



HOSA VILC Reminders for Thursday, June 24:

- **Get Ready for Day Two of Competitions** – Visit the [Virtual Competitive Event Schedule](#) to find competition times. Competitions begin 8AM EDT.
- **Prepare to Elect Your Next Executive Council** – The [Voting Delegate Orientation](#) will take place 10:00AM - 11:00AM EDT. Meet the Candidates will immediately follow at the same link from 11:30AM - 1:30PM EDT. Find the Voting Delegate Schedule and Documents [here](#).

- **Challenge Yourself with MindTap, Body Interact, and Anatomage** –
 - Body Interact Virtual Patient Challenge Top 15 Teams are posted at 12:00PM EDT in [CE Headquarters](#). Click “Competitor Appointment Time” to view the finalists, and the Zoom link for the final round.
 - Anatomage Tournament [Top 8 Round](#) is 1:00PM - 4:00PM EDT for registered teams. Finals Announcement is at 6:00PM EDT.
 - [MindTap Scavenger Hunt](#) will close at 12:00PM EDT on Friday.
- **Check out the Hall of Recognition** – Make sure to stop by the [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!
- **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](#).
- **Connect with HOSA Alumni** – Join us for [Alumni Networking](#) from 7:00PM - 8:00PM EDT!
- **Visit the HOSA ILC Website** – Visit 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.

Time Zone Conversion Chart

Eastern Time HOSA TIME	Central Time (-1)	Mountain Time (-2)	Pacific Time (-3)	Hawaii Time (-6)	China Time (+12)	South Korea Time (+13)
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	12:00am (next day)
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)