



## HOSA VILC Reminders for Wednesday, June 23:

- **Get Ready to Compete** – Visit the [Virtual Competitive Event Schedule](#) to find your competition times. Competitive events start 8 AM EDT. Second round postings will be up by 11 PM EDT.
- **Join the Opening Session** – Don't miss HOSA's biggest event of the year at 7:00 PM EDT! You will not want to miss the festivities and our powerful [Keynote Speaker](#), John O'Leary.

- **Meet the Executive Council Applicants** – Here is your opportunity to “virtually” meet the [Executive Council candidates](#).
- **Attend the Local & State Advisor Orientation**– Attention Advisors! Make sure to tune in 10:30 AM - 11:30 AM EDT to learn helpful information pertaining to this year's VILC. Register in advance for this webinar [here](#).
- **Engage with Mind Tap, Body Interact, and Anatomage** –
  - MindTap Scavenger Hunt opens at 12:00 AM EDT. Find instructions and Scavenger Hunt Questions [here](#).
  - [Anatomage Tournament](#) begins at 9:00 AM EDT for registered teams.
  - [Body Interact Virtual Patient Challenge](#) Preliminary Round closes at 12:00 PM EDT for registered participants.
- **Check out the Hall of Recognition** – Make sure to stop by the HOSA - Hall of Recognition to view and congratulate the recipients of the Barbara James Service Award, Health Care Issues Exam, Outstanding State Leader, HOSA Scholarship, and more!
- **Network at the Scholarship Event** – If you are a donor or recipient of a HOSA Scholarship, attend this event from 4:00 PM - 5:00 PM EDT.
- **Explore the Workshops and Exhibit Hall** – Learn from some of the Health Industry’s leading experts from the comfort of your home. To access, enter [Classrooms](#) on Communique.
- **Visit the HOSA ILC Website** – Visit [hosa.org/ilc](https://hosa.org/ilc) to see the conference agenda, live and on-demand workshop schedule, exhibitors, and more.
- **View the Complete List of Reminders and Tips** – Make sure to review this [list](#) for more information to ensure a smooth conference experience.
- **Remember, HOSA Time is Eastern Time Zone** – See Time Zone Conversions below.

<b>Eastern Time HOSA TIME</b>	<b>Central Time (-1)</b>	<b>Mountain Time (-2)</b>	<b>Pacific Time (-3)</b>	<b>Hawaii Time (-6)</b>	<b>China Time (+12)</b>	<b>South Korea Time (+13)</b>
8:00am	7:00am	6:00am	5:00am	2:00am	8:00pm	9:00pm
9:00am	8:00am	7:00am	6:00am	3:00am	9:00pm	10:00pm
10:00am	9:00am	8:00am	7:00am	4:00am	10:00pm	11:00pm
11:00am	10:00am	9:00am	8:00am	5:00am	11:00pm	12:00pm
12:00pm	11:00am	10:00am	9:00am	6:00am	12:00am (next day)	1:00am (next day)
1:00pm	12:00pm	11:00am	10:00am	7:00am	1:00am (next day)	2:00am (next day)
2:00pm	1:00pm	12:00pm	11:00am	8:00am	2:00am (next day)	3:00am (next day)
3:00pm	2:00pm	1:00pm	12:00pm	9:00am	3:00am (next day)	4:00am (next day)
4:00pm	3:00pm	2:00pm	1:00pm	10:00am	4:00am (next day)	5:00am (next day)
5:00pm	4:00pm	3:00pm	2:00pm	11:00am	5:00am (next day)	6:00am (next day)
6:00pm	5:00pm	4:00pm	3:00pm	12:00pm	6:00am (next day)	7:00am (next day)
7:00pm	6:00pm	5:00pm	4:00pm	1:00pm	7:00am (next day)	8:00am (next day)