



HOSA VILC Reminders for Friday, June 25:

- **Get Ready for Day Three of Competitions** – Visit the [Virtual Competitive Event Schedule](#) to find competition times.
- **Elect Your Next Executive Council** – The Business Session will take place 1:00 - 4:00 PM EDT. Find the Voting Delegate Schedule and Documents [here](#).
- **Challenge Yourself with MindTap, Body Interact, and Anatomage** –
 - Body Interact [Virtual Patient Challenge Finals Round](#) will take place Friday 2:30 - 3:30PM EDT. After all teams are complete, a physician will debrief the case with all participating teams!
 - [Anatomage Tournament Finals Round](#) is 11:00 AM - 2:00 PM EDT for registered teams.
 - [MindTap Scavenger Hunt](#) will close at 12:00PM EDT on Friday.
- **Attend the Recognition Session** – [Tune in](#) at 7:00 PM EDT to recognize recipients of the Barbara James Service Award, Health Care Issues Exam,

Outstanding State Leader, HOSA Scholarship, and more. Featuring singer and registered nurse of fifteen years, Christina Wells!

- **Join the Virtual Dance Party!** – [Join us](#) from 8:00 - 9:00PM EDT! Hosted by the 2020-2021 Executive Council.
- **Check out the Hall of Recognition** – Make sure to stop by the [Hall of Recognition](#) to view and congratulate the recipients of various honors.
- **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](#) and the [Exhibit Hall](#).
- **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)