

SDXA Introduction to Contesting Workshop

Here is what we will be covering:

1. Why you might want to participate in contest?
 2. How to use "ContestOnlineScore" and setup your logging program
 3. About the "PNW Challenge Cup" and the included contests
 4. Contest logging options
 5. Contest Tips
 6. Preparing and sending in your "Cabrillo file"
- "Workshop" Q&A

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Why you might want to participate in contest?

1. To reach more DX
2. To improve you operating skills
3. To improve your station's reliability
4. To get to "know" the bands
5. To join a fun community
6. To get some "Wallpaper"

Contest Online Score Board

<https://contestonlinescore.com/>

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Step 1: Register or Login



2 Step 2: Register or Fill out Profile Page

Contest Online ScoreBoard

Closed: WW Digi DX

Go

30 Aug 2020 23:58 UTC

SFI:70 Kp:1

Powered by ICOM

2022

Home

Profile

Filter

View

Clear Filter

Breakdown

Clubs

Manual post

Teams

Supported contests

Help with logger set up

Blog

User menu

Manage your Team

Private room

Manual Scoreboard Posting

Logout

Update your profile

Callsign:

N7GCO

E-mail:

teammel@gmail.com

Name:

Mei Ming

Password:

.....

CFM Password:

Continent:

NORTH AMERICA

Club:

Spokane DX Association

Team:

The Flounders Trophy

If you do not see your team please create your own on the [Team Management](#) page!

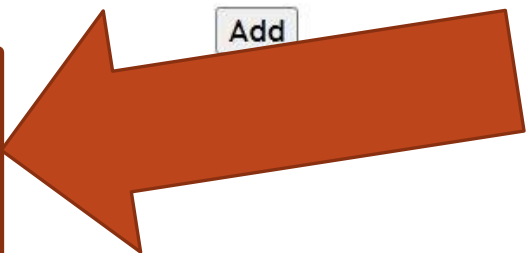
Update Profile

Other callsigns

Add more:

NORTH AMERICA

Add



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Step 3: Setup Your Logging Program

Before set up your logger

Before configuring your logger to post contest score online you have to register your profile on the Contest Online Score Board site by visiting the following link:

<https://contestonlinescore.com/profile/>

You can add another (or alternative) call (or calls) to your profile.

You need to configure your logger real score authentication option **just once with your main call and your password**. Any postings from your additional call (or calls) will be successfully authenticated with your main call credentials.

List of supported loggers (Click on a logger name to see set up instructions)

- Win-Test
- N1MM (Classic)
- N1MM+
- WriteLog
- DXlog
- TR4W
- TR Log for Linux
- UCXlog
- OARtest
- N3FJP loggers
- RUMLog

2 Step 5: Enjoy using the program

Contest Online ScoreBoard



31 Aug 2020 00:00 UTC WW Digi DX (29.08 12z - 30.08 12z)

SFI:70 Kp:1

Closed: WW Digi DX

Go

Highest rate: 370 q/h by VU2DED

Powered by ICOM



Home Profile Filter View Clear Filter Breakdown Clubs Manual post Teams Supported contests Help with logger set up Blog

MM HP		Score	QSO	Grids	Last		Log
1	ZW5B	1,370,446	1,545	242	12:10	Araucaria DX Group	N+
2	K1TTT	679,615	1,640	215	12:00	Yankee Clipper Contest Club	N+
3	DL0PPP	161,798	1,058	127	11:46	Rhein Ruhr DX Association	N+
4	NF3R	92,514	607	102	11:50	Frankford Radio Club	N+
5	DP7D	15,795	219	45	11:45	Interest Group RTTY	N+
M2 HP		Score	QSO	Grids	Last		Log
1	S51A	526,680	1,422	210	11:50	Slovenia Contest Club	N+
2	KM4SII	1,856	50	16		Potomac Valley Radio Club	N+
M/S HP		Score	QSO	Grids	Last		Log
1	PT5J	377,997	616	163	11:45	Araucaria DX Group	N+
2	SE0X	128,172	605	132	11:46	Baltic Contest Club	N+
3	W4IPC	125,290	492	110	11:46	Potomac Valley Radio Club	N+
4	PA6B	121,584	594	136	11:47		N+
5	W4MLB	62,250	444	75	11:45	Florida Contest Group	N+
6	NA5NN	3,888	104	27	11:49	599 DX Association	N+
M/S LP		Score	QSO	Grids	Last		Log
1	S54I	19,195	294	55	11:46	Radioklub Mozirje S51DSW	N+
2	S57ZT	12,150	193	54	11:53	None	N+
3	NA188	1,188	18	18	11:46	Yankee Clipper Contest Club	N+

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Pacific NW Challenge Cup

The Pacific NW Challenge Cup is a year long contest involve ten contests between:

1. BC DX Club
2. Idaho DX Association
3. Spokane DX Association
4. ORCA DXCC Club
5. Western Washington DX Club, and the
6. Willamette Valley DX Club

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Pacific NW Challenge Cup Contests

1. CQWWDX RTTY -- September 26-27, 2020
2. CQWWDX SSB -- October 24 - 25, 2020
3. CQWWDX CW -- November 28 - 29, 2020
4. ARRL RTTY ROUNDUP – January 2-3, 2021
5. CQWPX RTTY -- February 13 – 14, 2021
6. ARRL DX CW -- February 20-21, 2021
7. ARRL DX SSB -- March 6-7, 2021
8. CQ WPX SSB – March 27-28, 2021
9. CQ WPX CW – May 29-30, 2021
10. IARU – July 10-11, 2021

Regional Contests to consider

1. **Washington Salmon Run – September 19-20, 2020**
2. Idaho QSO Party – March 13-14, 2021
3. 7th Area QSO Party – May 1-2, 2021

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Contest Logging Programs

- N1MM+ (FREE)
- N3FJP
- Writelog

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The Language of Contesting

"Running"

"S&P" - Search and Pounce

"Mults" or Multipliers

"rates"

"dupes"

"ITU Zones"

"CQ Zones"

"Assisted"

"spotting"

"Cabrillo log"

"ADIF files"

"SO2R"

"Q's"

"Super Check Partial"

Contests Tips & Helps

Contest Tips:

1. Print out a copy of the Contest rules.
2. Find the exact start and end time of the contest
3. Find out how much time you can operate and what time you must have off
4. For each contest find what the value is of each:
 - Contact
 - Multiplier

Contest Tips:

5. Decide on your objective:

- Finding new DX countries
- Beat your last years score
- Work for only a limited number of hours
- Go for your highest score possible

Contest Tips:

6. Select and test your contest software, radios and antennas out before the contest.
7. Decide if you are going to:
 - Run
 - Search and Pounce
 - Some of both

Contest Tips:

8. Develop your strategy

When are you going to work

- Europe?
- Asia and Pacific?
- Caribbean?
- South America?

What band are you going to use when?

When will you sleep or take breaks?

Contest Tips:

9. If you are going to use spotting, how will you set it up (filters) for the contest?

10. Try to get on a few days before the contest and check:

- Band conditions
- When different parts of the world are on

Contest Tips:

11. The week of the contest download the current versions of
 - Countries files
 - Super Check Partial
12. Set up macros and/or voice messages
13. Set up ContestOnlineScore in your contest software.

Contest Tips:

During the Contest:

1. Keep you contact a brief as possible. Do not use any extra words.
2. Use standard phonetics
3. Use 59 or 599 for all signal reports
4. If you miss something, ask only for what you missed

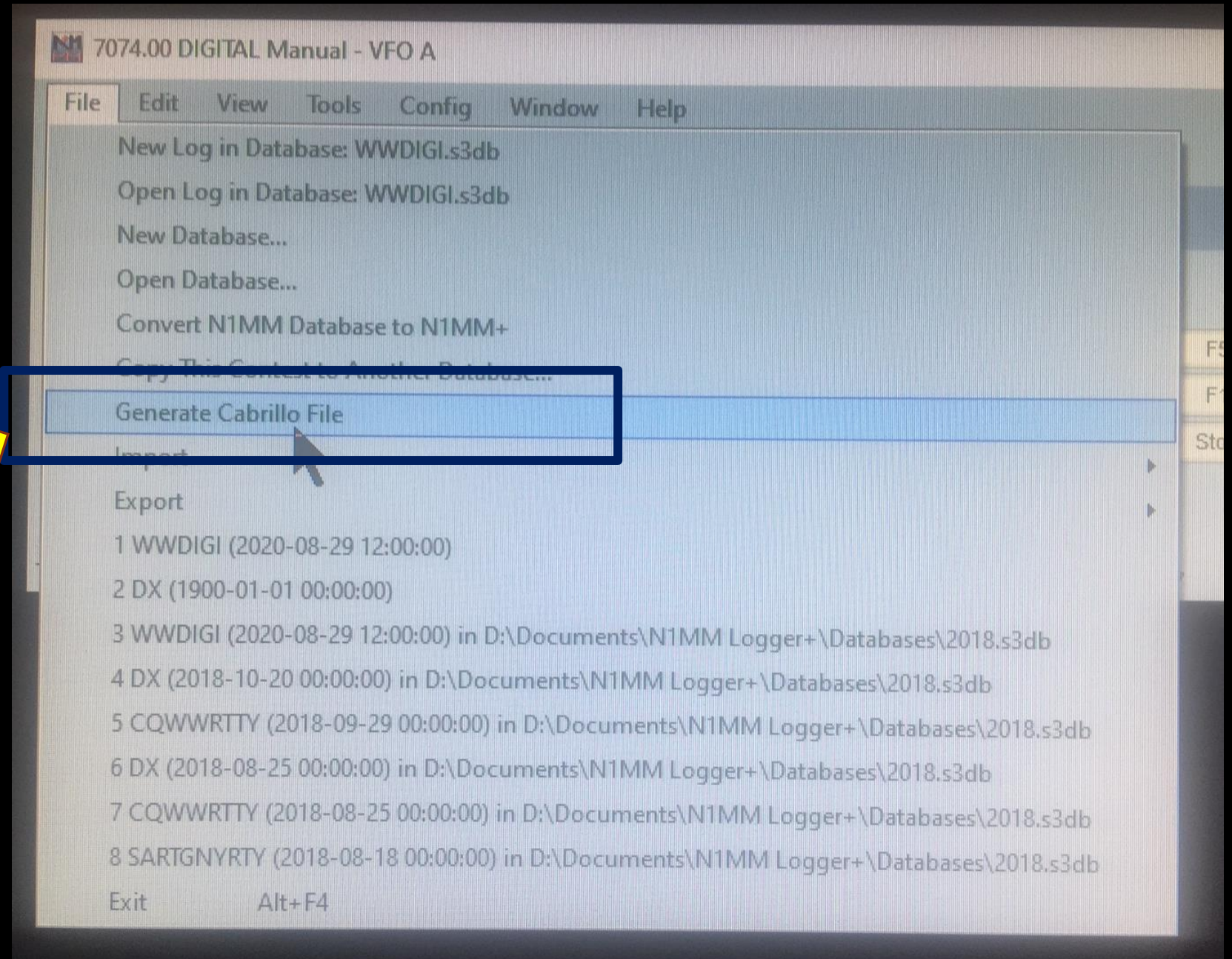
Contest Tips:

After the Contest:

- 1) Produce your Cabrillo File
- 2) Send it in to the Contest Sponsor (The email address will always be in the rules)
- 3) Share your score on SDXA@groups.io
- 4) Post your contest scores to 3830scores.com
- 5) Make a copy of your score for your records

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"Cabrillo file" – N1MM+



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"Cabrillo file" -N1MM+

WWDIGI.s3db

Select Existing Log

Contest	Start Date	Contest Description
WWDIGI	2020-08-29 12:00:00	World Wide Digi DX
DX	1900-01-01 00:00:00	General Logging
DELETEDQS	1900-01-01 00:00:00	Deleted Qs

Total number of contacts in database 330

Contest Associated Files

Category

Show Setup

Show Rules

329 Contacts

State for Log Type QSOPARTY

Operator SINGLE-OP

Band ALL

Power HIGH

Mode DIGITAL

Overlay N/A

Station FIXED

Assisted ASSISTED

Transmitter ONE

Sent Exchange DN17

Omit RST. E.g. CQWW: 05 SS: A 56 EMA

Operators N7GCO

Update Ops from Log

Soapbox

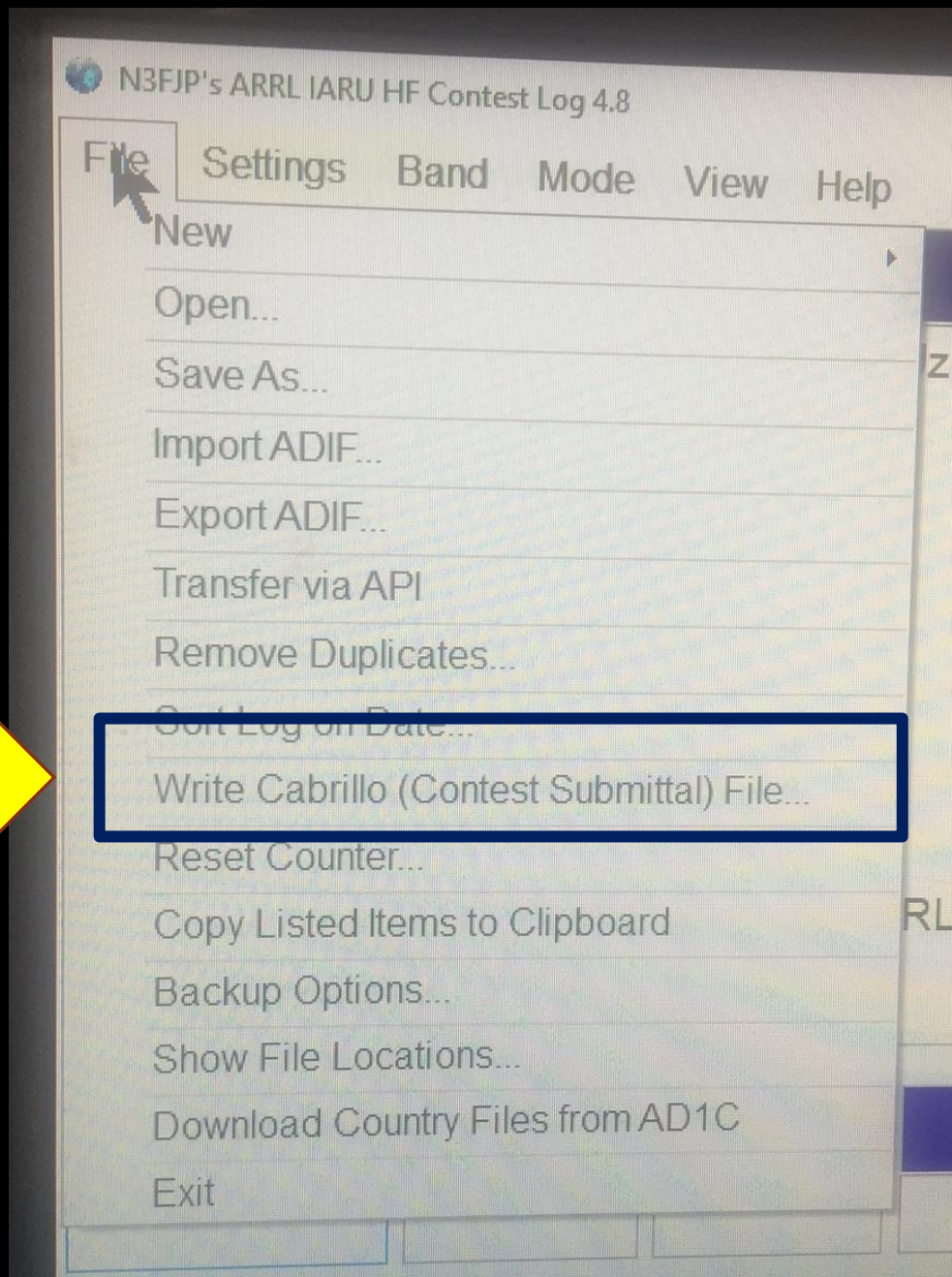
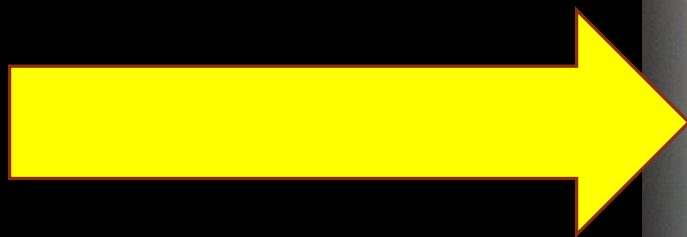
OK

Help

Cancel

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"Cabrillo file" – N3FJP



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"Cabrillo file" – N3FJP

Cabrillo Summary Form (Ctrl A)

Contest IARU-HF	Operator SINGLE-OP	Station FIXED	Transmitter ONE	Power HIGH	Assisted ASSISTED
Band ALL	Mode SSB	Time 24-HOURS	Category Overlay 	Operators N7GCO	Club Name Spokane DX Association
Name Jame Mel Ming	Email teammel@gmail.com	Callsign N7GCO	Location EWA	Soapbox 	
Address Line 1 13010 S Short Rd	Address Line 2 (Optional) 	City Cheney	State / Province (Abbr) WA		
Address - Postal Code 99004	Address - Country USA	Open ARRL Contest Log Submission Form		Write Cabrillo Summary File	
				Done	

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"Cabrillo file"

```
N7GCO 2020.log - Notepad
File Edit Format View Help
START-OF-LOG: 3.0
CREATED-BY: N3FJP's ARRL IARU HF Contest Log 4.8
CONTEST: IARU-HF
CALLSIGN: N7GCO
LOCATION: EWA
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-STATION: FIXED
CATEGORY-TRANSMITTER: ONE
CATEGORY-POWER: HIGH
CATEGORY-ASSISTED: ASSISTED
CATEGORY-BAND: ALL
CATEGORY-MODE: SSB
CATEGORY-TIME: 24-HOURS
CLUB: Spokane DX Association
CLAIMED-SCORE: 57750
OPERATORS: N7GCO
NAME: Jame Mel Ming
ADDRESS: 13010 S Short Rd
ADDRESS-CITY: Cheney
ADDRESS-STATE-PROVINCE: WA
ADDRESS-POSTALCODE: 99004
ADDRESS-COUNTRY: USA
EMAIL: teammel@gmail.com
QSO: 14265 PH 2020-07-11 1218 N7GCO 59 06 LR4HQ 59 RAC
QSO: 14235 PH 2020-07-11 1230 N7GCO 59 06 PX2A 59 15
QSO: 14196 PH 2020-07-11 1238 N7GCO 59 06 TI2CC 59 11
QSO: 14224 PH 2020-07-11 1241 N7GCO 59 06 N4IQ 59 08
QSO: 14287 PH 2020-07-11 1241 N7GCO 59 06 NA4DA 59 08
QSO: 14256 PH 2020-07-11 1249 N7GCO 59 06 VE2NTT 59 04
QSO: 14277 PH 2020-07-11 1256 N7GCO 59 06 VE9RAC 59 RAC
QSO: 14312 PH 2020-07-11 1302 N7GCO 59 06 RN0CT 59 34
QSO: 14192 PH 2020-07-11 1316 N7GCO 59 06 VA2CZ 59 04
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“Workshop” Q&A



Recommended Resources

"Amateur Radio Contesting for Beginners" by Doug Grant K1DG, ARRL