

MST TRAINING NET LOG

See *notes at bottom before start of net. One page if printed double-sided.

Date of Net	Start Time (military)	Time Closed (military)	Total Time (minutes)	Frequency	NCS Location(s)	NCS Name(s)	NCS Call Sign(s)		
	1930			146.9					
		TRAFFIC #	PHRC Ckins	Member Voice	Visitor Voice	All Voice	All Winlink	Total Ckin	
			0	0	0	0	0	0	
<i>Check-ins</i>									
	Call Sign	Name	Power Source	Voice Traf. #.,y,n [REQUIRED]	Assignmnt or Visitor, V [REQUIRED]	Location	Region	PHRC (mark or blank)	WinLink (mark or leave blank)
1	N7 LSL	Marina			ASEC	Seattle	6	x	
3	K7 BIO	Colin			Swedish Ballard	Seattle	6	x	
4	KF7 BOD	Ray			Valley Medical	Skyway/Renton	6	x	
5	W7 CEB	Charles			N/A	Eastside	6	X	
6	W1 CLL	Les			Swedish Cherry Hill	Queen Anne	6	x	
7	K7 CNS	Doug			Overlake Hospital	Medina	6	x	
8	AE7 CR	Carol			NWHRN	Renton	6	x	
9	K7 ESP	Scott			Swedish Issaquah	Eastside	6	x	
10	KJ7 GKQ	Charles B.			KP Capitol Hill	Capitol Hill	6	x	
11	KF7 GKZ	Micah			N/A	Federal Way	6	x	
12	WA2 HBZ	Bill			EvergreenHealth	Bothell	6	x	
13	KF7 HJ	Dan A.			Children's	Kenmore	6	x	
14	N7 HXX	Bob			Virginia Mason	Kingston	2	x	
15	N7 IPJ	Mike			St Michael	Kingston	2		
16	W7 IUS	Jeff			Multicare Covington	Covington	6	x	
17	K7 JJD	Jeannette			Multicare Auburn	Auburn	6	x	
18	KE7 JQM	Doug G			Multicare Covington	Covington	6		
2	KC7 KBS	James			UWMC	Seattle	6	x	
19	KD7 KUS	Alan				Richland	8	x	
20	KR7 L	Richard			St.Elizabeth	Maple Valley	6	x	
21	K7 MGR	Mike			UWMC	Wallingford	6	x	
22	W8 MJK	Michelle	B		Swedish Ballard	Ballard	6	x	
23	N6 NBN	Bill			floater	Newcastle	6	x	
24	KC7 NVE	John			EvergreenHealth	Bothell	6	x	
25	W7 OBI	Mike H.			EvergreenHealth	Bothell	6	x	
26									

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	<u>Call Sign</u>	<u>Name</u>	<u>Power Source</u>	<u>Voice Traf.</u> <u>#, y, n</u> <u>[REQUIRED]</u>	<u>Assignmnt</u> <u>or Visitor, V</u> <u>[REQUIRED]</u>	<u>Location</u>	<u>Region</u>	<u>PHRC</u> <u>(mark or</u> <u>blank)</u>	<u>WinLink</u> <u>(mark or</u> <u>leave blank)</u>
27	KD7 PVY	Vince			VAMC	Everett	6	x	
28	KD7 QKK	Joel			Northwest	Mukilteo	6	x	
29	KJ7 QOI	Kerlan			Swedish/Harborview	Newcastle	6	x	
30	KJ7 QNI	Mani			Northwest	W. Seattle	6	x	
31	KI7 RGJ	Matt B.			KP Bellevue	Bellevue	6	x	
32	AA7 SB	Carlos			VAMC	Rainier Valley	6	x	
33	N7 SOQ	Jo Ellen			Swedish Ballard	Seattle	6	x	
34	KI7 VDA	Paul			Overlake	Bellevue	6	x	
35	W0 VEN	Tony			VAMC	Bellevue	6	x	
37	K7 XTN	Christian			VAMC	North Seattle	6	x	
38	KE7 ZA	Dennis			N/A	Sammamish	6		
39	KJ7VDV	Dan			VAMC	Columbia City	6	x	
40	KJ7RDV	John			Overlake	Bellevue	6	x	
41									
42									
43	K7 DK	Mark			Visitor	Port Townsend			
44	KJ7 ELF	Richard			Visitor	Bellevue			
45	KB7 RYY	Dan			Visitor	Bellevue			
									Time
Traffic, Announcements, and Comments									
	<i>Note: Each voice checkin must have Traffic column populated (see note above)</i>								
	<i>Note: PHRC checkins are the sum of PHRC voice + PHRC WinLink checkins</i>								
*Change YYYYMMDD in filename to net date. Send completed form to:									
					Temporary: Marina, N7LSL@arrl.net	Net Manager			
	data_date-filename-version: YYYYMMDD-TrainNetLog-v3_19a -MZ.xlsx								