

1102tools

MCP Prompt Guide

Federal contracting research, one useful question at a time.

Prompts for opportunities, competitors, teaming, awards, labor rates, wages, travel, regulations, and FAR Overhaul deviations. Install and connect the required MCPs in your AI client before using a prompt. Then replace the bracketed details and check the returned sources.

SAM.gov Opportunities, entity registrations, exclusions, and contract-award records.	USAspending Awards, obligations, recipients, agencies, and reported subawards.	GSA CALC+ Awarded labor-category ceiling rates and comparison data.
BLS OEWS Occupational wages by geography and data year.	GSA Per Diem Lodging and meals-and-incidental-expense rates by locality.	eCFR Codified regulatory text, dates, and version comparisons.
Federal Register Published rules, notices, comment periods, and FAR cases.	Regulations.gov Rulemaking dockets, documents, and public comments.	Acquisition.gov FAR Overhaul model text, posted agency deviations, and guidance.

Start with the work

A prompt does not install an MCP. Install and connect every required MCP in your AI client before running a prompt. If two are listed, both are required.

1. Check the **Required MCPs** line. Each source name links to its setup instructions.
2. Configure any API keys outside chat and confirm your client can see the tools.
3. Replace the brackets, run the prompt, and check the sources and dates.

Ask for the exact source, data period, and retrieval date. Keep missing records, incomplete pages, and uncertain matches visible.

Setup and available Claude and ChatGPT installs: 1102tools.com/#mcps

Find a prompt

Combine sources	3
Find opportunities	4
Research competitors	5
Track potential recompetes	6
Vet companies and find teammates	6
Understand a market	8
Find the right codes	9
Compare labor rates	10
Research wages	11
Estimate travel	12
Read the regulations	13
Follow published changes	13
Explore dockets and comments	14
FAR Overhaul and deviations	15

September 2026 edition. Prompt wording and source mappings have been reviewed. Provider data and tool availability can change; this is not a claim that every request was re-run live.

Combine sources

Use multiple MCPs to connect award history, company records, and pricing context.

Size up a competitor

Size up [COMPANY] as a competitor: their last 24 months of awards and top agencies from USAspending, then their registration status, socioeconomic categories, and any exclusions from SAM.gov. If SAM returns multiple registrations, say so and list them before picking. Finish with 2 sentences on where they are strong and where they are exposed.

Required MCPs: SAM.gov + USAspending

The graduation window

Find firms with 8(a) set-aside awards under NAICS [NAICS] in USAspending. Check each selected recipient's SBA certification dates in SAM.gov and the end dates of its relevant awards. Flag documented program exit dates within 18 months that overlap with contract end dates within 12 months. Show the dates and source records. Treat missing certification data as unresolved, not proof of graduation; treat an approaching award end as a research lead, not a confirmed recompetete.

Required MCPs: SAM.gov + USAspending

Vet a teammate

Vet [COMPANY] as a teammate: exclusions and registration expiration from SAM.gov, then their award history from USAspending, including whether they have primed work at [AGENCY] before.

Required MCPs: SAM.gov + USAspending

Opportunity evidence screen

Build an opportunity evidence screen for [NOTICE ID]. Pull the opportunity from SAM.gov, then use USAspending to find comparable work at that agency under the same NAICS, including award sizes, end dates, and evidence of a current incumbent. Keep public facts separate from assumptions. List the internal capability, vehicle, past performance, staffing, pricing, and risk-tolerance facts we still need; do not make the company's bid/no-bid decision from public data alone.

Required MCPs: SAM.gov + USAspending

What did the government actually pay?

Find comparable federal contract awards for [REQUIREMENT] under NAICS [NAICS] in USAspending. Distinguish obligations, current award value, and potential ceiling wherever the source provides them; identify the field used for each amount. Show performance dates and scope differences. Compare relevant CALC+ labor-category ceiling rates separately. Do not convert a total award amount into an hourly price without a documented staffing and performance-period basis.

Required MCPs: USAspending + GSA CALC+

Find opportunities

Start with the requirement, deadline, and notice. Keep amendments and incomplete searches visible.

Open solicitations, deadline first

Search SAM.gov for solicitations and combined synopses under NAICS [NAICS] with a response deadline between today and [N] days out. Give me title, agency, deadline, and set-aside type, and drop anything whose deadline has already passed even if SAM still marks it active. The search filters 1 notice type per call, so expect 2 searches merged, not 1.

Required MCPs: SAM.gov

Sources sought and RFIs

Find sources sought notices under NAICS [NAICS] from the last 60 days, then separately search notice titles for RFI. Identify the returned notice types and flag response deadlines within two weeks. If I supply PSC [PSC], run a separate PSC search, merge the results, and deduplicate by notice ID. Identify limits or missing pages instead of treating a partial search as complete.

Required MCPs: SAM.gov

Read one opportunity properly

Retrieve opportunity [NOTICE ID] from SAM.gov, including the full description when available. Summarize the requirement, response deadline, evaluation approach if stated, and any explicit incumbent references. Cite the notice and distinguish stated requirements from your interpretation. Identify attachments or amendments the MCP did not retrieve.

Required MCPs: SAM.gov

Fresh award notices

Find contract award notices under NAICS [NAICS] posted to SAM.gov in the last [N] days. Show the winner, reported amount, award date, posting date, notice ID, and source link where available. Keep missing amounts or dates marked as missing. If few results appear, report the search coverage and offer a wider window; do not infer that no awards occurred or assume every award posts immediately.

Required MCPs: SAM.gov

One agency's postings

Search opportunities under NAICS [NAICS] from the last 90 days with the result limit set high, then filter for [AGENCY] yourself from the agency path field in the results. The agency filter only screens what was fetched, so if the total count is much larger than what came back, page through before concluding anything.

Required MCPs: SAM.gov

Research competitors

Confirm the recipient identity before comparing customers, awards, and subcontracting records.

Find the right recipient record

Search USAspending recipients for [COMPANY] and list every match with its lifetime award total and whether it is the parent rollup or a subsidiary record. The same company appears several times and the totals differ by a lot, so name the record you pick and use it in everything that follows. If the search returns only near-misses, try the other recipient search tool before deciding the company is not in the data.

Required MCPs: USAspending

Their last 12 months

Pull [COMPANY]'s federal contract awards with activity in the last 12 months: award ID, agency, amount, NAICS, and period of performance end date. Sort by amount. Add "in NAICS [NAICS] only" if I want one code.

Required MCPs: USAspending

Where their money comes from

Retrieve [COMPANY]'s federal contract awards for the last two years from USAspending using the selected recipient record. Summarize obligations by awarding agency, with agency share and the underlying award count. Use compatible source filters and paginate as needed. If only a sample is retrieved, state its size and selection method and label the shares as sample shares, not the company's complete revenue concentration.

Required MCPs: USAspending

Who they sub to

Retrieve [COMPANY]'s ten largest prime awards from USAspending using a confirmed recipient identity. For each, search the reported subawards and list the prime award, subaward recipient, amount, and date. Keep similarly named firms and joint ventures separate unless identifiers establish the relationship. Empty subaward results mean no matching reports were returned; they do not establish that the prime self-performed everything.

Required MCPs: USAspending

Track potential recompetes

Award end dates identify research leads. They do not guarantee a new solicitation.

An agency's expiring contracts

Find [AGENCY]'s contract awards under NAICS [NAICS] above \$[FLOOR] with recorded performance end dates in the next nine months. Use USAspending's available filters and paginate through the results; if end dates require local filtering, explain the coverage. Flag implausible dates, possible follow-on awards, and option-period uncertainty. Present the results as potential recompile leads, not confirmed future solicitations.

Required MCPs: USAspending

When a company's contracts end

List [COMPANY]'s USAspending contract awards with recorded performance end dates between today and [N] months from now. Sort the selected results by end date and report the recipient identity, award ID, agency, amount field, and end date. If the tool cannot filter directly by end date, paginate and filter the retrieved records. State incomplete coverage and distinguish award end dates from confirmed recompile plans.

Required MCPs: USAspending

Vet companies and find teammates

Use entity identifiers, registration records, and supporting evidence to build a useful shortlist.

Exclusion check

Check whether [COMPANY / UEI] has any exclusion records. If records exist, tell me whether any are currently active and what they are for.

Required MCPs: SAM.gov

Untangle multiple registrations

Search SAM.gov for [COMPANY]. List each matching entity's legal name, UEI, CAGE code, address, and registration status before choosing a record. Group related-looking records for review, but do not infer headquarters or corporate ownership from a shared address alone. Identify which UEI best matches the company I mean and explain any unresolved ambiguity.

Required MCPs: SAM.gov

Registration status at a glance

Look up [COMPANY] in SAM.gov and tell me: is the registration active, when does it expire, what is its primary NAICS, and what socioeconomic categories does it hold? If more than 1 active registration exists, say how many and name the UEI you picked before answering.

Required MCPs: SAM.gov

SBA certification dates

Retrieve [COMPANY]'s SBA certification fields from its SAM.gov entity record. Report each listed program, status, entry date, and exit date using the source's own labels. Distinguish a documented date from an inferred current status. An empty certification list or a historical set-aside award does not by itself prove present eligibility, graduation, or ineligibility.

Required MCPs: SAM.gov

Registration, exclusion, and integrity evidence

For [UEI], retrieve the current SAM.gov registration status and exclusions, then request the separately available entity integrity information. Report the source, retrieval date, entity match, and any access restrictions or missing records. Present the evidence and unresolved gaps without making a responsibility determination.

Required MCPs: SAM.gov

How far back they go

Research [COMPANY]'s historical contract awards in SAM.gov for [START FY] through [END FY], in manageable fiscal-year ranges supported by the server. Use a confirmed entity identifier where the tool permits it. Show the earliest returned award, counts by period, and query coverage. Separate unsupported date ranges, empty responses, and sparse reporting; do not treat the earliest returned record as the company's first-ever federal award.

Required MCPs: SAM.gov

Build a teaming shortlist

Build a teaming shortlist from active SAM.gov registrants in [STATE] with NAICS [NAICS] anywhere on their records and [SOCIOECONOMIC STATUS]. Use the server's appropriate business-type or SBA-certification filter. Report the total count and returned page size, paginate within the agreed scope, and deduplicate by UEI. Show each firm's name, UEI, relevant NAICS, registration expiration, and returned certification status and dates. Flag missing evidence and explain search coverage.

Required MCPs: SAM.gov

Understand a market

Keep fiscal years, amount fields, and geography consistent when comparing spending.

Who an agency pays under your code

Show [AGENCY]'s USAspending contract obligations under NAICS [NAICS] for the most recently completed fiscal year. State the exact fiscal-year dates, show the available sub-agency breakdown, and list the top ten recipients. Distinguish a single returned category from complete organizational detail and identify any source or filter limitations.

Required MCPs: USAspending

Where the work is, by state

Show federal contract obligations under NAICS [NAICS] by place-of-performance state for the most recently completed fiscal year. State the exact period and geography basis, sort the states by amount, and separate unknown locations. Do not describe recipient headquarters spending as the location where work is performed.

Required MCPs: USAspending

An agency's set-aside share

Estimate the share of [AGENCY]'s contract obligations under NAICS [NAICS] associated with small-business set-aside codes over the last two years. Use matching periods and award filters for numerator and denominator, list the codes included, and show the calculation. Keep unknown classifications separate where the source allows. Explain that set-aside coding is not the same measure as all awards to small businesses.

Required MCPs: USAspending

The five-year trend

Show [AGENCY]'s USAspending contract obligations under NAICS [NAICS] for the last five completed fiscal years. Give the exact fiscal years, amounts, year-over-year changes, and a short explanation of the trend. Keep any current partial fiscal year separate. Treat past obligations as market context rather than a forecast of future opportunities.

Required MCPs: USAspending

The big vehicles

Identify large IDVs under NAICS [NAICS] in USAspending, stating the amount field and period used for ranking. For the vehicle I select, retrieve its detail and linked child awards. Use additional searches only when their relationship to the vehicle can be supported. Report missing links or incomplete coverage; do not conclude that an active vehicle has no orders solely from an empty response.

Required MCPs: USAspending

Find the right codes

Use source references for NAICS, PSC, and size-standard research.

Find your NAICS

What NAICS code covers [PLAIN-ENGLISH BUSINESS ACTIVITY]? Give me the code and the closest alternates so I do not file under the wrong one.

Required MCPs: USAspending

Retrieve the size standard

Use the eCFR MCP to retrieve the currently available size-standard table in 13 CFR 121.201 for NAICS [CODE]. Return the matching industry, dollar or employee threshold, and relevant exceptions or footnotes, with the source date and citation. If the table, row, or notes cannot be retrieved completely, state that limitation and do not supply a threshold from memory.

Required MCPs: eCFR

Find your PSC

What PSC codes cover [PLAIN-ENGLISH SERVICE]? Give me the codes and official names so I can search with them.

Required MCPs: USAspending

Decode a PSC

Use the available PSC reference tools to retrieve PSC [CODE], its official description, and related categories. Report active or retired status only if the returned reference explicitly provides it. If status or a detailed definition is unavailable, identify that gap instead of inferring it from a missing search result.

Required MCPs: USAspending

Codes to opportunities, one chain

Find the PSC code for [PLAIN-ENGLISH SERVICE], then search SAM.gov opportunities under that exact code with a response deadline still open. Codes first, opportunities second, one chain.

Required MCPs: SAM.gov + USAspending

Compare labor rates

CALC+ rates are awarded ceilings. Compare like categories and disclose differences.

Find the right labor category title

I do not know GSA's exact labor category title for [ROLE]. Show me the closest matching titles with how many rate records each carries, so I search the right string.

Required MCPs: GSA CALC+

The rate distribution

Show CALC+ ceiling-rate distributions for labor-category titles matching [LABOR CATEGORY]. Identify the exact titles, filters, record count, and available percentile or summary statistics. Compare relevant education and experience groups using supported filters. Explain whether results combine multiple titles, and do not present calculated precision beyond what the source supports.

Required MCPs: GSA CALC+

A company's rate card

Pull [COMPANY]'s GSA rate card and every row whose labor category contains [KEYWORD]. Ask for the total category count and page through until you have every row; the card reports which rows came back and whether more remain. There is no server-side vendor-plus-keyword search, so the keyword screen happens on the rows you fetched.

Required MCPs: GSA CALC+

Where does this rate sit?

Position \$[RATE]/hr for [LABOR CATEGORY] against relevant awarded CALC+ ceiling-rate distributions. Show the comparison set, percentile band, geography, education and experience differences, and data limitations. Do not call the rate defensible, reasonable, fair, or acceptable; leave that determination to the authorized official.

Required MCPs: GSA CALC+

Research wages

BLS wages describe a labor-market input. Show the occupation, location, and data year.

What the labor earns

Use BLS OEWS to find median and 75th-percentile annual wages for [OCCUPATION] in [METRO AREA]. Confirm the available data year, SOC code, and geographic match first. Report missing, suppressed, or unavailable figures explicitly, along with the source period; do not silently substitute a different year or location.

Required MCPs: BLS OEWS

Metro versus metro

Compare wages for [OCCUPATION] across [METRO 1] and [METRO 2], then pull the national median separately as the baseline. I am deciding where a position can realistically be staffed.

Required MCPs: BLS OEWS

Raw wage, your burden math

Give me the raw BLS wage for [OCCUPATION] in [METRO], median and 10th and 90th percentile, current data year, with no loaded-rate estimate attached. The burden math is mine.

Required MCPs: BLS OEWS

Market floor against awarded ceiling

Compare the BLS OEWS wage for [OCCUPATION] in [METRO] with CALC+ ceiling rates for a closely matched labor category. Keep raw wages and fully burdened ceiling rates distinct. If showing a burdened-wage scenario, use [BURDEN MULTIPLIER] or ask me to supply it, and show the formula. Explain occupation, experience, geography, and pricing-basis differences.

Required MCPs: GSA CALC+ + BLS OEWS

The whole staffing picture

Compare median wages for [OCCUPATION 1], [OCCUPATION 2], and [OCCUPATION 3] side by side in [METRO]. I am pricing a mixed labor category task order and want the whole staffing picture in one table, not separate lookups.

Required MCPs: BLS OEWS

Estimate travel

Name the location and travel dates before using lodging or M&IE rates.

Lodging and M&IE

Retrieve GSA lodging and M&IE rates for [CITY, STATE] in [FISCAL YEAR]. Show seasonal lodging changes, the matched locality, and the rate period. Identify an unmatched or fallback locality clearly before using the rates in an estimate.

Required MCPs: GSA Per Diem

Price a trip

Estimate per-traveler lodging and M&IE for [N] nights in [CITY, STATE] during [MONTH, YEAR]. Use the matching fiscal-year rates, identify the locality, show the daily components, and apply the tool's first/last-day M&IE treatment explicitly. State the assumed travel days and exclude airfare and other expenses unless separately supplied. Ask for a date if it is missing instead of silently pricing another season.

Required MCPs: GSA Per Diem

The ZIP fallback

Look up GSA per diem for ZIP [ZIP] in [FISCAL YEAR]. Report the locality actually returned, lodging seasonality, and M&IE. If the ZIP lookup also falls back or fails to match, keep that uncertainty visible rather than treating the location as confirmed.

Required MCPs: GSA Per Diem

Read the regulations

Retrieve the relevant codified text and its source date; check completeness before quoting.

The FAR as it reads today

Retrieve FAR [CITATION] using the eCFR MCP's latest available Title 48 date. Quote the relevant text and provide the citation and source date. Inspect its version history and compare relevant revisions before calling a change substantive; distinguish publication, amendment, effective, and retrieval dates when the source supplies them.

Required MCPs: eCFR

What changed in a FAR part

Find sections in FAR Part [PART] with eCFR version changes in the last year, then compare before and after section by section for the changes relevant to [TOPIC]. State the dates used and distinguish substantive wording changes from editorial or structural changes. Identify incomplete comparisons rather than claiming the entire part was reviewed.

Required MCPs: eCFR

Chase a FAR definition

Find the FAR definition of [TERM] using the eCFR MCP. Retrieve the relevant section or complete matching definition, including numbered subparagraphs and exceptions. Give the citation and source date. If a large section such as FAR 2.101 is truncated, identify the missing portion and do not present a partial definition as complete.

Required MCPs: eCFR

Follow published changes

Separate direct rulemaking documents from related mentions and background notices.

What's moving on a topic

Search Federal Register documents on [TOPIC] from the last 6 months across all document types, ordered by relevance; the live items are often notices and RFIs, not just proposed rules. For anything with an open comment period, give me the deadline.

Required MCPs: Federal Register

Which agencies are moving

Count Federal Register documents on [TOPIC] by agency for the last twelve months using the available facet tools. State the date range, search terms, document types, and returned counts. Use the result to choose which agencies to examine next; a count alone does not indicate the significance of a policy change.

Required MCPs: Federal Register

Track a FAR case

Trace FAR Case [NUMBER] through Federal Register documents in date order. Separate documents directly addressing the case from Unified Agenda entries or other notices that merely mention it. Show proposed, final, withdrawn, and effective-date information only where supported, with source links and any gaps in the retrieved history.

Required MCPs: Federal Register

Explore dockets and comments

Make the docket, deadline, sample, and supporting documents clear.

Open for comment right now

What is open for comment right now on [TOPIC]? Use the Federal Register's open comment periods with a term filter for this one; the Regulations.gov version filters by agency only. Give me the docket ID, or the document number when a notice carries no docket, and the closing date.

Required MCPs: Federal Register

The real FAR and DFARS pipeline

Find FAR and DFARS proposed rules with open comment periods using the Regulations.gov MCP's available agency and document filters. Check the relevant FAR and DARS agency codes, then distinguish actual proposed rule changes from routine information-collection notices. Return the docket or document ID, title, closing date, source link, and any filter or coverage limitations.

Required MCPs: Regulations.gov

Who's lobbying a docket

For docket [DOCKET ID], search Regulations.gov comments for organizational submitters, including terms such as association, chamber, coalition, or institute. Retrieve details and attachment references for the relevant matches. Summarize each identified organization's position with citations, distinguish names from verified affiliations, and explain the selection method. Do not treat this keyword sample as all comments or a measure of consensus.

Required MCPs: Regulations.gov

FAR Overhaul and deviations

Keep codified text, FAR Overhaul model text, and agency deviations separate, with source dates.

Find the model text and the agency's posted deviation

Use the Acquisition.gov MCP to retrieve the FAR Overhaul model text for FAR Part [PART] and find posted deviations for [AGENCY] and that part. Retrieve the relevant indexed deviation documents. Report source links, retrieval dates, and any stated effective dates or applicability language, with PDF page references. Keep the model text separate from the agency's documented action, and clearly identify missing or conflicting evidence. Do not decide which rule governs my procurement.

Required MCPs: Acquisition.gov

Compare codified text, model text, and an agency deviation

Compare the current codified text for FAR [CITATION] using eCFR with the relevant FAR Overhaul model part and [AGENCY]'s posted deviation using Acquisition.gov. Show the three sources separately, cite exact sections or PDF pages, and explain the differences. Include retrieval dates and document-stated dates. Do not treat model text as agency adoption or infer applicability from a filename.

Required MCPs: eCFR + Acquisition.gov