

Meter Band	Frequency (kHz)	Condition	Comments
120	2300 – 2495	Night	Mainly used 'locally' in tropical regions Also used by government in North America
90	3200 – 3400	Night	Mainly used 'locally' in tropical regions Used by various agencies of U.S. government
80	3500 – 4000	Night	<i>Amateur (Ham radio) band</i> LSB (voice) and CW (Morse code) mode
75	3900 – 4000	Night	Mainly used in Eastern Hemisphere Mainly Europe, Africa
60	4750 – 5060	Night	Mainly used 'locally' in tropical regions Best reception during Fall and Winter
49	5900 – 6200	Night	Popular band for nighttime broadcasting <b>The best overall nighttime band for Int'l broadcasting</b>
41	7100 – 7350	Night / Day	Int'l Broadcast, except North-South America which is reserved for Amateur radio
40	7000 – 7300	Night / Day	<i>Amateur (Ham radio) band</i> LSB (voice) and CW (Morse code) mode
31	9400 – 9990	Night / Day	<b>Most Popular Int'l broadcasting band</b> Best mid-afternoon to mid-morning
25	11600 – 12100	Mostly Day	Popular Int'l band for daytime broadcasting Good any time of day
22	13570 – 13870	Mostly Day	Int'l broadcasting Not heavily used
20	14000 – 14350	Mostly Day	<i>Amateur (Ham radio) band</i> (Popular long-distance DX) USB (voice) and CW (Morse code) mode
19	15030 – 15800	Mostly Day	Int'l broadcasting <b>The best overall daytime band for Int'l broadcasting</b>
17	18068 – 18168	Day	<i>Amateur (Ham radio) band</i> USB (voice) and CW (Morse code) mode
16	17480 – 17900	Day	Int'l broadcasting
15	21000 – 21450	Day	<i>Amateur (Ham radio) band</i> USB (voice) and CW (Morse code) mode
13	21450 – 21850	Day	Int'l broadcasting Seldom used
12	24890 – 24990	Day	<i>Amateur (Ham radio) band</i> USB (voice) and CW (Morse code) mode, Best during sunspots
11	25670 – 26100	Day	Int'l broadcasting Seldom used
10	28000 – 29700	Day	<i>Amateur (Ham radio) band</i> USB (voice) and CW (Morse code) mode, Best during sunspots