ORGANIZER

INTERNATIONAL FEDERATION OF SPORTS MEDICINE

In collaboration with

SPORTS MEDICINE ASSOCIATION OF GREECE

UNDER THE AUSPICES

Hellenic Olympic Committee

AFFILIATION

International Olympic Academy

World Anti-Doping Agency
TABLE OF CONTENTS

Important Dates and Deadlines 6
Committees 7
Invited Speakers 11
Sports Medicine Main Topics 12
Programme at a glance 13
Registration Information 16
Abstract Submission Guidelines 17
General Information 20
The Venue 20
Accessibility 20
Athens Metro (current map) 21
Official Language 22
Visa Regulations for travelling to Greece 22
Accommodation 22
Congress Partners 24
### IMPORTANT DATES AND DEADLINES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Programme preview online</td>
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<tr>
<td>Online registration available - early registrations</td>
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<tr>
<td>Abstracts submission open</td>
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<tr>
<td><strong>14th October 2019</strong></td>
<td></td>
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<tr>
<td>Abstracts deadline</td>
<td><strong>31st March 2020</strong></td>
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<td>Notifications to authors</td>
<td><strong>30th April 2020</strong></td>
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<td>Deadline for early registration</td>
<td><strong>15th May 2020</strong></td>
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COMMITTEES

CONGRESS PRESIDENTS
Fabio Pigozzi, Italy
Konstantinos Natsis, Greece

HONORARY PRESIDENT
Norbert Bachl, Austria

HONORARY COMMITTEE
Konstantinos Christodoulakis, Cyprus
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Panagiotis Gigis, Greece
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Vassilis Klissouras, Greece
Pantelis Nikolaou, Greece
 Stergios Papastergiou, Greece
Charalambos Roussos, Greece

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Nikolaos Otsountzidis, Greece
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COMMITTEES

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William O. Roberts, USA
Maher Zahar, France

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Maurizio Casasco, Italy

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Lars Engebretsen, Norway (IOC)
Peter Van de Vliet, Belgium (IPC)
Alen Vernec, Canada (WADA)

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Jeroen Swart, South Africa
Michiko Dohi, Japan
Xie Minhao, China

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Wolfarth Bernd, Germany

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Chair: Demitri Constantinou, South Africa
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Bulent Ulkar, Turkey
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Mauricio Serrato, Colombia

Corresponding Members: Upul Madahapola, Sri Lanka
Marcelo Bichels Leitão, Brazil
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Chair: Christian Schneider, Germany

Members: Petra Zupet, Slovenia
Xavier Bigard, France

Corresponding Members: Gary Mak, Hong Kong

Antonio Fiore, Italy
Zhan Hui, China

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Chair: Maurizio Casasco, Italy

Members: Metin Ergun, Turkey
Daniel Arkader Kopiler, Brazil

Qassim I. Muaidi, Saudi Arabia
Theodora Papadopoulou, United Kingdom

Corresponding Members: Daniel Zarrillo, Uruguay

Joo Han Oh, Korea

SPORTS MEDICINE ASSOCIATION OF GREECE EXECUTIVE COMMITTEE

President: Simeon Galitsanos, Greece
1st Vise President: Konstantinos Natsis, Greece
2nd Vise President: Savvas Giakoumakis, Greece
Gen. Secretary: Christos Lyrtzis, Greece
Assist. Secretary: Markos Sgantzos, Greece
Treasuer: Matthaios Didaggelos, Greece
Library Supervisor: Nikolaos Anastasopoulos, Greece

Members: Stylianos Apostolidis, Greece
Maria Piagkou, Greece
Panagiotis Roufas, Greece
Georgios Sofidis, Greece
Ioannis Terzidis, Greece
Trifon Totlis, Greece
Nikolaos Xylouris, Greece
COMMITTEES

INTERNATIONAL SCIENTIFIC COMMITTEE

Presidents: Yannis Pitsiladis, United Kingdom
Konstantinos Natsis, Greece

Members:
Aris Anastasakis, Greece
Norbert Bachl, Austria
Viktoriya Badtieva, Russia
Xavier Bigart, France
James L. J. Bilzon, United Kingdom
Mats Borjesson, Sweden
Klaus-Michael Braumann, Germany
Maurizio Casasco, Italy
Demitri Constantinou, South Africa
Andre Debruyne, Belgium
Eduardo De Rose, Brazil
Michiko Dohi, Japan
Emin Ergen, Turkey
Simeon Galitsanos, Greece
Michail Hantes, Greece
Anca Ionescu, Romania
Anna Jegier, Poland
Jose Kawazoe Lazzoli, Brazil
Vassilis Klissouras, Greece
Konstantinos Konstantinidis, Greece

Dimitrios Kouvelas, Greece
Guo-Ping Li, China
Herbert Lollgen, Germany
Ulf Moebius, Germany
Michael Papadakis, Greece
Emmanouil Papakostas, Greece
Efstatios Papatheodorou, Greece
Yung Shu-hang Patrick, Hong Kong SAK
Hara Spiliopoulou, Greece
Maria Piagkou, Greece
Fabio Pigozzi, Italy
Boris Polyaev, Russia
William O. Roberts, USA
Rafael Augusto Robles Cabrera, Guatemala
Constant Roux, Cote d’Ivoire
Christian Schneider, Germany
Bulent Ulkar, Turkey
Vasileios Vasilikos, Greece
Petra Zupet, Slovenia

LOCAL SCIENTIFIC COMMITTEE

Members:
Emmanouil Antoniogianakis, Greece
Katerina Mouratidou, Greece
Anastasios Beletsiotis, Greece
Georgios Nousios, Greece
Vasileios Chouliras, Greece
Periklis Papadopoulos, Greece
Kosmas Christopoulos, Greece
Athanasios Papaioannou, Greece
Konstantinos Ditsios, Greece
Odysseas Paxinos, Greece
Eleni Douda, Greece
Xenofon Roussis, Greece
Nikiforos Galanis, Greece
Nikolaos Samaras, Greece
Nikolaos Geladas, Greece
Matthaios Savvidis, Greece
Christos Georgakopoulos, Greece
Ioannis Terzidis, Greece
Anastasios Georgoulis, Greece
Konstantinos Tsioufis, Greece
Ioannis Gigis, Greece
Eleftherios Tsiridis, Greece
Ioannis Gliaitis, Greece
Ioannis Tsitouridis, Greece
Georgios Grougios, Greece
Georgios Tzetzis, Greece
Dimitrios Hatzizemmanouil, Greece
Athanasios Ververidis, Greece
Michail Iosifidis, Greece
Konstantinos Vlasis, Greece
Eleftherios Kellis, Greece
Christos Yiannakopoulos, Greece
Nikolaos Koukoulas, Greece
Athanasios Zacharopoulos, Greece
Paraskevi Malliou, Greece
Aristidis Zibis, Greece
Dimitrios Mastrokalos, Greece
Petra Zupet, Slovenia

Katerina Mouratidou, Greece
Georgios Nousios, Greece
Periklis Papadopoulos, Greece
Athanasios Papaioannou, Greece
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Christos Yiannakopoulos, Greece
Athanasios Zacharopoulos, Greece
Aristidis Zibis, Greece
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<th>Invited Speakers</th>
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<tr>
<td>Norbert Bachl, Austria</td>
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<tr>
<td>Viktoriya Badtieva, Russia</td>
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<td>Roald Bahr, Norway</td>
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<td>Alessandro Biffi, Italy</td>
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<td>James L. J. Bilzon, United Kingdom</td>
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<td>Grigoris Bogdanis, Greece</td>
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<td>Klaus-Michael Braumann, Germany</td>
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<td>Ana Virginia Citro Rodriguez, Puerto Rico</td>
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<td>Demetris Constantinou, South Africa</td>
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<td>Domenico Corrado, Italy</td>
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<td>Andre Debruyne, Belgium</td>
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<td>Luigi Di Luigi, Italy</td>
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<td>Michiko Dohi, Japan</td>
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<td>Lars Enggebretsen, Norway</td>
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<td>Osnat Fliess Dour, Israel</td>
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<td>Chiara Fossati, Italy</td>
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<td>Tamara Gavrilovic, Servia</td>
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<td>Silvana Giannini, Italy</td>
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<td>Mark Hutchinson, USA</td>
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<td>Vincenzo Maria Ieracitano, Italy</td>
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<td>Anca Ionescu, Romania</td>
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<td>Christa Janse van Rensburg, South Africa</td>
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<td>Joao Pereira de Almeida, Portugal</td>
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<td>Gil Rodas, Spain</td>
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<td>Sandra Rozenstoka, Latvia</td>
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<td>Christian Schneider, Germany</td>
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<td>Peter Schober, Austria</td>
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<td>Labros S. Sidossis, USA</td>
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<td>Jeroen Swart, South Africa</td>
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<td>Michael Turner, United Kingdom</td>
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<td>Alan Vernec, Canada</td>
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<td>Ioannis Vogiatzis, United Kingdom</td>
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<td>Min Hao Xie, China</td>
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<tr>
<td>Maher Zahar, France</td>
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<tr>
<td>Petra Zupet, Slovenia</td>
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</tbody>
</table>
SPORTS MEDICINE MAIN TOPICS

- Pre-participation screening in sport and exercise
- Genetics, molecular biology and sport
- Prescription of physical activity - prevention and treatment of disease
- Physical activity and women
- Wearable and other technologies in Sports Medicine
- Nutrition and metabolism in sports
- Doping and antidoping
- Sports supplements
- Sports injuries: prevention, rehabilitation and return to play
- Injury prevention strategies for elite athletes
- Ethical and legal aspects in Sports Medicine
- Tendinopathies in Sports Medicine
- Physical activity and disability
- The athlete’s shoulder, elbow, wrist, hip, knee, ankle and foot
- Sports Cardiology: prevention and rehabilitation
- Sudden death in sports
- Head and spine injuries in sports
- Prevention, treatment and rehabilitation of cartilage damage in Sports Medicine
- Sports injuries in children and adolescents
- Exercise Physiology and elite athletes
- The impact of physical activities in elderly
- Sport medicine physician: medical and legal issues
- Athlete care and internal medicine
- Indications and contraindications for sports participation
- Life style integrated physical activity
- Sport participation and chronic diseases
- Sport equipment, health and performance
- Sport and environment assessment - prevention of injuries
- Assessment of elite athletes - the contribution of science for health and performance
- Training and competition and extreme conditions
- Obesity and diabetes and sports and exercise medicine
### Programme at a Glance

#### Tuesday, 22nd September 2020
- **FIMS Pre-Congress Course**
  - **08:30-21:00** Emergency and First Aid in Sports Medicine

#### Wednesday, 23rd September 2020
- **FIMS - WADA Pre-Congress Course**
  - **09:00-16:00** Antidoping in Sport
  - **13:00-21:00** Sports Cardiology: ECG and Imaging
  - **14:00-20:00** FIMS Committees Meetings

#### Thursday, 24th September 2020
- **FIMS Executive Committee Meeting**
  - **08:30-12:30**
  - **14:30-15:30** Lunch Break
  - **15:30-16:45** Round Table
  - **16:45-17:15** Lecture
  - **17:15-18:00** Coffee Break-Visit to the exhibition
  - **18:00-19:30** Supporting Symposium
  - **19:30-20:00** Keynote Lecture
  - **20:00** Opening Ceremony
  - **21:00** Welcome Reception
# PROGRAMME AT A GLANCE

**Friday, 25th September 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>HALL A</th>
<th>HALL B</th>
<th>HALL C</th>
<th>HALL D</th>
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<tr>
<td>08:00-09:00</td>
<td>Oral Presentations</td>
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<td>09:00-09:30</td>
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<tr>
<td>10:45-11:15</td>
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<td>11:15-12:30</td>
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<td>17:15-20:00</td>
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### Saturday, 26th September 2020

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<tr>
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<td>16:45-17:15</td>
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<tr>
<td>17:15-17:45</td>
<td>Keynote Lecture</td>
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<td>17:45-18:45</td>
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<tr>
<td>18:45-20:00</td>
<td>Round Table</td>
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### Sunday, 27th September 2020

<table>
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<tr>
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<td>08:00-09:00</td>
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<td>Coffee Break-Visit to the exhibition</td>
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<td>11:45-12:15</td>
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<tr>
<td>12:15-13:45</td>
<td>Short Lectures</td>
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<td>13:45-15:00</td>
<td>Supporting Symposium</td>
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<tr>
<td>15:00</td>
<td>Closing Ceremony</td>
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## REGISTRATION INFORMATION

Platform opens **14 October 2019** for Online Registration

<table>
<thead>
<tr>
<th>Registration</th>
<th>Fees &amp; Deadlines</th>
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<tbody>
<tr>
<td></td>
<td>Early bird (14th October 2019-15th May 2020)</td>
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<tr>
<td>Regular Full Fee</td>
<td>500 €</td>
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<tr>
<td>FIMS Members*</td>
<td>400 €</td>
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<tr>
<td>Residency in Sports Medicine*</td>
<td>300 €</td>
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<td>Postgraduate Students*</td>
<td>300 €</td>
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<tr>
<td>Undergraduate Students*</td>
<td>150 €</td>
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<tr>
<td>Undergraduate Students (without material)*</td>
<td>free</td>
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<tr>
<td>One day Registration</td>
<td>250 €</td>
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<tr>
<td>Emergency &amp; First Aid in Sports Medicine Course</td>
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<tr>
<td>Antidoping in Sport Course</td>
<td>300 €</td>
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<tr>
<td>Sports Cardiology Course</td>
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</table>

* The identity should be proved by an official documentation

**Regular Full Fee includes**: Certificate of attendance | Access to all scientific sessions | Access to exhibition area | Congress material (final programme, notepad, pen, bag, lanyard, badge) | Coffee breaks | Welcome cocktail

**FIMS Members Fee includes**: Certificate of attendance | Access to all scientific sessions | Access to exhibition area | Congress material (final programme, notepad, pen, bag, lanyard, badge) | Coffee breaks | Welcome cocktail

**Residency in Sports Medicine Fee includes**: Certificate of attendance | Access to all scientific sessions | Access to exhibition area | Congress material (final programme, notepad, pen, bag, lanyard, badge) | Coffee breaks | Welcome cocktail

**Students Fee includes**: Certificate of attendance | Access to all scientific sessions | Access to exhibition area | Congress material (final programme, notepad, pen, bag, lanyard, badge) | Coffee breaks | Welcome cocktail

**Students Fee (without material) includes**: Certificate of attendance | Access to all scientific sessions | Access to exhibition area

**Courses Fee includes**: Certificate of attendance | Access to exhibition area | Course material (programme, notepad, pen, bag, lanyard, badge) | Coffee breaks | Light lunches | Welcome cocktail

24% VAT is included in the above registration rates
ABSTRACTS SUBMISSION GUIDELINES

1. Abstracts may be submitted as from 14th October 2019 and no later than 31st March 2020. Later submissions will not be accepted.
2. Abstracts must be unpublished prior to the submission to the Congress.
3. Important note: Abstracts only in English language will be accepted.
4. The Scientific Committee will review all submissions and determine suitability for a poster or oral presentation. This decision is final.
5. Registration of papers will be made exclusively on the website through the online form;
6. To submit an abstract, registration of an author is necessary. The registration will be made on the website.
7. Each main author may submit up to three abstracts.
8. There are no limits for participating as a co-author of abstracts of scientific papers.
9. The institution or institutions where the work was carried out and the names of authors should not be mentioned in the body of the text.
10. Abstracts should be prepared in a structured format by completing the appropriate fields:
    a) Title
    b) Authors
    c) Affiliations
    d) Introduction and Purpose
    e) Material and Methods;
    f) Results
    g) Conclusion
11. References should not be included.
12. Abstracts should have a maximum length of 250 words, written in Times New Roman and font size 12. Characters of the names of authors are counted, as well as the content of the abstract, including spaces. Characters used in the title of the paper are not counted.
13. Abstracts that do not meet the format guidelines and number of characters will not be accepted.
14. Abstracts that have been accepted for submission should have the same content that will be presented at Congress and the names of authors and affiliations will not be corrected later.
15. All abbreviations will be specified in the body of the text, when used for the first time.
16. The main author will be informed of the acceptance or not of the abstract by e-mail.
17. The review process is confidential and reviewers will sign a non-disclosure agreement.
18. Abstracts accepted for presentation will be published in a special theme issue of one of the FIMS associated Journals.
INSTRUCTIONS FOR PRESENTATION OF ABSTRACTS AS POSTERS

Abstracts selected under Printed Poster category will be PRESENTED with the format described below:
Posters must be self-explanatory and have the total dimensions 80cm wide X 120cm high - BANNER type
Posters will be displayed by authors in the area designated by the Scientific Committee.
All the materials required for displaying Posters will be the responsibility of the presenting author.
Essential elements for each poster are as follows:

a) Title
b) Authors
c) Introduction and purpose
d) Material and Methods
e) Results (we recommend the use of tables and images that facilitate viewing)
f) Conclusions

To enable reading at approximately one meter distance, font 28 must be used.
Authors will be invited to attend at the exhibition area at a later date announced by the Scientific Committee.
The purpose of this invitation is to promote interaction between authors and congress delegates.
ABSTRACTS PRESENTATION WILL BE IN ENGLISH

The abstracts approved for Oral Presentation will be presented by one of the authors registered in the Congress on the date and at a time to be informed by the Scientific Committee. The equipment available for presentation will be a computer, multimedia screen and projector; other equipment or tools should be brought by the speaker. The presenter of the Oral presentation should hand the presentation in a format compatible with Power Point to the media-desk (Congress reception) at least one hour before the time scheduled for presentation.

Oral Presentation Structure:

a) Introduction
b) Purpose
c) Material and Methods
d) Results
e) Discussion and Conclusion

The date and time for presentation and questions will be informed by e-mail.

CRITERIA FOR ABSTRACTS EVALUATION

Abstracts will be reviewed based on the following criteria:
- Originality
- Adequate Methodology
- Significant Findings and Conclusions
- Interest and/or Practical Applications

NEW INVESTIGATOR AWARDS

New Investigator Awards for Oral and Poster presentations:
1st Prize Euro 1,000; 2nd Prize Euro 500; 3rd Prize Euro 250.

Award requirements include: Be principal author of an accepted abstract for presentation at the 36th World Congress of Sports Medicine, FIMS 2020. Applicant must have been within six years of completing a research degree or within six years of completing medical residency, and must not hold a level higher than assistant professor.

• Please use the following link https://www.fims2020.com/registration to enter to the Abstracts submission form.
GENERAL INFORMATION

Athens, the cosmopolitan metropolis where the Olympic Games were born, is the host city of the 36th FIMS World Congress of Sports Medicine delegates.

Athens is the capital and largest city of Greece, it dominates the Attica region and is one of the world’s oldest cities, with its recorded history spanning over 3,400 years. Modern Athens is a vibrant metropolis and Greece principal centre for business and foreign trade. Regenerated and transformed to hold the highly successful 2004 Olympic Games, Athens demonstrated it has the facilities, services and infrastructure to host the most demanding global event. Easily accessible to global destinations through Athens International Airport, the capital of Greece has a long history of hosting international conferences and arts events.

The Organizing Committee will make every effort for a scientifically fruitful meeting since worldwide known experts will have the opportunity to share their knowledge and experience upon the latest developments in Sports Medicine, as well as to have a socially rich and memorable stay in Greece.

THE VENUE

The Congress will be held at the Megaron Athens International Conference Center (MAICC). MAICC was chosen by the Organizing Committee, being a unique venue, in a unique city, offering a unique experience. The international conference centre offers not only a stunning environment and exceptional aesthetics, but also cutting edge technology.

There is easy access to and within the MAICC for guests with impaired mobility and the halls have specially designated areas for wheelchairs. MAICC was the recipient of a Helios Award (public buildings category) from the European Commission in recognition of this provision.

ACCESSIBILITY

The MAICC is on a direct metro line to the award winning Athens International Airport «Eleftherios Venizelos», journey time 37 minutes, making it extremely accessible for international delegates travelling from and to global destinations. Easily accessible by:

Metro service

There is direct access from the airport and the city centre to MAICC from the metro station “Megaron Mousikis” on metro line 3 (blue line)

Please visit the Athens Metro website for detailed information at www.stasy.gr and www.oasa.gr
ACCESSIBILITY

Bus service
The following buses, express and trolley buses pass stop near the MAICC.
Buses: 550, A5
Express Buses: X95 (direct airport line), E14
For more information about the public transportation network in Athens please visit: www.oasa.gr

Car
MAICC has its own parking for 700 cars which is accessed from Kokkali Street.

If you wish to access the MAICC directly from the «Eleftherios Venizelos» Airport:
Athens International Airport “Eleftherios Venizelos” is located in Spata, 33 km southeast of Athens and serves all international and domestic flights. An average journey by taxi from the airport to the city centre should take approximately 40-50 minutes, depending on traffic, costing around €25-30. The express bus line X95 (direction Syntagma) serves Athens city centre. A ticket for the airport express line costs €5,00. It allows unlimited travel by all public transport means (incl. bus and metro) for 24 hours from the time of validation. The metro line 3 runs every 10 minutes from the airport and the trip to the city centre takes approximately 30 minutes and costs €6.

ATHENS METRO (CURRENT MAP)
OFFICIAL LANGUAGE

The official language of the Congress is English.

VISA REGULATIONS FOR TRAVELLING TO GREECE

Greece is a Member-State of the European Union and has signed the Schengen Agreement. While traveling within the E.U., you only need your Identity card. However, a passport is necessary for a number of other transactions, such as currency exchange, purchases, etc.

Visas are not required by European citizens from countries that are part of the Schengen Area. Greece as a member of the Schengen Agreement has abolished controls on common internal lands, at air and sea borders and allows member-state citizens to travel around without a visa for a short stay period of up to three (3) months. However, keep in mind that airlines and other carriers require a valid passport and/or identity card.

Citizens coming from countries that have not yet joined Schengen Area may require a visa to enter Greece. The E.U. visitors from these countries can acquire further information from the Hellenic Embassies or Consulates in their countries, or from their travel agencies. Before visiting Greece, please consult the detailed information on the Ministry of Foreign Affairs’ website and find out whether you require a Visa (https://www.mfa.gr)

Note: During your stay in Greece, if you require a Visa, you are advised to have suitable insurance coverage for emergency medical or other needs.

ACCOMMODATION

The Congress Venue (MAICC) is very close to major hotels, many of which are within walking distance. A wide range of hotels, tailored to suit all budgets, will be selected and will be available to participants in the areas nearby the Congress Venue.

Check updates in the official congress website:
www.fims2020.com
CONFERENCE SECRETARIAT

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