



Local Area Nets

| Day | UTC | PST | PDT | Frequency | Organization | Notes | |
|--------|-------|-------|---|---|---|--|-----------------------------|
| Daily | | 08:00 | 08:00 | 3.765 MHz LSB | Morning Friendly Net | Daily except Saturday, Sunday. | |
| | | 08:15 | 08:15 | Island Trunk System | CVARS 8:15 Net | Cowichan Valley | |
| | | 09:00 | 09:00 | VE7RPT 146.940 MHz, T136.5 Hz | Rainbow Country Net | Early check in at 8:45am | |
| | | 09:00 | 09:00 | 3.744 MHz LSB | Nanaimo Amateur Radio Assoc | Wrong Button Club | |
| | | 10:30 | 10:30 | VE7RNV 147.260 MHz | NSARC | Health and welfare. | |
| | | 12:00 | 12:00 | 7.2835 MHz | Noon Time Net | Early check-ins starts about 11am | |
| | | 23:00 | 15:00 | 16:00 | 7.100 MHz | Aurora Net | |
| | | | 17:00 | 17:00 | 3.747 MHz | Manitoba Public Service Net | |
| | | 01:00 | 17:00 | 18:00 | 3.735 MHz | Saskatchewan Public Service Net | |
| | | 01:30 | 17:30 | 18:30 | 3.700 MHz | Alberta Public Service Net | |
| | | 01:30 | 17:30 | 18:30 | 3.729 MHz | BC Public Service Net | |
| | | 02:30 | 18:30 | 19:30 | 3.716 MHz | BC & Yukon NTS Traffic | Directed Net, NTS traffic |
| | | | 18:30 | 18:30 | KG7PR 443.800 MHz, T100 Hz | Point Roberts Amateur Radio PRAR | |
| | | | 19:00 | 19:00 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | COVID-19 Info Net |
| | | | 19:05 | 19:05 | VE7RVF 145.450 MHz, T100 Hz | VECTOR | Health and Welfare |
| | | | 19:30 | 19:30 | VE7RLY 147.380 MHz, T110.9 Hz | Langley Amateur Radio | LARA Health and Welfare Net |
| | | | 21:00 | 21:00 | 7.093 MHz | Alaska Bush Net | |
| | | 21:00 | 21:00 | 3.970 MHz | Western Country Cousins Net | | |
| | 05:00 | 21:00 | 22:00 | 3.750 MHz | Trans Canada Pow Wow Club | | |
| Monday | | 05:00 | 05:00 | 7.100 MHz | Trans-Provincial Net | | |
| | | 08:45 | 08:45 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | Breakfast Bunch | |
| | | 16:00 | 16:00 | VE7RPT 146.940 MHz, T136.5 Hz | Bob's informal net. | | |
| | | 19:00 | 19:00 | VE7ASM 147.280 MHz, T110.9 Hz | Abbotsford ARES | 2m, 70cm, 6m | |
| | | 19:00 | 19:00 | VE7RLY 147.380 MHz, T110.9 Hz | Langley ARES | ARES Net | |
| | | 19:30 | 19:30 | VE7RLY 147.380 MHz, T110.9 Hz | Langley Amateur Radio | LARA Net | |
| | | 19:30 | 19:30 | VE7MFS 145.310 MHz, T127.3 Hz | CARESS – this club | | |
| | 19:30 | 19:30 | VE7RVC 145.470 MHz, T127.3 Hz | CVARS Monday Net | Cowichan Valley | | |

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|-----------|-------|-------|-----------------|--|--|---|--|
| | | 20:00 | 20:00 | The Island Trunk System | Nanaimo Amateur Radio Assoc | | |
| | | 20:00 | 20:00 | VE7RBY 145.350 MHz, T127.3 Hz | Burnaby Amateur Radio Club | | |
| | | 20:15 | 20:15 | 50.140 MHz | Pacific Northwest Society | Oregon | |
| Tuesday | | 05:00 | 05:00 | 7.100 MHz | Trans-Provincial Net | | |
| | | 08:45 | 08:45 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | Breakfast Bunch | |
| | | 09:30 | 09:30 | VE7RXZ 147.220 MHz, T100.0 Hz | BC Sunshine Coast ARC | | |
| | | 19:00 | 19:00 | VE7RNV 147.260 MHz | North Shore ARC | | |
| | | 19:00 | 19:00 | VE7RMD 147.140 MHz, T79.7 Hz | Richmond ARC | | |
| | | 19:00 | 19:00 | D-Star Weekly Net | Delta Amateur Radio Society | Early check-ins 18:45 Pacific Time. Heard on VE7SUN and VA7ICM. | |
| | | 19:30 | 19:30 | VE7NWR 145.390 MHz Up T100.0 Hz, Dn T114.8 Hz | New Westminster ARC | | |
| | | 19:30 | 19:30 | VE7RSC 147.360 MHz Up T110.9 Hz, Dn T110.9 Hz | SEPAR | | |
| | | 19:30 | 19:30 | 144.220 MHz SSB | Western Canada Weak Signal Association WCWSA | | |
| | | 20:00 | 20:00 | VE7RSC 147.360 MHz Up T110.9 Hz, Dn T110.9 Hz | Surrey Amateur Radio Club | VE7SAR | |
| | 20:00 | 20:00 | 144.240 MHz SSB | Pacific Northwest Society | Seattle | | |
| Wednesday | | 05:00 | 05:00 | 7.100 MHz | Trans-Provincial Net | | |
| | | 08:00 | 08:00 | VE7RHS 145.270 MHz, T100.0 Hz | Cross Canada Net | IRLP Node 9013 (or NSARC UHF Repeater VE7NSR 444.950) | |
| | | 08:45 | 08:45 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | Breakfast Bunch | |
| | | 18:00 | 18:00 | VA7ANI 146.980 MHz, T141.3 Hz C4FM VE7DJA 443.900 MHz, T141.3 Hz C4FM | WiresX CQ Canada Room | Nanaimo Amateur Radio Assoc | |
| | | 02:00 | 18:00 | 19:00 | 3.775 MHz | BC Northern Net | |
| | | 02:30 | 18:30 | 19:30 | 7.100 MHz | Aurora Net | |
| | | | 18:45 | 18:45 | VE7RCV 146.780 MHz, T141.3 Hz | Comox Valley Emergency Program | VA7CMX Comox Valley Emergency Radio |
| | | | 19:00 | 19:00 | VE7VIC 146.840 MHz Up T100.0 Hz, Dn T100.0 Hz | Westcoast Amateur Radio Society | |
| | | | 19:00 | 19:00 | 146.490 MHz | Saanich | |

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| | | 19:00 | 19:00 | 3.735 MHz | BC Prov Emergency PEP Net | |
| | | 19:00 | 19:00 | VE7RAH 145.430 MHz, T100.0 Hz VA7DJA 443.990 MHz, T141.3 Hz VE7ITS 444.725 MHz, T141.3 Hz | Vancouver Island Net | VE7PEP – EMBC Registered operators on Vancouver Island. |
| | | 19:00 | 19:00 | VE7RSI 147.320 MHz Up T88.5 Hz, Dn T88.5 Hz VE7RGP 444.550 MHz Up T103.5 Hz, Dn T103.5 Hz VE7EMG 444.375 MHz, T88.5Hz | Salt Spring Amateur Radio Society | SSARS Net Starts with the VE7RSI repeater (147.320MHz, T88.5Hz) followed by simplex on 146.595MHz, T120.0 Hz. C4FM check-ins after the FM portion. For the UHF portion: <ul style="list-style-type: none"> • 1st, 3rd and 5th Wednesdays of the month - 446.300 MHz, T123.0Hz simplex • 2nd Wednesday of the month - VE7RGP repeater on 444.550 MHz, T103.5Hz • 4th Wednesday of the month - VE7EMG repeater on 444.375 MHz, T88.5Hz for FM. Followed by 3750 KHz on 80m. If the frequency is occupied, try +/- in 5 kHz steps. |
| | | 19:30 | 19:30 | VE7RMR 146.800 MHz, T156.7 Hz | Maple Ridge ARC | |
| | | 19:30 | 19:30 | VA7RER 440.900 MHz, T79.7 Hz | City of Richmond Emergency Communications Team | |
| | | 20:00 | 20:00 | VE7TEL 145.170 MHz | VECTOR | VA7EOC |

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| | | 20:30 | 20:30 | 50.125 MHz SSB | Pacific Northwest Society | Victoria |
| | | 21:00 | 21:00 | 144.220 MHz SSB | Pacific Northwest Society | Victoria |
| | | 21:00 | 21:00 | 432.100 MHz SSB | Pacific Northwest Society | Victoria |
| Thursday | | 05:00 | 05:00 | 7.100 MHz | Trans-Provincial Net | |
| | | 08:45 | 08:45 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | Breakfast Bunch |
| | | 16:00 | 16:00 | VE7RPT 146.940 MHz, T136.5 Hz | Bob's informal net. | |
| | | 19:00 | 19:00 | 144.225 MHz USB | 225 SSB Group | VE7OR |
| | | 19:30 | 19:30 | VE7RXZ 147.220 MHz, T100.0 Hz | BC Sunshine Coast ARC | Simplex Net starts after the Repeater portion. 146.565 MHz (± 15 kHz), 446.100 MHz (± 25 kHz), and 3750 kHz (± 5 kHz) to test simplex conditions. |
| | | 20:00 | 20:00 | VE7RBY 145.350 MHz, T127.3 Hz | Burnaby Amateur Radio Club | Technology and emergency prep round-table |
| | 20:30 | 20:30 | VE7SUN 147.340 MHz Up T107.2 Hz, Dn T107.2 Hz | Delta Amateur Radio Society | | |
| Friday | | 05:00 | 05:00 | 7.100 MHz | Trans-Provincial Net | |
| | | 08:45 | 08:45 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | Breakfast Bunch |
| | | 18:00 | 18:00 | D-Star Reflector Xrf21b | Cross-Canada D-Star Net CanNet | Early check-ins 17:45. Use VA7ICM or VE7RAG repeaters. |
| Saturday | | 10:30 | 10:30 | VE7RMD 147.140 MHz, T79.7 Hz | Richmond ARC Coffee Net | VE7URE Net Controller |
| | | 11:00 | 11:00 | 50.150 MHz | 6m Net | Nanaimo Amateur Radio Assoc |
| | | 19:30 | 19:30 | VE7RMR 146.800 MHz, T156.7 Hz | Sunset Net | |
| | | 20:00 | 20:00 | 223.590 MHz | 220 Net | VE7NSK |
| Sunday | | 09:00 | 09:00 | VE7SYD 442.275 MHz, T136.5 Hz | Mid Island Radio Association | The MIRA Net |
| | 17:00 | 09:00 | 10:00 | 14.316 MHz | ICOM User's Net | Open to all amateur radio operators. |
| | 18:00 | 10:00 | 11:00 | 14.140 MHz USB | Cross Canada Net | |
| | | 16:30 | 16:30 | 3.744 MHz | Nanaimo Amateur Radio Assoc | Sunday Afternoon HF Net |
| | 02:00 | 18:00 | 19:00 | 3.775 MHz | BC Northern Net | |
| | 02:30 | 18:30 | 19:30 | 7.100 MHz | Aurora Net | |
| | | 19:00 | 19:00 | 146.740 MHz, T103.5Hz | ARES of Whatcom County | |
| | | 19:30 | 19:30 | VE7RBY 145.350 MHz, T127.3 Hz | CW Net | |
| | 19:30 | 19:30 | VE7KU 147.240 MHz, T141.3 Hz | Arrowsmith Sunday Net | | |

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| | | 19:30 | 19:30 | 145.230 MHz, T103.5Hz | ACS Blaine | |
| | | 19:45 | 19:45 | 146.740 MHz, T103.5Hz | ACS Whatcom County | |
| | | 20:00 | 20:00 | VE7PRR 147.200 MHz, T141.3 Hz | Powell River Sunday Net | |
| | | 20:00 | 20:00 | 3.716 MHz | BC Swap Net | |
| | | 20:30 | 20:30 | 3.880 MHz | Alaska ERC Net | |
| | | 21:00 | 21:00 | VE7RVA 146.610 MHz Up T110.9 Hz, Dn T110.9 Hz | Wild Card Net | Open Net VE7NM is net controller |

Please send any additions, deletions, or corrections to club@ve7scc.org