



Athletics Science and Medicine International Conference

August 22nd, 2023

Sports Sciences University; 42-48, Alkotás út, 1123 Budapest

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8:00 – 8:30 Registration
8:30 – 8:45 Introduction and Welcome - *Budapest Sports Science University, World Athletics*

PLENARY LECTURES

8:45 – 9:15 Cardiology and Athletics - *Aaron Baggish USA*
9:15 – 9:45 EBM diagnosis and management of acute muscle injury - *Arnaud Bruchard FRA*
9:45 – 10:15 Dynamic knee valgus during landing - measurement and predictive effect of an on-track measurement system - *Zsombor Lacza HUN*

10:15 – 10:45 Coffee Break

10:45 – 11:15 Performance/Innovation in Athletics - *Alex Hutchinson CAN*
11:15 – 11:45 New insights into heat stroke and acclimatization - *Frederic Garrandes MON*

SHORT COMMUNICATIONS - ATHLETICS TEAMS CORNER: "HOW DO I TREAT OR PREVENT?"

11:45 – 12:00: Health Literacy among Elite runners in Track and Field - Team Kenya, *Victor Bargarora*
12:00 – 12:15: How we treat/prevent over-training syndrome and RED-S - Team Japan, *Yuka Tsukahara*
12:15 – 12:25 Q&A on Short Communications
12:25 – 12:40: Iron deficiency in elite athlete: the USATF approach - Team USA, *Robert Chapman*
12:40 – 12:55: Musculoskeletal injuries prevention in Spanish Federation - Team Spain, *Christophe Ramirez*
12:55 – 13:05 Q&A on Short Communications

13:05 – Wrap-Up & Lunch Break