10 GHz and Up Cumulative Contest
Logging Spreadsheet
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0. Excel should display 6 "tabs" on the bottom of the screen. You can click on any one of those "tabs" to activate that "page" of the worksheet. The "tabs" are named as follows:

Instructions -- the page you are looking at right now

Settings -- a page where you fill in some global data

LogData -- the page where your QSO data go

SubmissionPage -- generated automatically from the rest, **print it and mail it in**

LogSheet -- generated automatically from the rest, **print it and mail it in**

LocationConverters -- optional tool for converting locations from one format to another

1. On the **Settings** tab, enter the offset in hours for the time zone you used to record your QSO's. There is a table for the major US time zones, plus UTC time. If you wrote down your QSO's using UTC time, just enter zero for the offset. If you wrote down your QSO's using CDT (Central Daylight Time), enter an offset of 5, etc. This allows you to transcribe your QSO entries from paper to the spreadsheet without having to do any time zone translations in your head and taking a chance of getting it wrong.

Fill in the other entries on the Settings tab, which are needed for the ARRL submission sheet and log sheet(s). On that page, the cells shaded yellow are the only ones you can modify.

2. Enter the QSO information on the LogData tab. A cumulative score is calculated, for your information. All of the unique QSO points and distance points are calculated automatically. Distances are computed from sub-grid center to sub-grid center, and are rounded to the nearest kilometer. In the Date column, you can simply enter the date as mm/dd/yy, and Excel will automatically convert the format to show the day of the week, and the verbose date format you see in the example page.

In the Band column, use the special string ***ON*** to signify the start of an ON time (listening or operating), and use the special string ***OFF*** to indicate the start of an OFF time (neither listening nor operating). These are needed to properly compute your total operating time, as required by the ARRL log submission rules. Your very first log entry starts with an ***ON*** record. The last record should be an ***OFF*** record, followed by a special, one-time-only ***EOL*** record which signifies the End of Log. This is needed for the internal formula used to compute on-time. Otherwise, the entries in this column should be the microwave band used for the contact, using the exact format seen on the **SubmissionsPage** sheet in the table of "Best DX in Km" entries, such as "10 GHz", "24 GHz", etc. (but without the quotation marks, of course). If you deviate from that format, for example, by entering "10GHz" (missing the space after the zero), or "10368" (different format entirely), the best DX values will not be computed correctly.

It should be noted that the official ARRL forms make no provisions for documenting the band or the on/off times, even though the data are obviously required for compliance with the rules if you did operate more than one microwave band, or if your operations were not uninterrupted. To minimize the changes from the official ARRL forms, I added this single column and used it for both purposes.

The cells shaded yellow are the only ones you can modify.

3. Go to the **SubmissionPage** tab, and print your submission form.

4. Go to the **LogSheet** tab, and print your log from there. For best results (minimal waste of paper), you should use the menu commands   **File | Print Area | Set Print Area**   to select the rows that contain your data (if you didn't use all one thousand rows of log cells). *NOTE** that if you do this, your print area starts in row 12, column A. You do *NOT* include the headers in your print area, because the printing is set up to duplicate the headers at the top of EACH page for you. Alternatively, use the print preview function to figure out how many pages of your log have non-blank lines, and then print only that many pages of the sheet without changing the print area from the default of all 1000 lines.

5. The **LocationConverters** page is optional. It is given to help you with converting locations from one format to another. If, for example, your GPS display is in degrees, minutes, and seconds, that page will help you convert it to Maidenhead Grid Squares. Four formats are inter-converted: D:M:S, D:M.mmm, D.dddddd, and Maidenhead Grid Squares.

6. **Caveats:**

1) **There is very little error checking here.** If your score won't compute, chances are high that you have one or more invalid dates/times or Maidenhead Grids in your log data.

2) **There is very little error checking here.** If you work a dupe (same callsign from same location to same location) it will NOT be caught and your score will be inflated incorrectly.

3) **There is very little error checking here**. If you don't use the prescribed format in the Band column, you will either have incorrectly computed "Total Hours Worked" or incorrect "Best DX in Km" (or both).

4) I have tried to protect all of the formula cells so that you won't accidentally type somewhere that you shouldn't, and thereby wreck the functioning of the formula cells. There is no password, so if you know what you are doing, you can "uprotect" the spreadsheet page and edit away. **But this can really mess things up if you make a mistake. You have been warned!**

5) There is no guarantee that the ARRL Contest Branch will accept an electronic submission of this Excel spreadsheet at the present time. Based on past history, I would even expect it to be unlikely. All other contests require the Cabrillo format, which ARRL picked in an attempt to eliminate the "Tower of Babel" of incompatible file formats. Sadly, the Cabrillo format does not have sufficient data fields to support the 10 GHz and Up Cumulative Contest, so it cannot be used. It's my guess that the ARRL would prefer you print out the pages onto paper and mail the pages to them. **Unless you get the permission of the Contest Branch, in advance, and in writing, _I would not recommend sending them this file as an email attachment,_ because your entry may be rejected leaving you no time to submit again.**