RRS 26 Starting Sequence

### Without Starting Penalties

**Warning**
- -5 minutes

**Preparatory**
- -4 minutes

**1 Minute**
- -1 minute

**Start**
- 0 minutes

**Warning**
- with SOUND

**Preparatory**
- with SOUND

**1 Minute**
- with LONG SOUND

**Start**
- with SOUND

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RRS 26 Starting Sequence

### With Starting Penalties

**Warning**
- -5 minutes

**Preparatory**
- -4 minutes

**1 Minute**
- -1 minute

**Start**
- 0 minutes

**Warning**
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**Preparatory**
- with SOUND

**1 Minute**
- with LONG SOUND

**Start**
- with SOUND

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