

**FM FREQUENCIES
2 METER SIMPLEX FM DIGITAL MODES**

04 MAR 2024

144.390	APRS	146.450	Eastnet backbone link
145.010	Packet	147.510	BBS – Eastnet node
145.030	Packet	147.540	Node - Link
145.050	Packet		
145.070	Packet		
145.090	Packet		

70 cm Band Plan 25 kHz SIMPLEX FM VOICE channel spacing

445.925			
445.950			
445.975			
446.000	National FM Simplex Call		
446.025		446.025	X-BAND w/T-SQL 100.0
446.050		446.050	X-BAND w/T-SQL 100.0
446.075		446.075	X-BAND w/T-SQL 100.0

2 meter Band Plan 15 kHz SIMPLEX FM VOICE channel spacing

146.400		147.405	
146.415		147.420	
146.430		147.435	
146.445		147.450	
146.460		147.465	
146.475		147.480	
146.490		147.495	
146.505		147.510	
146.520	National FM Simplex Call Channel	147.525	
146.535		147.540	
146.550		147.555	
146.580	Herkimer Co. ARES Secondary	147.570	
146.595		147.585	

FM REPEATER CHANNEL FREQUENCIES

FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	HERKIMER COUNTY
145.110	144.510	Minus	FMN	167.9	167.9	Spon Hill
146.805	146.205	Minus	FMN		71.9	Aney Hill
147.045	147.645	Plus	FMN	167.9	167.9	Dairy Hill
147.090	147.690	Plus	FMN		167.9	Herkimer
147.315	147.915	Plus	FMN	71.9	71.9	McCauley Mt. Old Forge
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	ONEIDA COUNTY
146.655	146.055	Minus	FM			Boonville – Echolink # 796920
146.760	146.160	Minus	FM	103.5	103.5	Utica
146.835	146.235	Minus	FM			Clinton
146.880	146.280	Minus	FM		71.9	Ava
146.940	146.340	Minus	FM	71.9	71.9	Verona
147.240	147.840	Plus	FM	71.9	71.9	Oneida County ARES/RACES
147.285	147.885	Plus	FM	71.9	71.9	Rome
443.850	448.850	Plus	FM		103.5	Kirkland
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	OTSEGO COUNTY
145.350	144.750	Minus	FM	167.9	167.9	Cherry Valley
146.640	146.040	Minus	FM	167.9	167.9	Cooperstown
146.715	146.115	Minus	FM	167.9	167.9	Burlington
146.850	146.250	Minus	FM	167.9	167.9	Oneonta
442.250	447.250	Plus	FM		167.9	Oneonta
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	MADISON COUNTY
145.170	144.570	Minus	FM			Oneida
145.210	144.610	Minus	FM		71.9	Fenner
147.240	147.840	Plus	FM		71.9	Kirkland
443.650	448.650	Plus	FM		103.5	Madison Oneida ARC
444.300	449.300	Plus	FM		103.5	Stockbridge
444.600	449.600	Plus	FM		162.2	Morrisville

FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	MONTGOMERY COUNTY
146.970	146.370	Minus	FM	100.0	123.0	Florida, Dairy Farm
147.195	147.795	Plus	FM	156.7	156.7	Glen
147.390	147.990	Plus	FM		71.9	Amsterdam
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	FULTON COUNTY
146.700	146.100	Minus	FM	123.0	123.0	Gloversville
146.835	146.235	Minus	FM		123.0	Northville
445.075	440.075	Minus	FM		100.0	Five County ARC
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	HAMILTON COUNTY
146.640	146.040	Minus	FM		162.2	Long Lake
146.865	146.265	Minus	FM		162.2	Blue Mountain Lake
443.850	448.850	Plus	FM		162.2	Long Lake
444.900	449.900	Plus	FM		162.2	Blue Mountain Lake
449.675	444.675	Minus	FM		103.5	Long Lake N/S Repeater Linked
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	LEWIS COUNTY
146.955	146.355	Minus	FM		156.7	Lowville
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	OSWEGO COUNTY
146.850	146.250	Minus	FM		123.0	Oswego - Skywarn
147.150	147.750	Plus	FM		103.5	Fulton - Skywarn
442.350	447.350	Plus	FM		103.5	Scriba – Empire State Network
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	ONONDAGA COUNTY
145.150	144.550	Minus	FM		123.0	Lafayette
145.270	144.670	Minus	FM	103.5	103.5	Pompey Hill
145.430	144.840	Minus	FM		103.5	Dewitt
146.625	146.025	Minus	FM		103.5	Otisco
146.640	146.040	Minus	FM		131.8	Clay
146.670	146.070	Minus	FM		103.5	Sentinel Heights
146.775	146.175	Minus	FM	151.4	151.4	Pompey Hill

146.910	146.310	Minus	FM		103.5	Pompey Hill
147.210	147.810	Plus	FM		103.5	Liverpool
147.300	147.900	Plus	FM		67.0	Sentinel Heights
443.150	448.150	Plus	FM		71.9	SYR Museum of Science & Technology
444.250	449.250	Plus	FM		131.8	Clay
444.900	449.900	Plus	FM		131.8	Baldwinsville
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	SCHOHARIE COUNTY
146.610	146.010	Minus	FM		123.0	Cobleskill Petersburg Mtn.
445.075	440.075	Minus	FM		100.0	Cobleskill Petersburg Mtn.
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	SCHENECTADY COUNTY
146.790	146.190	Minus	FM	110.9	110.9	Glenville
147.060	147.660	Plus	FM			Schenectady, Crawford Hill
444.200	449.200	Plus	FM			Schenectady
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	ST. LAWRENCE COUNTY
146.895	146.295	Minus	FM		151.4	Potsdam
146.925	146.325	Minus	FM			Russell
147.135	147.735	Plus	FM			Fine
147.390	147.990	Plus	FM		110.9	Parishville
443.525	448.525	Plus	FM		151.4	Russell
444.850	449.850	Plus	FM		151.4	Parishville
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	FRANKLIN COUNTY
145.310	144.710	Minus	FM		127.3	Saranac Lake
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	WARREN COUNTY
146.730	146.130	Minus	FM		100.0	Lake George
147.120	147.720	Plus	FM		123.0	Gore Mtn
443.450	448.450	Plus	FM		100.0	Lake George - RACES
444.450	449.450	Plus	FM		114.8	Lake George

FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	ESSEX COUNTY
145.100	144.510	Minus	FM		123.0	White Face Mtn. - RACES ONLY
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	SARATOGA COUNTY
147.000	146.400	Minus	FM		91.5	Spruce Mt. - RACES
147.030	147.630	Plus	FM		91.5	Fraker Mt. - RACES
147.240	147.840	Plus	FM		91.5	Providence - RACES
147.360	147.960	Plus	FM		91.5	Lake Nancy - ARES
448.225	443.225	Minus	FM		100.0	Spruce Mtn. - RACES
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	ALBANY COUNTY
145.190	144.590	Minus	FM		103.5	Albany
146.640	146.040	Minus	FM		100.0	Albany
147.270	147.870	Plus	FM		94.8	Albany
444.000	449.000	Plus	FM		100.0	Albany
444.300	449.300	Plus	FM		100.0	Albany
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	WASHINGTON COUNTY
146.775	146.175	Minus	FM		100.0	North Hebron - RACES
447.825	442.825	Minus	FM		82.5	Greenwich
448.325	443.325	Minus	FM		114.8	Greenwich
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	RENSSELAER COUNTY
145.110	144.510	Minus	FM		94.8	Troy
145.170	144.570	Minus	FM		127.3	Troy
146.760	146.160	Minus	FM		103.5	Troy - RACES
146.820	146.220	Minus	FM			Troy Rensselaer Polytechnic Institute
146.940	146.340	Minus	FM			Troy/Brunswick
147.180	147.780	Plus	FM		100.0	Grafton - RACES
147.330	147.930	Plus	FM		146.2	Grafton
443.000	448.000	Plus	FM			Troy Rensselaer Polytechnic Institute
447.075	442.075	Minus	FM		127.3	Troy
448.425	443.425	Minus	FM		100.0	Troy/Brunswick

FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	GREENE COUNTY
147.150	147.750	Plus	FM			East Windham
448.275	443.275	Minus	FM			Hunter
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	BERKSHIRE COUNTY - MA
146.910	146.310	Minus	FM		162.2	Mount Greylock
449.425	444.425	Minus	FM		162.2	Mount Greylock
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	CAYUGA COUNTY
145.230	144.923	Minus	FM		103.5	Auburn
147.000	146.400	Minus	FM		71.9	Auburn – Echolink node 9188
147.270	147.870	Plus	P25			Auburn – System Fusion
147.270	147.870	Plus	FM	71.9	71.9	Auburn
444.150	449.150	Plus	FM		71.9	Auburn – Linked statewide UHF system
444.650	449.650	Plus	FM		71.9	Auburn
FREQ	INPUT	SHIFT	MODE	TONE	TONE IN	ONTARIO COUNTY
145.110	144.510	Minus	FM		110.9	Bristol, Wordan Hill
145.290	144.690	Minus	FM	110.9	110.9	Canadice, Ball Hill
145.450	144.850	Minus	FM		110.9	Naples-Gannett Hill
146.655	146.055	Minus	FM	110.9	110.9	S. Bristol, Mees Observatory
146.820	146.220	Minus	FM		110.9	Canandaigua
146.985	146.385	Minus	FM		82.5	Naples
147.090	147.690	Plus	FM		110.9	Geneva
147.375	147.975	Plus	FM			Hemlock
442.200	447.200	Plus	FM		110.9	Naples-Gannet Hill
443.500	448.500	Plus	FM			Hemlock
444.300	449.300	Plus	FM			Stanley
444.550	449.550	Plus	FM	110.9	110.9	Bristol Mtn Ski Slope
444.950	449.950	Plus	FM	110.9	110.9	Canadice, Bald Hill