

**ARCC BAND PLAN**  
**Eastern Pennsylvania**  
**Analog FM Voice Simplex Frequencies**

<b>2 Meters (VHF)</b>
<i>144.310 - 144.370 FM Voice Simplex (20 kHz spacing)</i>
144.310
144.330
144.350
144.370
<i>146.400 - 146.430 FM Voice Simplex (15 kHz spacing)</i>
146.400
146.415
146.430
<i>146.505 - 146.595 FM Voice Simplex (15 kHz spacing)</i>
146.505
146.520 - 2m NATIONAL CALLING FREQUENCY
146.535
146.550 - Lancaster County Simplex Net Alternate
146.565
<b>146.580 - LANCASTER COUNTY SIMPLEX NET</b>
146.595
<i>147.405 - 147.430 FM Voice Simplex (15 kHz spacing)</i>
147.405
147.420
<i>147.505 - 147.580 FM Voice Simplex (15 kHz spacing)</i>
147.505
147.520
147.535
147.550
147.565
147.580

<b>10 Meters</b>
29.600 - National FM Voice Simplex Frequency

<b>6 Meters</b>
<i>51.500 - 51.600 FM Voice Simplex (20 kHz spacing)</i>
51.500
51.520
51.540
51.560
51.580
51.600
<i>52.490 - 52.550 FM Voice Simplex (20 kHz spacing)</i>
52.490
52.510
52.525 - 6m NATIONAL CALLING FREQUENCY
52.530
52.550
<i>53.490 - 53.55 FM Voice simplex (20 kHz spacing)</i>
53.490
53.510
53.530
53.550

<b>1.25 Meters</b>
<i>223.500 - 223.540 FM Voice Simplex (20 kHz spacing)</i>
223.500 - 1.25m NATIONAL CALLING FREQUENCY
223.520
223.540

<b>70 Centimeters (UHF)</b>
<i>445.925 - 446.075 FM Voice Simplex (25 kHz spacing)</i>
445.925
445.950
445.975
446.000 - 70cm NATIONAL CALLING FREQUENCY
446.025
446.050
446.075