



Instructions and Preparing Abstracts

Please read the guidelines below carefully before preparing your abstract.

1. Abstracts must be designated as either poster only, poster with defense or oral presentation. Poster with defense requires an oral presentation in English of five minutes at the poster at a specified time. Abstracts designated as oral presentation will be considered for a podium presentation of eight minutes with two minutes for questions and answers. However the conference organizers reserve the right to select and deny abstracts designated as oral presentation or poster with defense. Submissions designated as oral presentation if not accepted as an oral presentation can be accepted for either a poster with defense or poster only. A poster with defense if not accepted as a poster with defense can be accepted as a poster only presentation.
2. Abstracts which have not been prepared according to these guidelines will not be accepted nor published in the abstract book.
3. The submitting author must register as a conference delegate and pay the registration fee. Abstracts without paid registration fee will not be accepted for the conference or published in the abstract book.
4. The organizers reserve the right to accept or refuse an abstract, to designate papers to oral presentation and to choose a suitable session for the abstract. Notice of acceptance will be emailed to the submitting author by August 08, 2008.
5. Podium is not guaranteed to be available for selected poster and oral presentations.
6. All abstracts must be converted into a press-quality pdf file prior to submission.
7. Abstracts are restricted to a maximum of 2 pages (file size maximum 300 kb). Only Times New Roman 11 should be used, except for list of references and figure texts, which should use Times New Roman 10. References cited in the abstract should be placed at the end of the abstract. Abstracts will be printed as they appear in the submitted pdf file.
8. Abstract title: use capitals and bold text
9. Authors and institution: Presenting author should be listed as first author. Name of institution(s) and/or relevant department(s) should be included. In case of more than one institution, these should be indicated by superscript numbers.
10. Text format: Times New Roman 11 pitch (10 pitch for Reference List and Figure/Table Text), single line spacing with one line space between paragraphs. Section headings should be in bold capitals. Abstract Sections should be presented as follows: (1) Introduction, (2) Methods, (3) Results, (4) Discussion, (5) Conclusion and last (6) References. References: In the abstract text either full reference, e.g. (Kadi et al. 2004) or number, e.g. [4]. In Reference List: Tipton et al., *Am. J. Physiol.* 281, E197-206, 2001.
11. Margins & Paper format: A4 (21 x 29.7 cm), margins: top 2.4 cm; bottom 2.4 cm; left, right 2 cm.
12. All figures and graphs must be submitted in black and white. Embed tables, figures, equations, and other visuals in the desired positions in the document. All figures and graphs must have a resolution within the range of 300 – 400 dpi/ppi.
13. Insert tables using your word processor's native table layout functionality and features. Position table caption above the table and center both relative to the page, not the section. Number tables sequentially in series and separately from other graphics.
14. Deadline for abstract submission is August 1, 2008.
15. Abstracts must be sent via e-mail to jdawes@nsca-lift.org
16. The organizers reserve the right to accept or refuse an abstract, to designate papers to oral presentation and to choose a suitable session for the abstract. Notice of acceptance will be emailed to the submitting author by August 08, 2008.