

ARRL Band Plan - 2 Meters (144-148 MHz)

144.00-144.05	EME (CW)
144.05-144.10	General CW and weak signals
144.10-144.20	EME and weak-signal SSB
144.200	National SSB calling frequency
144.200-144.275	General SSB operation
144.275-144.300	Propagation beacons
144.30-144.50	New OSCAR subband
144.50-144.60	Linear translator inputs
144.60-144.90	FM repeater inputs
144.90-145.10	Weak signal and FM simplex (145.01,03,05,07,09 are widely used for packet)
145.10-145.20	Linear translator outputs
145.20-145.50	FM repeater outputs
145.50-145.80	Miscellaneous and experimental modes
145.80-146.00	OSCAR subband
146.01-146.37	Repeater inputs
146.40-146.58	Simplex
	Simplex 146.400, 146.415, 146.430, 146.445, 146.460, 146.475, 146.490, 146.505 Note: The frequency 146.40 MHz is used in some areas as a repeater input.
146.52	National Simplex Calling Frequency
	Simplex 146.535, 146.550, 146.565, 146.580, 146.595
146.61-146.97	Repeater outputs
147.00-147.39	Repeater outputs
147.42-147.57	Simplex
	Simplex 147.420, 147.435, 147.450, 147.465, 147.480, 147.495, 147.510, 147.525, 147.540, 147.555, 147.570
147.60-147.99	Repeater inputs

Note: Simplex frequencies are shown with 15 KHz spacing to help avoid interference. The actual band plan does not specify specific frequencies except for 146.505 and 146.520