

IRONMAN[®]

WORLD CHAMPIONSHIP

MEDICAL SYMPOSIUM

AGENDA

Outrigger Kona Resort, Keauhou Ballroom
Continental breakfast: Sun-Tues, 6:30 – 7:30 am
Exhibit Hall open: Sun-Tues, 6:30 am – 12 noon | Wed-Thurs, 12:30 – 5:30 pm

Sunday, October 5

Hot Topics in Sports Medicine

6:30 am	Continental Breakfast / Exhibit Hall	
7:30 am	PPE for the Pros – Evaluating the Elite Athlete for Sports	Carrie Jaworski, MD
8:10 am	Can Too Much Exercise Be Harmful? What is the Optimal Amount?	Carl Lavie, MD
8:50 am	Heart of an Ironman: Cardiac Issues in Aging Endurance Athletes	Chad Asplund, JD
9:30 am	Break / Exhibit Hall	
10:00 am	Circadian Biology: A Time to Eat and a Time to Train	John Hawley, PhD
10:40 am	Caffeine and Sports Performance	Louise Burke, PhD
11:20 am	Ironman Legends Speaker	Greg Welch OAM
12:00 noon	Adjourn	

Monday, October 6

Update on Nutrition

6:30 am	Continental Breakfast / Exhibit Hall	
7:30 am	Nutritional Issues in Ironman Athletes	Chad Asplund, JD
8:10 am	The Role of Supplements in the Endurance Athlete	Louise Burke, MD
8:50 am	Supplements and Drug Testing	Mark Stovak, MD
9:30 am	Break / Exhibit Hall	
10:00 am	Ketogenic Diets for Endurance Performance	Louise Burke, PhD
10:40 am	Carbohydrate Dependence During Prolonged Endurance Exercise	John Hawley, PhD
11:20 am	The Obesity Paradox in Health and Longevity	Carl Lavie, MD
12:00 noon	My Road to Kona: 2024 Ironman Race Slot Winner's Journey	Liz Bondi, DPM
12:15 pm	Adjourn	
2–3:30 pm	Swim Clinic #1	Outrigger Pool
3:30–5 pm	Swim Clinic #2	Outrigger Pool
5:30 pm	Welcome Reception	Bayview Grounds



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Tuesday, October 7

Current Issues in Sports Medicine

6:30 am	Continental Breakfast / Exhibit Hall	
7:30 am	Training Load and Injury in Runners	Brett Toresdahl, MD
8:10 am	Overuse Injuries in Young Athletes	Andrew Gregory, MD
8:50 am	Concurrent Training: Do Opposites Detract?	John Hawley, PhD
9:30 am	Break / Exhibit Hall	
10:00 am	Visual Diagnosis of Foot Problems	Carl Fields, MD
10:40 am	Running Shoes: Latest Trends and Recommendations	Brett Toresdahl, MD
11:20 am	Emergency Preparedness in Sports Medicine	Carrie Jaworski, MD
12:00 noon	Adjourn	

Wednesday, October 8

Musculoskeletal Issues

11:45 am	Special Presentation by Precision Fuel & Hydration (sign-up at registration desk)	Hunter Huston, MD, FASN
12:30 pm	Exhibit Hall Open	
1:00 pm	Managing Stress Fractures in the Endurance Athlete	Andrew Gregory, MD
1:40 pm	Patellar Tendinopathy: Cycling Through Nonsurgical and Surgical Treatment Options	Holly Benjamin, MD
2:20 pm	Muscular Injuries to the Calf	Carl Fields, MD
3:00 pm	Break / Exhibit Hall	
3:30 pm	Managing Thoracic Outlet Syndrome	Mark Stovak, MD
4:10 pm	Swimmer's Shoulder: Update on Biomechanics, Instability and Indications for Surgery	Holly Benjamin, MD Andrew Gregory, MD
4:50 pm	Pediatric Fracture Care	
5:30 pm	Adjourn	

Thursday, October 9

Ironman Medicine

12:30 pm	Exhibit Hall Open	
1:00 pm	Exercise Collapse Associated with Sick Cell Trait	Carl Fields, MD
1:40 pm	Hazards Related to Open Water Swimming	Chad Asplund, MD
2:20 pm	Issues in the Paralympic Athlete	Carrie Jaworski, MD
3:00 pm	Break / Exhibit Hall	
3:30 pm	Managing Common Sideline Emergencies	Holly Benjamin, MD
4:10 pm	Ironman Medical Tent 2024 in Review	John Martinez, MD
4:50 pm	What You Need to Know to Work in the Ironman Medical Tent	Robert Sallis, MD
5:30 pm	Adjourn	

Friday, October 10: No lectures scheduled. FREE day to explore the island!

Saturday, October 11, 6:30 am – Midnight: Ironman World Championship and Medical Tent