Use the seconds on a watch; if 30 or more, subtract 30. Black's position is the mirror image.

E1 0



E7 1



B1 2



C1 3



D1 4



E2 5



A2 6



B2 7



C2 8



D2 9



E3 10



A3 11



B3 12



C3 13



D3 14



E4 15



A4 16



B4 17



C4 18



D4 19



E5 20



A5 21



B5 22



C5 23



D5 24



E6 25



A6 26



B6 27



C6 28



D6 29



All positions following rules: (1) The king is on e1. (2) The queen is left of the king. (3) The rooks are on opposite sides of the king. (4) The bishops are on opposite-colored squares. (5) All pawns are defended. (6) It is not the standard opening position.