$QMSC\ Sunday\ Club\ Racing-Frostbite\ Series\ 2022-3\ \ -\ 3\ Minute\ Start\ Sequence,\ 2\ Starts$

Actual Time	Elapsed Time	Flags	Action	Signal	Sound	Start
		Committee Boat end of Start Line				
	-5	Synchronise				
	-4	AP Down	↓		+1	
	-3	No. 3 & Def. 3 Up	1	3	+1	
	-2	P (or U) Up	1	or	+1	
	-1	P (or U) Down	↓	or	+1	
	0	No. 3 & Def. 3 Down	\	3	+1	W/L, Fast / Slow
		ILCA Up	↑	ILCA.		
	+1	P (or U) Up	1	or	+1	
	+2	P (or U) Down	1	or	+1	
	+3	ILCA Down	↓	ILCA.	+1	ILCA