

# RAC Contests Log

This year was my first time participating in the RAC Canada Day contest on my own. It was a lot of fun and also very instructive. Here are a few things I learned.

First, everything you need to know about the RAC contests (Canada Day or the Winter Day) is located on [RAC website](#).

## Logs

At the end of the contest, logs must be submitted to RAC. They will accept paper logs for submissions with less than 100 entries, but they really prefer electronic logs, which must be formatted as Cabrillo files. More information about Cabrillo files can be found:

- On this [RAC pdf](#)
- On the [WWROF website](#)