

FIT'NG Conference (Panama City)

2026 Program-at-a-Glance

Program is subject to change

Time	Sunday		Monday	
	10-Jul		11-Jul	
8:30AM	Registration/Information Desk Open	Welcome & FIT'NG Society Updates	Registration/Information Desk Open	Symposium Session 8:30am - 10:00am
8:45 AM		Oral Session 1 8:45am - 10:00am		
9:00 AM				
9:15 AM				
9:30 AM				
9:45 AM				
10:00 AM		Coffee Break 10:00am - 10:30am		Flash Talks 10:00am - 10:15am
10:15 AM		Symposium Session 10:30am - 12:00pm		Poster Session #2 and coffee break 10:15am - 12:00pm
10:30 AM				
10:45 AM				
11:00 AM				
11:15 AM				
11:30 AM		Lunch Break Offsite 12:00pm - 1:30pm		Lunch Break Offsite 12:00pm - 1:30pm
11:45 AM				
12:00 PM				
12:15 PM				
12:30 PM				
12:45 PM		Keynote Presentation 1:30pm - 2:30pm		Oral Session 3 1:30pm - 2:45pm
1:00 PM				
1:15 PM				
1:30 PM				
1:45 PM				
2:00 PM		Flash Talks 2:30pm - 2:45pm		
2:15 PM		Poster Session #1 and coffee break 2:45pm - 4:30pm		Think Tank: Elephants in the Room 2:45pm - 4:15pm
2:30 PM				
2:45 PM				
3:00 PM				
3:15 PM				
3:30 PM		Oral Session 2 4:30pm- 5:45pm		Coffee Break 4:15pm-4:45pm
3:45 PM				
4:00 PM				
4:15 PM				
4:30 PM				
4:45 PM		Oral Session 4 4:45pm - 6:00pm		
5:00 PM				
5:15 PM				
5:30 PM				
5:45 PM				
6:00 PM		President's Reception 6:00pm -7:00pm		Closing and Awards 6:00pm-6:15pm
6:15 PM				
6:30 PM				
6:45 PM				
7:00 PM				
7:15 PM				
7:30 PM				
7:45 PM				
8:00 PM				
8:15 PM				
8:30 PM				
8:45 PM				
9:00 PM	Trainee Committee Social Event 8pm			