

GNS Starting Sequence (Zero Time)

| TIME | FLAGS | | | SOUND | SIGNAL | NOTES |
|-------|-----------|---------|--|-------|---|---|
| 00:00 | PINK ↑ | | | | PHRF I warning signal | PINK goes up. |
| 00:01 | PINK | | | | PHRF I preparatory signal | Blue Peter goes up. |
| 00:04 | PINK | | | | PHRF one minute | Blue Peter comes down. |
| 00:05 | PINK ↓ * | GREEN ↑ | | | - PHRH I start - PHRF III warning | PINK comes down. GREEN goes up. |
| 00:06 | | GREEN | | | PHRF III preparatory signal | Blue Peter goes up with sound signal. |
| 00:09 | | GREEN | | | PHRF III one minute | Blue Peter comes down with sound signal. |
| 00:10 | GREEN ↓ * | BLUE ↑ | | | - PHRF III start - Fireball warning | GREEN comes down. BLUE goes up with sound signal. |
| 00:11 | | BLUE | | | Fireball preparatory signal | Blue Peter goes up with sound signal. |
| 00:14 | | BLUE | | | Fireball one minute. | Blue Peter down with sound signal. |
| 00:15 | BLUE ↓ * | WHITE ↑ | | | - Fireball start - Whitesail warning | BLUE comes down. WHITE goes up with sound signal. |
| 00:16 | WHITE | | | | Whitesail prep signal | Blue Peter goes up with sound signal. |
| 00:19 | WHITE | | | | Whitesail one minute | Blue Peter down with sound signal. |
| 00:20 | WHITE ↓ * | ** | | | -Whitesail | WHITE down. |

* Individual recall flag MUST be accompanied by an immediate sound signal.

** If there were any general recalls, the flag for that fleet would go up at this time and appropriate sequence followed.