

Four States QRP Group Second Sunday Sprint (SSS)

(revised 02/2026)

TIME/DATE:

The SSS is held the second Sunday night of every month (local time). It runs for two (2) hours from 7 PM until 9 PM central time (CST or CDT, whichever is in effect at the time). If you use UTC, that time changes when we switch from CST to CDT (or vice versa).

RULES:

Work stations once per band on 160-80-40-20-15-10 only. 80-40-20 are most popular, as is CW.

CW, SSB, & Digital portions of a band are considered separate bands. CW QSOs must be made in the CW portion of the band. Per FCC rules, SSB QSOs need to be made in the sideband portion.

Suggested CW frequencies: Standard QRP calling freq. (14.060) plus 7122kHz and 3564kHz.

Suggested SSB frequencies: Standard SB QRP calling freq. especially 3985kHz, 7285kHz, and 14285kHz.

Suggested JS8Call frequencies: 14.078, 7.078, 3.578 (40Mtrs is most productive for @4SQR members)

Note: VERY FEW QRP SSB QSOs have ever been recorded. This is a great mode to set records.

Exchange: RST, SPC (State/Prov./Country), 4SQR member# (power if non-member)

QSO points: 2 points per QSO with a 4SQR member; 1 point with a non-member. CW, Digital, and sideband contacts count the same.

Anyone can participate: (Non-members are encouraged to Join 4SQR - it's free and easy <https://www.4sqr.com/membership.php>) QSOs with non-members count (1 point), as long as they are also running QRP power. QRO contacts don't count unless you can convince them to reduce power to QRP levels and then repeat the exchange.

Mode/power: CW & Digital: 5 Watts or less; SSB: 10 Watts PEP or less.

Calling CQ suggestion: "CQ 4S" (CW), "CQ Four States" (SSB), or CQ SSSPRINT (JS8Call)

REPORTING YOUR SCORE:

- 1) After the contest ends, certainly by the following Tuesday afternoon, go to "www.qrpcontest.com/4sqr" and Click on "AUTOLOG reporting."
- 2) Enter your call in the space provided and click on "Search"
- 3) If you haven't made an entry for the current month, it will allow you to enter your data:
 - Name, email, QSOs with members and non-members, optional soapbox comments.
 - You may need to answer the security question.
 - You will receive an email with a URL to use if you need to correct anything.
- 4) If you have already made your entry for the month, you can only make changes using the URL that was sent (see above). Keep that URL until you are sure your score is correct.
- 5) At the end of the month, the autolog database is zeroed, ready for the next month's contest. At that point, the scores are stored in archive and cannot be changed. All scores are zeroed at the end of the year. The Contest Coordinator keeps the official score, which is normally not changed after it is tabulated.

AWARDS:

Certificates are generated for the monthly highest score and the top three highest totals for the contest year (January through December). They will be emailed to the winners shortly after the results have been tallied.

MISC NOTES:

- 1) If you operate both CW and Sideband, remember to dial your power down to 5 Watts maximum when switching back to CW. Any inadvertent 10 Watt CW contacts cannot be counted in your score. However, there are no additional penalties or disqualifications for this mistake. This is a friendly contest!
- 2) When operating sideband, at 7:20pm and 8:20pm (central time), you may wish to call CQ or scan the vicinity of the sideband frequencies listed above. This is not a rule, just a suggestion. You can operate the entire two hour period on CW or Sideband (or some time of each), as you choose.

Questions? Send queries to: SecondSundaySprint@4SQR.COM