

	Saturday, September 20th	Sunday, September 21st	Monday, September 22nd	Tuesday, September 23rd	Wednesday, September 24th		
8:30		Registration/ Check-in: KIT				8:30	
9:00				S9: Regulation of Contraction by Thick and Thin Filaments		9:00	
9:30	Registration/ Check-in: OJ2 Building, Vrije Universiteit campus	S1: Muscle Structure	S5: Innovations in human disease models		S12: Muscle Modeling	9:30	
10:00				Coffee Break		10:00	
10:30		Coffee Break	Coffee Break	ESMR Meeting	Coffee Break	10:30	
11:00						11:00	
11:30	Early Careers Association Symposium (OJ2 Building VU campus)	S2: Molecular Mechanisms of Muscle Plasticity	S6: Muscle Energetics	S10: Targeting the Nucleus	S13: Skeletal Myopathies	11:30	
12:00						12:00	
12:30						Awards Ceremony and Closing Remarks	12:30
13:00		Lunch and Poster Session 1 (S1-S4)	Lunch and Poster Session 2 (S5-S8)	Lunch and Poster Session 3 (S9-S13)			13:00
13:30						13:30	
14:00		S3: Excitation-contraction Coupling	S7: Cytoskeleton	S11: Cardiomyopathies		14:00	
14:30						14:30	
15:00						15:00	
15:30	Registration/ Check-in: KIT	Coffee Break	Coffee Break	Coffee Break		15:30	
16:00						16:00	
16:30	Opening Keynote Lecture: Prof. Dr. Leslie Leinwand	S4: Data Science in Muscle: from -omics to Physiology	S8: Respiratory Muscle Mechanics in NMD	Jean Hanson Lecture: Prof. Dr. Jolanda van der Velden		16:30	
17:00						17:00	
17:30						17:30	
18:00	Social Event: Networking and Drinks					18:00	
18:30			Social Event: Canal Boat Tour			18:30	
19:00						19:00	
19:30	ECA social event			Social Event: Dinner at De Vergulden Eenhoorn and Party		19:30	
20:00						20:00	
21:00-0:00						21:00-0:00	