

# RUN SUP RUN COURSE

**SCHEDULE**  
Sunday 8AM - 9AM

**BEACH  
RUN  
START**

**BOARD  
STAGING  
AREA**

**FINISH**

**SUP COURSE**  
ALL SUPs need to stay within this zone at all times.

**TO FINISH LINE**

## Map key



H2O - water



Gatorade



Refreshments



Medical Aid



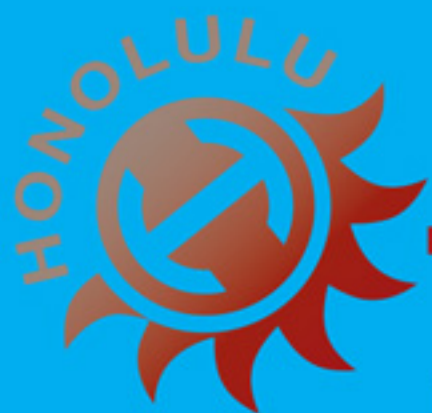
Restrooms

**Timing Mat**

(Athletes must cross ALL  
timing mats including  
mid-course timing mats)



**Finisher  
Medal**



**CVSTOS**

THE TIME KEEPER

**TRIATHLON**

International Festival of Sports