or ARRL-SS-SSB]
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: QRP
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: NON-ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111 [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Single Operator Unlimited, Low Power (Category: SOULP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW   [or ARRL-SS-SSB]
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: LOW
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: ASSISTED
CATEGORY-STATION: FIXED

CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111 [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Single Operator Unlimited, High Power (Category: SOUHP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW   [or ARRL-SS-SSB]
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: HIGH
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111 [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Single Operator Unlimited, QRP (Category: SOUQRP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW   [or ARRL-SS-SSB]
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: QRP
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111 [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Multioperator, Single Transmitter, Low Power (Category: MSLP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW [or ARRL-SS-SSB]
CATEGORY-OPERATOR: MULTI-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: LOW
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
OPERATORS: W1AW,W1HQ, W1INF [LIST CALLSIGNS OF ALL OPERATORS HERE]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111   [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

Multioperator, Single Transmitter, High Power (Category: MSHP)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW [or ARRL-SS-SSB]
CATEGORY-OPERATOR: MULTI-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL
CATEGORY-POWER: HIGH
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: ASSISTED
CATEGORY-STATION: FIXED
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
OPERATORS: W1AW,W1HQ, W1INF [LIST CALLSIGNS OF ALL OPERATORS HERE]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111   [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:
School Club (Category: S)

START-OF-LOG: 3.0
CALLSIGN: W1AW   [CHANGE TO YOUR CALLSIGN]
LOCATION: CT   [CHANGE TO YOUR ARRL/RAC SECTION, or DX for DX]
CONTEST: ARRL-SS-CW [or ARRL-SS-SSB]
CATEGORY-OPERATOR: MULTI-OP
CATEGORY-TRANSMITTER: ONE
CATEGORY-BAND: ALL

CATEGORY-POWER: HIGH
CATEGORY-MODE: CW   [or SSB]
CATEGORY-ASSISTED: ASSISTED
CATEGORY-STATION: SCHOOL
CLUB: [Type the full name of your club if your club takes part in Club Competition or leave blank]
OPERATORS: W1AW,W1HQ, W1INF [LIST CALLSIGNS OF ALL OPERATORS HERE]
NAME: Hiram Percy Maxim   [CHANGE TO YOUR NAME]
ADDRESS: 225 Main Street   [CHANGE TO YOUR ADDRESS]
ADDRESS: Newington, CT 06111   [CHANGE TO YOUR ADDRESS]
ADDRESS: [CHANGE TO YOUR ADDRESS]
SOAPBOX:

If you have questions that aren't answered in this how-to article, please contact the ARRL
Contest Program Manager at contests@arrl.org

You can also find more information about the Cabrillo log format at wwrof.org/cabrillo/ and at
arrl.org/cabrillo-format-tutorial