

**STARTING SEQUENCE WORKSHEET**

Date \_\_\_\_\_

 'U' Class flag: Multihull Lakes / Avila Cup	 'D' Class flag: Monohull lakes / PSL Small Boat Cup
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Race # \_\_\_\_\_ Course Number \_\_\_\_\_ Location \_\_\_\_\_

TIME	MINUTES BEFORE START	FLAGS	HORN SIGNAL	COURSE
T-1 =	6 Minutes	No Flag	Multiple Blast	
T <sub>IME</sub> =	5 Minutes	<b>D or U</b> Warning Flag Up ↑	Single Blast	Course # ↑
T+1 =	4 Minutes	<b>Yellow</b> Preparatory Flag Up ↑	Single Blast	
T+4 =	1 Minute	<b>Yellow</b> Preparatory Flag Down ↓	Single Long Blast	
T+5 =	Start	<b>D or U</b> Warning Flag Down ↓	Single Blast	

Race # \_\_\_\_\_ Course Number \_\_\_\_\_

TIME	MINUTES BEFORE START	FLAGS	HORN SIGNAL	COURSE
T-1 =	6 Minutes	No Flag	Multiple Blast	
T <sub>IME</sub> =	5 Minutes	<b>D or U</b> Warning Flag Up ↑	Single Blast	Course # ↑
T+1 =	4 Minutes	<b>Yellow</b> Preparatory Flag Up ↑	Single Blast	
T+4 =	1 Minute	<b>Yellow</b> Preparatory Flag Down ↓	Single Long Blast	
T+5 =	Start	<b>D or U</b> Warning Flag Down ↓	Single Blast	

Race # \_\_\_\_\_ Course Number \_\_\_\_\_

TIME	MINUTES BEFORE START	FLAGS	HORN SIGNAL	COURSE
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T+1 =	4 Minutes	<b>Yellow</b> Preparatory Flag Up ↑	Single Blast	
T+4 =	1 Minute	<b>Yellow</b> Preparatory Flag Down ↓	Single Long Blast	
T+5 =	Start	<b>D or U</b> Warning Flag Down ↓	Single Blast	

**Instructions:**

- Races normally start at 12:05. This requires the beginning of the 5 minute sequence (**D or U** flag up) at 12:00. Multiple horn blasts (Attention signal) are sounded 1 minute before the warning flag, e.g., at 11:59.
- Set the time for the Warning signal (**D or U** flag up) for subsequent races at an even 5 minute increment. For example, a Warning Flag at 05, 10, or 25 min after the hour, would have a corresponding START time (**D or U** flag down) at 10, 15, or 30 minutes after the hour. Multiple horn blasts (Attention signal) are sounded 1 minute before the Warning Flag at 04, 09, or 24 for the previous example.
- Enter times in the first column before each race to facilitate start sequence timing. For example, for a 12:05 race START:  
**T-1 = 11:59; Time = 12:00; T+1 = 12:01; T+4 = 12:04; T+5 = 12:05**