

# ARRL VHF CONTEST

**Contest Objective:** For amateurs in the US and Canada (and their possessions) to work as many amateur stations in as many different 2 degrees x 1 degree Maidenhead grid squares as possible using authorized frequencies above 50 MHz. Stations outside the US & Canada (and their possessions) may only work stations in the US (and its possessions) and Canada.

**Dates:** The third or fourth full weekend in January as announced. **(January 20-22, 2024)**

**Contest Period:** Begins 1900 UTC Saturday, ends 0359 UTC Monday.

**Rule Changes for 2024:** Participants in the FM Only category can now count contacts made on 902 MHz and 1.2 GHz toward their scores. Previously, only contacts on the four lowest VHF bands (50, 144, 222 and 432 MHz) counted toward participants' scores in this category.

**[Click Here for Complete ARRL January VHF Contest Rules \(PDF\)](#)**

For contest information contact **[contests@arrl.org](mailto:contests@arrl.org)** or (860) 594-0232