## **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.

A Cabrillo file is really just plain text file formatted in a very specific way. For more information, see:

- This RAC pdf
- The WWROF website

For example, here's a copy of my Cabrillo file (with only a few entries as example):

START-OF-LOG: 3.0 CREATED-BY: RAC Contests.ods v2020.07.04 by VA7FI
CALLSIGN: VA7FI
LOCATION: BC
CONTEST: RAC CANADA DAY
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-BAND: ALL
CATEGORY-MODE: SSB
CATEGORY-POWER: LOW
CATEGORY-TRANSMITTER: UNLIMITED
CLAIMED-SCORE: 11564
CLUB: Sun Coast Amateur Radio Club Society
NAME: Patrick Truchon
ADDRESS: REDACTED
ADDRESS-CITY: Roberts Creek
ADDRESS-STATE-PROVINCE: British Columbia
ADDRESS-POSTALCODE: VON 2W1
ADDRESS-COUNTRY: Canada
EMAIL: va7fi@rbox.me
OPERATORS: @VA7FI
SOAPBOX: First Canada Day contest on my own. Lots of fun!
QS0: 14186 PH 2020-07-01 0008 VA7FI 59 BC VE3PJ 59 0N
QS0: 14198 PH 2020-07-01 0012 VA7FI 59 BC WB0TEV 59 14
QS0:146520 PH 2020-07-01 0112 VA7FI 59 BC VE7DX 59 BC QS0: 14211 PH 2020-07-01 0139 VA7FI 59 BC N800 59 201
QSO: 14152 PH 2020-07-01 0148 VA7FI 59 BC VE2CJR 59 QC QSO: 14165 PH 2020-07-01 0159 VA7FI 59 BC VE6RAC 59 AB
Q30. 14103 HI 2020-07-01 0133 VA/11 33 BC VEONAC 33 AD

## END-OF-LOG:

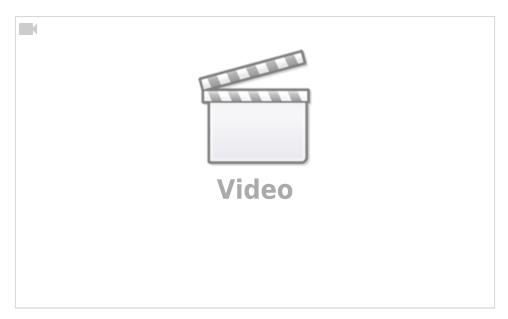
The first 21 lines give RAC all the information they need about the operator. The other lines show the contacts made, ending with an END-OF-LOG tag.

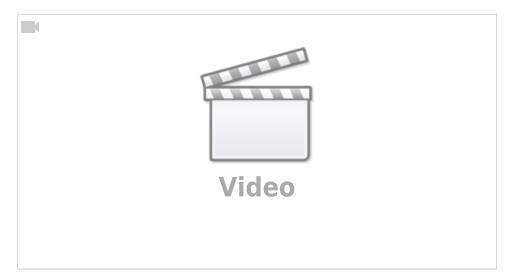
RAC does NOT want this emailed to them in the body of the email. Instead, this should be saved in a plain text file named (in my case): VA7FI.LOG and attached to the email.

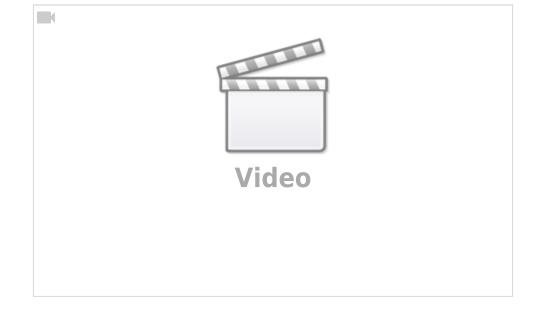
Regular contesters use logging programs which can generate these files while providing many bells and whistles during the contest to facilitate the logging process. Many people have recommended N1MM. RAC also has its own Contest Software.

But since I'm not a regular contester and I didn't have time to familiarize myself with a logging program that would run under GNU/Linux, I simply used a spreadsheet to log my entries and tweaked it as the day went on to add my points and check for duplicate stations. A few days after the contest was over, I added some code to the spreadsheet to export the Cabrillo file the way RAC needs it.

Here are a few introductory videos I made to explain how to use the spreadsheet:







This spreadsheet should also work with the RAC Winter Contest. Here is the link to

Download it

I've licensed it under Creative Commons:

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- Run the scripts for any purpose.
- Study and modify the scripts.
- Copy the scripts to help others.
- Improve the scripts, and release the improvements to the public, so that the whole community benefits.

Provided that you:

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