AmRRON National Scheduled Nets (2020 v1.4)
Frequencies are +/- depending on QRM.

20M Voice 14.338 USB Digital 14.110 USB (Contestia 4/250)
40M Voice 7.238 LSB Digital 7.110 USB (Contestia 4/250)
80M Voice 3.818 LSB Digital 3.588 USB (Contestia 4/250)

Jan-2020	Time	Net	Apr-2020	Time	Net
Wed 01/08/20	20:00 Z	20m National Voice	Wed 04/01/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)		20:30 Z	20m National Digital (1 hr)
	01:30 Z	40m National Voice		01:00 Z	40m National Voice
	02:00 Z	40m National Digital (1 hr)		01:30 Z	40m National Digital (1 hr)
Thu 01/09/20	8:00pm L	80m Regional Rolling Voice	Thu 04/02/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)		8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 01/22/20	20:00 Z	20m National Voice	Wed 04/15/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)		20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice		01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)		01:30 Z	40m National Digital (1 hr)
Thu 01/23/20	8:00pm L	80m Regional Rolling Voice	Thu 04/16/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)		8:30pm L	80m Regional Rolling Digital (1 hr)
Feb-2020	**Time**	**Net**	**May-2020**	**Time**	**Net**
Wed 02/05/20	20:00 Z	20m National Voice	Wed 05/06/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)		20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice		01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)		01:30 Z	40m National Digital (1 hr)
Thu 02/06/20	8:00pm L	80m Regional Rolling Voice	Thu 05/07/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)		8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 02/19/20	20:00 Z	20m National Voice	Wed 05/20/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)		20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice		01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)		01:30 Z	40m National Digital (1 hr)
Thu 02/20/20	8:00pm L	80m Regional Rolling Voice	Thu 05/21/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)		8:30pm L	80m Regional Rolling Digital (1 hr)
Mar-2020	**Time**	**Net**	**Jun-2020**	**Time**	**Net**
Wed 03/04/20	20:00 Z	20m National Voice	Wed 06/03/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)		20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice		01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)		01:30 Z	40m National Digital (1 hr)
Thu 03/05/20	8:00pm L	80m Regional Rolling Voice	Thu 06/04/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)		8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 03/18/20	20:00 Z	20m National Voice	Wed 06/17/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)		20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice		01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)		01:30 Z	40m National Digital (1 hr)
Thu 03/19/20	8:00pm L	80m Regional Rolling Voice	Thu 06/18/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)		8:30pm L	80m Regional Rolling Digital (1 hr)

Jly 2020	Time	Net
Wed 07/01/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 07/02/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 07/15/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 07/16/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)

Aug-2020	Time	Net
Wed 08/05/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 08/06/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 08/19/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 08/20/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)

Sep-2020	Time	Net
Wed 09/02/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 09/03/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 09/16/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 09/17/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)

Oct-2020	Time	Net
Wed 10/07/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 10/08/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 10/21/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 10/22/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)

Nov-2020	Time	Net
Wed 11/04/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 11/05/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 11/18/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 11/19/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)

Dec-2020	Time	Net
Wed 12/02/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 12/03/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)
Wed 12/16/20	20:00 Z	20m National Voice
	20:30 Z	20m National Digital (1 hr)
	01:00 Z	40m National Voice
	01:30 Z	40m National Digital (1 hr)
Thu 12/17/20	8:00pm L	80m Regional Rolling Voice
	8:30pm L	80m Regional Rolling Digital (1 hr)