NEW IN 2019: Programming Focused on the Basic Science of Exercise in Regenerative Medicine

Highlighted Programming of Interest to Clinicians

www.acsmanualmeeting.org
Science. Discovery. Answers.

With rich, diverse clinical programming, ACSM’s Annual Meeting offers learning opportunities for clinicians of all types and experience levels. Attendees may choose from more than 100 talks on clinically based topics, innovative hands-on workshops and case presentations spanning a wide range of diagnoses. These sessions feature clinicians and research scientists, which provides a robust learning experience and exchange of ideas that you can’t get anywhere else!

Be Sure to Attend These Highlighted Lectures

**The Joseph B. Wolfe Memorial Lecture**
Wed., May 27, 8:00-9:15 a.m.
When Diabetes, Depression, and Cancer Collide: The Benefits that Physical Activity can Provide
Mary de Groot, Ph.D.
Indiana University School of Medicine

**The D.B. Dill Historical Lecture**
Fri., May 29, 8:00-9:15 a.m.
The Intersection of Optimizing Human Health, Performance and Longevity: Clinical Sports Nutrition
Nancy R. Rodriguez, Ph.D., R.D.N., FACSM
University of Connecticut

**Integrative Plenary Lecture**
Thurs., May 28, 8:00-9:15 a.m.
Tribute to Barbara Drinkwater, Ph.D, FACSM – The Female Athlete Triad and Her Contribution to Women’s Health
Rosemary Agostini, M.D., FACSM
Kaiser Permanente Washington
Mimi Johnson, M.D., FACSM
University of Washington
Anne B. Loucks, Ph.D., FACSM
Ohio University

**Morris/Paffenbarger Exercise is Medicine® Keynote**
Tue., May 26, 5:30-6:30 p.m.
Exercise or Drugs: What is the Evidence?
John Ioannidis, M.D.
Stanford University

**President’s Lecture**
Thurs., May 28, 12:30-1:20 p.m.
First in Friendship, Fourth in Obesity: Solving Complex Health Challenges through Parks and Recreation Partnerships
Sarah Armstrong, M.D.
Duke University

**President’s Lecture**
Thurs., May 28, 12:30-1:20 p.m.
50 Years of Sports Medicine and the Anterior Cruciate Ligament
John Bergfeld, M.D., FACSM
Cleveland Clinic Foundation

**President’s Lecture**
Sat., May 30, 11:15 a.m.-12:05 p.m.
Leadership Matters - An Outlier’s Accidental Journey from Coach to PI to Chancellor
Timothy White, Ph.D., FACSM
The California State University

**President’s Lecture**
Sat., May 30, 11:15 a.m.-12:05 p.m.
Overcoming Disparities in Physical Activity: We Need to Dig Deeper
Melicia Whitt-Glover, Ph.D., FACSM
Gramercy Research Group
Exchange Lectures

**John R. Sutton Clinical Lecture**
Fri., May 29, 1:00-1:50 p.m.
About the Sequence of Prevention, Ankle Injuries and Beyond
Willem van Mechelen, M.D., Ph.D., FACSM
Amsterdam University Medical Centers, location Vumc

**Elsworth R. Buskirk Tutorial Lecture**
Thur., May 28, 10:40-11:30 a.m.
Standing up for Sports Nutrition in the Age of Scienciness
Louise M. Burke, Ph.D., FACSM
Australian Institute of Sport

**Priscilla M. Clarkson Tutorial Lecture**
Fri., May 29, 2:10-3:00 p.m.
Rhabdomyolysis: Could this Athlete have a Metabolic Myopathy or Did they Just Push a Bit Too Hard?
Mark Tarnopolsky, M.D.
McMaster University Medical Center

**Wed. 1:00–1:50 p.m.**
Marc R. Safran, M.D.
Stanford University

**Thurs. 10:40–11:30 a.m.**
American Medical Society for Sports Medicine Exchange Lecture - Economics of Exercise
Chad T. Carlson, M.D., FACSM
Stadia Sports Medicine

**Thurs. 2:40–3:30 p.m.**
National Athletic Trainers’ Association Exchange Lecture - Blood Biomarkers of Sport-Related Concussion
Breton Asken, Ph.D., ATC
University of California, San Francisco

**Fri. 9:30–10:20 a.m.**
American Psychological Association Exchange Lecture – The A.I.R. We Breathe: Advocacy, Inclusion, Representation and the Importance of Attending to Cultural Diversity in the World of Sport
Kensa K. Gunter, Psy.D.
Gunter Psychological Services

**Fri. 1:00–1:50 p.m.**
European College of Sport Science Exchange Lecture – Exercise and Health: Molecular Aspects
Scott K. Powers, Ph.D., FACSM, University of Florida
Bente Klarlund Pedersen, M.D.
Rigshospitalet and University of Copenhagen
### Clinical Themes and Programming of Interest to Clinicians

#### Hot Topics

##### Mental Health

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Thurs</td>
<td>2:40-3:30 p.m.</td>
<td>D-29: Clinical Workshop: Get Up – Creating Mental Resiliency in Athletes</td>
<td>Caroline Silby, Alexander B. Cohen, Mariah Bell</td>
</tr>
<tr>
<td>Fri</td>
<td>9:30-11:30 a.m.</td>
<td>E-05: Symposium: The Weight of Gold: Challenging the Stigma Around Athlete Mental Health</td>
<td>Cheri Blauwet, FACSM, Brian Hainline, FACSM, Margot Putukian, FACSM, Leslie Swartz, Margo Mountjoy, FACSM</td>
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##### Update On Concussion

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<tr>
<td>Thurs</td>
<td>3:45-4:35 p.m.</td>
<td>D-50: Clinical Workshop: Dual-Task Paradigms for Concussion Management: Translation from the Laboratory to Clinical Implementation</td>
<td>David R. Howell, Julie C. Wilson</td>
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##### Preparticipation Evaluation/Periodic Health Exam

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>Wed</td>
<td>1:00-3:00 p.m.</td>
<td>B-06: Symposium: The PPE: Can We Please Start Over?</td>
<td>Jonathan Drezner, Kimberly Harmon, FACSM, Irfan Asif, Cindy Chang, FACSM</td>
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##### Clinical Decision Making/Injury Prevention

<table>
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<tr>
<td>Thurs</td>
<td>1:30-3:30 p.m.</td>
<td>D-09: Symposium: The International Olympic Committee Consensus on Injury + Illness Surveillance</td>
<td>Margot Mountjoy, FACSM, Steve Marshall, Wayne Derman, FACSM, Carolyn Emery</td>
</tr>
</tbody>
</table>
### Professional Development/Practice Management

**Tue. 2:10-3:00 p.m.**  
**A-04:** Exercise is Medicine® - Colloquium: Lessons from Implementing Exercise is Medicine in Primary Care  
*Cindy Lin, FACSM, Nicole Gentile*

**Fri. 3:15-5:15 p.m.**  
**F-28:** Symposium: CAQ Review Session (Part 2)  
*Kevin R. Vincent, FACSM, Heather K. Vincent, FACSM, Jason Pothast, Melissa A. Novak, Andrew H. Gordon*

**Wed. 9:30-10:20 a.m.**  
*Samantha E. Scarneo-Miller, Douglas J. Casa, FACSM*

**Fri. 4:25-5:15 p.m.**  
**F-52:** Clinical Workshop: Training is Over – Now What? Practical Management Pearls for the Trainee in Musculoskeletal and Sports Medicine  
*Jason L. Zaremski, FACSM, Melody Hrubes, William Mosi Jones, Kathryn Ackerman, FACSM, William W. Dexter, FACSM*

**Wed. 3:15-5:15 p.m.**  
**B-42:** Exercise is Medicine® - Symposium: Breaking Down Silos: A Multi-Sectoral Perspective Toward Integrating Exercise into Clinical Care  
*Rachele Pojednic, Mary A. Kennedy, Amy Bantham, Edward M. Phillips, Alexandra Frith*

**Sat. 9:00-11:00 a.m.**  
**G-15:** Symposium: Prevention of Abuse and Harassment in Sport: How to Safeguard the Athletes’ Mental and Physical Health  
*Margo Mountjoy, FACSM, Toomas Timpka, Paolo Emilio Adami*

**Wed. 4:25-5:15 p.m.**  
**B-62:** Exercise is Medicine® - Colloquium: OSUWMC-EIM Program Development and Expansion into the Community Setting  
*Jodi L. Kuri, Allan Sommer, Michael Jonesco*

**Thurs. 3:45-5:45 p.m.**  
**D-34:** Symposium: CAQ Review Session (Part 1)  
*Jason L. Zaremski, FACSM, Katherine Rizzone, Cindy J. Chang, FACSM, Andrea Stracciolini, FACSM, Adam Tendorde, FACSM*

**Fri. 3:15-5:15 p.m.**  
**F-28:** Symposium: CAQ Review Session (Part 2)  
*Kevin R. Vincent, FACSM, Heather K. Vincent, FACSM, Jason Pothast, Melissa A. Novak, Andrew H. Gordon*

**Sat. 9:00-11:00 a.m.**  
**G-18:** Symposium: ACSM Journals Year in Review: Never a Better Time to Publish with ACSM  
*Jeffrey A. Potteiger, FACSM, L. Bruce Gladden, FACSM, John B. Bartholomew, FACSM, Roger Enoka, Shawn F. Kane, FACSM, Brad A. Roy, FACSM*

### Hot Topics

#### Athlete Abuse and Harassment

**Sat. 9:00-11:00 a.m.**  
**G-15:** Symposium: Prevention of Abuse and Harassment in Sport: How to Safeguard the Athletes’ Mental and Physical Health  
*Margo Mountjoy, FACSM, Toomas Timpka, Mike Hartill, Paolo Emilio Adami*

#### Disorders of Sexual Development

**Sat. 9:00-11:00 a.m.**  
**G-13:** Symposium: Eligibility of Individuals with a Difference of Sex Development (DSD) in Elite Female Sports  
*Aaron Baggish, FACSM, NiCole Keith, FACSM, Richard Joseph Auchus, Benjamin D. Levine, Stéphane Bermon, Doriane Lambelet Coleman*
### Transgender
**Fri. 2:10-3:00 p.m.**
F-21: Tutorial: Transgender Athletes: Care, Conundrums, and Controversy
*Kathryn Ackerman, FACSM, Joanna Harper*

### HIIT
**Tue. 1:00-3:00 p.m.**
A-01: Exercise is Medicine®-Symposium: High-Intensity Interval Training in Health and Disease: New Insights and Emerging Perspectives
*Martin Gibala, Maureen MacDonald, Jonathan Little, FACSM, Trine Mobolds, Jennifer Heisz*

**Sat. 8:00-8:50 a.m.**
G-04: Tutorial: “HIIT”ing the Mark: Translating the Science of High Intensity Interval Training
*Rachele Pojednic, Hallie Labrador, Carrie A. Jaworski, FACSM*

### OTHER
**Sat. 8:00-8:50 a.m.**
G-08: Clinical Workshop: Cannabis in 2020: What Does the Evidence Show?
*Jeff G. Konin, FACSM*

### Musculoskeletal Topics
### General
**Sat. 10:10-11:00 a.m.**
G-30: Clinical Workshop:
Orthobiologics and the Role of Exercise
*Michael Baria, James Onate*

### Spine
**Wed. 4:25-5:15 p.m.**
B-60: Clinical Workshop: We’ve Got Your Back: The Biomechanics of Spine Injury in Performing Artists
*Holly J. Benjamin, FACSM, Gina Pongetti Angeletti*

**Sat. 9:00-9:50 a.m.**
*Benjamin A. Hasan, Aaron D. Lee*

**Sat. 10:10-11:00 a.m.**
G-29: Clinical Workshop:
ACSM/NASS Colloquium: Why Does My Arm Hurt and Tingle? Differentiating Cervical Radiculopathy From Other Causes
*Stanley A. Herring, FACSM, Christopher W. McMullen*

### Shoulder
**Fri. 4:25-5:15 p.m.**
F-51: Clinical Workshop: Evidence Based Shoulder Exam and Shoulder Ultrasound
*Alicia K. Tucker, Thomas Trojan, FACSM*
## Musculoskeletal Topics (continued)

### Elbow, Hand, Wrist

**Wed. 2:10-3:00 p.m.**  
**B-30:** Clinical Workshop: Management of Acute Sports-Related Finger, Hand and Wrist Injuries and Fractures  
*Mark F. Riederer, Rebecca Northway, Keri L. Denay, FACSM*

### Hip, Pelvis, Thigh

**Wed. 9:30-10:20 a.m.**  
**A-31:** Clinical Workshop: Management of Acute Sports-Related Lower Extremity and Pelvic Dislocations and Tendon Injuries  
*Jack Spittler, Mark Riederer, Morteza Khoode, FACSM*

**Fri. 10:40-11:30 a.m.**  
**E-21:** Tutorial: Hip-related Pain: Where are We Now? An Update from the 1st International Hip Pain Research Network Consensus Meeting  
*Andrea B. Mosler, Cara L. Lewis*

### Knee

**Wed. 1:00-1:50 p.m.**  
**B-23:** Clinical Workshop: Examination of the Knee  
*Scott A. Magnes, FACSM, Mark R. Hutchinson, FACSM*

**Fri. 3:15-4:05 p.m.**  
**F-45:** Clinical Workshop: Functional Evaluation of the Hip and Pelvis  
*Peter H. Seidenberg, FACSM, Jeffrey Wisinski*

### Leg

**Wed. 10:40-11:30 a.m.**  
**A-37:** Clinical Workshop: Update on Exertional Leg Pain in the Athlete  
*Robert Wilder, FACSM, David Hryvnia*

**Fri. 9:30-10:20 a.m.**  
**E-17:** Tutorial: Lower Limb Stress Injuries – Comparing Tension and Compression  
*Geoffrey Verrall*

### Foot and Ankle

**Thurs. 9:30-10:20 a.m.**  
**C-21:** Clinical Workshop: Sesamoidal Injuries: It’s Not Just a Turf Toe  
*Jeffrey A. Ross, FACSM, Timothy Dutra, FACSM*

### Tendons, Ligaments, Cartilage

**Thurs. 9:30-11:30 a.m.**  
**C-06:** Symposium: Meniscus Update: New Research Models and Clinical Update  
*Kentaro Onishi, S. Joshua Szabo, Freddie H. Fu, Jacob H. Reisner*

**Thurs. 1:30-3:30 p.m.**  
**D-05:** Symposium: Current Update in Acute and Chronic Tendinopathy  
*Alex McDonald, Thomas Best, FACSM, Melody Hrubes, Mark Hutchinson, FACSM*

**Thurs. 4:55-5:45 p.m.**  
**D-53:** Colloquium: Current Evidence and Future Directions in Treatment of Post-Traumatic Osteoarthritis of the Knee  
*Mark R. Hutchinson, FACSM, Virginia Kraus*
**Bone**

**Fri. 10:40–11:30 a.m.** E-23: Clinical Workshop: Endocrine Cases  
*Kathryn E. Ackerman, FACSM*

**Fri. 3:15–4:05 p.m.** F-46: Clinical Workshop: Ultrasound Diagnosis of Bone Stress Injuries in the Lower Extremity  
*Micahel Fredericson, FACSM, Isaac Syrop*

**Medical Topics**

**Recent Advances in Cardiology**

**Wed. 3:15–4:05 p.m.** B-56: Clinical Workshop: ECG Interpretation in Athletes: The International Criteria  
*Jonathan Drezner*

**Fri. 10:40–11:30 a.m.** E-20: Tutorial: Exercise, Sports and Arrhythmias  
*Benjamin D. Levine, FACSM, Adrian Elliott*

**Thurs. 3:45–5:45 p.m.** D-35: Symposium: Hypertension in College Athletes: ACSM Presidential Subcommittee on Post-competitive Athletic Health  
*Jonathan Drezner, Brian Hainline, FACSM, Aaron Baggish, FACSM, Nancy J. Gitter*

**Endocrine and Metabolism**

**Fri. 10:40–11:30 a.m.** E-23: Clinical Workshop: Endocrine Cases  
*Kathryn E. Ackerman, FACSM*

**Hematology**

**Thurs. 9:30–10:20 a.m.** C-19: Tutorial: Sickle Cell Trait in Athletes: What We Know, What We Don’t Know, and Where We Go from Here  
*Francis G. O’Connor, FACSM*

**Neurology**

**Fri. 2:10–3:00 p.m.** F-25: Clinical Workshop: Zebras Within the Herd: When Nerve Pain Presents like a Musculoskeletal Complaint – Part 2 (A Continuation from Part 1 at 2019 Annual Meeting)  
*Adam Susmarski, Adam Lewno, Yao-wen Elliot Hu*

**Nutrition and Supplements**

**Thurs. 3:45–4:35 p.m.** D-48: Tutorial: New Considerations to Combat Iron Deficiency in Athletes  
*Louise M. Burke, FACSM, Nanci S. Guest, Alannah K.A. McKay*

**Sat. 8:00–8:50 a.m.** G-01: Tutorial: A Multi-disciplinary Approach to Optimize Energy Availability of a Women’s 7s Squad Preparing for Tokyo 2020  
*Dane Baker, Stacy T. Sims, Katherine E. Black*
### Oncology

**Thurs. 1:30-2:20 p.m.**

**D-25:** Clinical Workshop: Competing with Cancer: Athletes Share Their Stories  
*Liz O'Riordan, Susan P. Helmrich*

### Sport Specific Advances

**Thurs. 1:30-3:30 p.m.**

**D-07:** Symposium: The Crossover Athlete: Historical and Ethical Considerations When Athletes with Impairments Compete with Able-Bodied Athletes  
*Stuart Willick, Cheri Blauweist, FACSM, Osnat Fliess Douer, Cindy Chang, FACSM*

### Running and Endurance

**Wed. 3:15-5:15 p.m.**

**B-41:** Symposium: Ultra-Endurance Sports, Clinical Consequences and Associated Risks: Practical Implications for Safe Participation  
*Aaron Baggish, FACSM, Valerie Bougault, Brendan McDermott, FACSM, Stephane Bermon*

**Thurs. 1:30-2:20 p.m.**

**D-26:** Tutorial: Youth Running: An Evidence Based Approach to Preventing Injury  
*Brian Krabak, FACSM, Mitchell J. Rauh, FACSM, William Roberts, FACSM, Adam Tenforde, FACSM*

**Fri. 2:10-3:00 p.m.**

**F-24:** Clinical Workshop: The Clinical and Functional Examination of the Running Athlete  
*David Hyrvniak, Robert Wilder, FACSM, Siobhan Statuta*

### Throwing Athlete

**Wed. 3:15-5:15 p.m.**

**B-40:** Symposium: The Throwing Athlete, Current Clinical Recommendations for Managing Injuries and the Impact of Youth Sport Specialization  
*Thomas Best, FACSM, Carolyn M. Kienstra, Lee David Kaplan, Luis Feingnaum, Stephen Henry*
## Special Populations

### The Pediatric Athlete

**Wed. 2:10-3:00 p.m.**  
**B-26:** American Academy of Pediatrics Exchange Lecture - Kids and Extreme Sports: The Good, The Bad and The Ugly  
*Rebecca A. Demorest*

**Wed. 3:15-5:15 p.m.**  
**B-39:** Symposium: The Pediatric Athlete in the 21st Century from Injury to Prevention  
*Andrea Stracciolini, FACSM, Mary Lloyd Ireland, FACSM, Angela Smith, FACSM, Avery Faigenbaum, FACSM, Lyle Micheli, FACSM*

**Wed. 3:15-5:15 p.m.**  
**B-40:** Symposium: The Throwing Athlete, Current Clinical Recommendations for Managing Injuries and the Impact of Youth Sport Specialization  
*Thomas Best, FACSM, Carolyn M. Kienstra, Lee David Kaplan, Luis Feigenbaum, Stephen Henry*

**Thurs. 10:40-11:30 a.m.**  
**C-29:** Clinical Workshop: Becoming InterACTIVE: How Can We Help Children with Obesity ‘Move Well’ So They Can ‘Move More?’  
*Heather K. Vincent, FACSM, Margarita D. Tsiros, Sarah Shultz, Nancy Getchell*

### Disabled Athlete

**Thurs. 1:30-3:30 p.m.**  
**D-07:** Symposium: The Crossover Athlete: Historical and Ethnical Considerations When Athletes with Impairments Compete with Able-Bodied Athletes  
*Stuart Willick, FACSM, Cheri Blauwet, FACSM, Osnat Fliess Douer, Cindy Chang, FACSM*

### The Female Athlete

**Sat. 8:00-8:50 a.m.**  
**G-01:** Tutorial: A Multi-disciplinary Approach to Optimize Energy Availability of a Women’s 7s Squad Preparing for Tokyo 2020  
*Dane Baker, Stacy T. Sims, Katherine E. Black*

**Thurs. 3:45-4:35 p.m.**  
**D-52:** Tutorial: Pelvic Floor Health and Rehabilitation in Pregnancy and Post Birth  
*Stephanie K. Betts, Janet M. Shaw, FACSM, Kari Bo*

### Clinicians’ Reception with Poster Presentations

**Thurs., May 28, 6:00-7:00 p.m.**  
Network with top experts in your field at the clinical reception. The top 10 clinical abstracts and clinical case presentations have been selected for poster presentation during this event.
Housing and Registration

Meeting Hotels

ACSM has reserved blocks of rooms at several hotels near the Moscone Center West. Reserve online at www.acsmannualmeeting.org or call (888) 665-1367 (US Toll-free) or (801) 505-5258 (International). Rooms are available on a first-come, first-served basis until May 1, 2020, or until the block sells out, whichever comes first. The San Francisco Marriott Marquis is the headquarter hotel. Visit www.acsmannualmeeting.org for more hotel information.

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*Grand Hyatt has a mandatory $20 per night plus tax destination fee.

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<th>Registrations Fees</th>
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<td>Current ACSM Members (dues must be current at time of meeting)</td>
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Join ACSM now! (first time members) (fee includes ACSM membership and meeting registration fees)

| Professional                                            | $495                | $530                | $600                |
| Professional-in-Training                                | $360                | $395                | $465                |
| Student                                                 | $110                | $120                | $130                |

| Non-ACSM member                                         |                      |                     |                     |
| Non-member Professional                                 | $505                | $540                | $610                |
| Single day rate                                         | $185                | $185                | $185                |

Cancellation policy: Cancellations will be accepted if sent in writing to the ACSM National Center and postmarked or e-mailed to meeting@acsm.org by April 16, 2020. A service charge of $50 will be applied to all cancellations. Refunds will not be issued for cancellations made after April 16, 2020.

Travel: For assistance in making travel arrangements to San Francisco, consider using ACSM’s preferred travel agency, ALTOUR. To explore your travel options, email indycorp@altour.com
Mark Your Calendar for These Meeting Dates, Deadlines, and Discounts!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>February 2020</td>
<td>Abstract Submitters Receive Accept/Reject Notifications</td>
</tr>
<tr>
<td>March 19, 2020</td>
<td>First Early Registration Deadline – Best Value for New ACSM Members</td>
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<tr>
<td>March 2020</td>
<td>Advance Program Becomes Available</td>
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<tr>
<td>March 2, 2020</td>
<td>Sports Medicine Fellow Research and Clinical Case Abstract Deadline and Late-Breaking Abstract Deadline</td>
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<tr>
<td>April 16, 2020</td>
<td>Second Discount Registration Deadline</td>
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<td>May 1, 2020</td>
<td>Housing Deadline</td>
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<tr>
<td>May 19, 2020</td>
<td>Last Cut-off for Discounted Registration and Pre-registration Services End</td>
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<tr>
<td>May 26-30, 2020</td>
<td>67th American College of Sports Medicine Annual Meeting, 11th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise in Regenerative Medicine</td>
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<tr>
<td>June 22, 2020</td>
<td>2021 Annual Meeting Session Proposals Due</td>
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