

Net	Day	Time	Frequency
Alaska Emergency Net	Mon – Fri	09:30 LT	14.292 MHz
Canadian Red Cross Net	Sundays	11:00 PST noon PDT	14.125 MHz
BC Public Service Net	Daily	17:30 PST 18:30 PDT	3.729 MHz
VE7PEP Simplex ^Δ	Wednesdays	18:30 – 19:10 LT	147.570 MHz
VE7PEP HF	Wednesdays	19:00 LT	3.735 MHz
VE7PEP ITS [*]	Wednesdays	19:15 – 19:40 LT	Island Trunk System
BC and Yukon NTS Net	Daily	19:30 LT	3.716 MHz

^Δ The purpose of the net is to make contact with EOCs in the Capital Regional District.

^{*} The purpose of the net is to make contact with EOCs in the Vancouver Island Region (VIR) as well as interested amateurs in the VIR. Each of the Regional Districts in the VIR are called in sequence.