

Program at a glance (as of August 18)

JST: Japan Standard Time
 CST: China Standard Time
 MYT: Malaysia Time
 CEST: Central European Summer Time
 EDT: Eastern Daylight Time
 PDT: Pacific Daylight Time

SOL: Solution NMR
 SS: Solid state NMR
 HYP: Hyper polarization and emerging fields
 MRI: Magnetic resonance imaging
 EPR: Electron paramagnetic resonance

Time Zone					Aug 22 (Sun)	Time Zone					Aug 23 (Mon)								
PDT	EDT	CEST	CST MYT	JST	Plenary Channel 1 (Zoom Webinar)	PDT	EDT	CEST	CST MYT	JST	Plenary Channel 1 (Zoom Webinar)	Plenary Channel 2 (Zoom Meetings)	Parallel Channel 1 (Zoom Meetings)	Parallel Channel 2 (Zoom Meetings)	Parallel Channel 3 (Zoom Meetings)				
						Aug 22	15:00	18:00	24:00	6:00	7:00			PS1 [SOL]	PS2 [SS]	PS3 [MRI]			
							16:30	19:30	1:30	7:30	8:30					(-8:35 JST)			
							(Break Time)												
							16:40	19:40	1:40	7:40	08:40			PS4 [SOL]	PS5 [SS]	PS6 [HYP]			
							18:10	21:10	3:10	9:10	10:10								
							(Break Time)												
							18:20	21:20	3:20	9:20	10:20			Mixing time	Mixing time	Mixing time			
							19:05	22:05	4:05	10:05	11:05			PS1 [SOL]	PS4 [SOL]	PS2 [SS]	PS5 [SS]	PS3 [MRI]	PS6 [HYP]
							(Break Time)												
							20:00	23:00	5:00	11:00	12:00			PS7 [SOL]	PS8 [SS]	PS9 [HYP]			
							21:30	24:30	6:30	12:30	13:30								
							(Break Time)												
							21:40	24:40	6:40	12:40	13:40	Plenary Lecture 1 [Otting]							
							22:25	1:25	7:25	13:25	14:25								
							(Break Time)												
							22:35	1:35	7:35	13:35	14:35		Mixing time Plenary Lecture 1 [Otting]	Mixing time PS7 [SOL]	Mixing time PS8 [SS]	Mixing time PS9 [HYP]			
							23:20	2:20	8:20	14:20	15:20	Corporate Seminar [Bruker]							
							24:30	3:20	9:20	15:20	16:20								
							(Break Time)												
3:00	6:00	12:00	18:00	19:00	Opening	3:00	6:00	12:00	18:00	19:00			PS10 [SOL]	PS11 [HYP]	PS12 [EPR]				
3:35	6:35	12:35	18:35	19:35	Prize Lecture 1 [Uğurbil]														
4:15	7:15	13:15	19:15	20:15	(Break Time)														
4:25	7:25	13:25	19:25	20:25	Prize Lecture 2 [Forse]	4:30	7:30	13:30	19:30	20:30									
					Prize Lecture 3 [Wang]														
5:15	8:15	14:15	20:15	21:15	Prize Lecture 4 [Rosen]	4:40	7:40	13:40	19:40	20:40	Plenary Lecture 2 [Wrachtrup]								
5:55	8:55	14:55	20:55	21:55	(Break Time)	5:25	8:25	14:25	20:25	21:25									
6:05	9:05	15:05	21:05	22:05	Ernst Memorial Session	5:35	8:35	14:35	20:35	21:35			PS13 [SOL]	PS14 [HYP]	PS15 [SS]				
							(Break Time)												
							7:05	10:05	16:05	22:05	23:05		Mixing time Plenary Lecture 2 [Wrachtrup]	Mixing time	Mixing time	Mixing time			
							7:50	10:50	16:50	22:50	23:50		PS10 [SOL]	PS13 [SOL]	PS11 [HYP]	PS14 [HYP]	PS12 [EPR]	PS15 [SS]	

JST: Japan Standard Time
 CST: China Standard Time
 MYT: Malaysia Time
 CEST: Central European Summer Time
 EDT: Eastern Daylight Time
 PDT: Pacific Daylight Time

SOL: Solution NMR
 SS: Solid state NMR
 HYP: Hyper polarization and emerging fields
 MRI: Magnetic resonance imaging
 EPR: Electron paramagnetic resonance

Time Zone					Aug 25 (Wed)							Remo								
PDT	EDT	CEST	CST MYT	JST	Plenary Channel 1 (Zoom Webinar)	Plenary Channel 2 (Zoom Meetings)	Parallel Channel 1 (Zoom Meetings)	Parallel Channel 2 (Zoom Meetings)	Parallel Channel 3 (Zoom Meetings)	Meeting Channel (Zoom Meetings)										
Aug 24					15:00	18:00	24:00	6:00	7:00											
					16:30	19:30	1:30	7:30	8:30											
					(Break Time)															
					16:40	19:40	1:40	7:40	08:40											
					18:10	21:10	3:10	9:10	10:10											
					(Break Time)															
					18:20	21:20	3:20	9:20	10:20											
					19:05	22:05	4:05	10:05	11:05											
					(Break Time)															
					20:00	23:00	5:00	11:00	12:00											
					21:30	24:30	6:30	12:30	13:30											
					(Break Time)															
					21:40	24:40	6:40	12:40	13:40	Plenary Lecture 5 [Prisner]										
					22:25	1:25	7:25	13:25	14:25											
					(Break Time)															
					22:35	1:35	7:35	13:35	14:35	Prize Lecture 5 [Bagryanskaya]										
					23:15	2:15	8:15	14:15	15:15											
					23:20	3:20	8:20	14:20	15:20											
					24:05	3:05	9:05	15:05	16:05											
					(Break Time)															
					(Break Time)										16:05-18:05 SEST officer's meeting					
					2:05	5:05	11:05	17:05	18:05											
					2:30	5:30	11:30	17:30	18:30											
					(Break Time)															
					4:40	7:40	13:40	19:40	20:40	Plenary Lecture 6 [Aime]										
					5:25	8:25	14:25	20:25	21:25											
					(Break Time)															
					5:35	8:35	14:35	20:35	21:35											
					7:05	10:05	16:05	22:05	23:05											
					7:30	10:30	16:30	22:30	23:30											
					7:50	10:50	16:50	22:50	23:50											
					8:15	11:15	17:15	23:15	24:15											

Mixing time
16:00
|
21:30

Poster
(P2-x-odd):
60 min
(P2-x-even):
60 min

JST: Japan Standard Time
 CST: China Standard Time
 MYT: Malaysia Time
 CEST: Central European Summer Time
 EDT: Eastern Daylight Time
 PDT: Pacific Daylight Time

SOL: Solution NMR
 SS: Solid state NMR
 HYP: Hyper polarization and emerging fields
 MRI: Magnetic resonance imaging
 EPR: Electron paramagnetic resonance

Time Zone					Aug 26 (Thu)											
PDT	EDT	CEST	CST MYT	JST	Plenary Channel 1 (Zoom Webinar)	Plenary Channel 2 (Zoom Meetings)	Parallel Channel 1 (Zoom Meetings)	Parallel Channel 2 (Zoom Meetings)	Parallel Channel 3 (Zoom Meetings)	Meeting Channel (Zoom Meetings)	Remo					
Aug 25					15:00	18:00	24:00	6:00	7:00							
							PS40 [SOL]	PS41 [SS] <small>(-8:10 JST)</small>	PS42 [EPR]		Poster Viewing	Mixing time 7:40 11:40				
							(Break Time)									
					16:40	19:40	1:40	7:40	08:40		Poster (P3-x-odd): 60 min (P3-x-even): 60 min					
					18:40	21:40	3:40	9:40	10:40							
					(Break Time)											
					18:50	21:50	3:50	9:50	10:50		Poster Viewing					
					19:35	22:35	4:35	10:35	11:35							
					(Break Time)											
					20:00	23:00	5:00	11:00	12:00							
					21:30	24:30	6:30	12:30	13:30							
					(Break Time)											
					21:40	24:40	6:40	12:40	13:40	Plenary Lecture 7 [Goward]						
					22:25	1:25	7:25	13:25	14:25							
					(Break Time)											
					22:35	1:35	7:35	13:35	14:35							
					23:20	2:20	8:20	14:20	15:20	Mixing time Plenary Lecture 7 [Goward]	Mixing time PS43 [SOL]	Mixing time PS44 [EPR]	Mixing time PS45 [MRI]			
					(Break Time)											
					24:00	3:00	9:00	15:00	16:00							
					(Break Time)											
					(Break Time)											
					2:00	5:00	11:00	17:00	18:00							
					(Break Time)											
					3:00	6:00	12:00	18:00	19:00							
					4:30	7:30	13:30	19:30	20:30							
					(Break Time)											
					4:40	7:40	13:40	19:40	20:40	Plenary Lecture 8 [Grey]						
					5:25	8:25	14:25	20:25	21:25							
					(Break Time)											
					5:35	8:35	14:35	20:35	21:35							
							PS49 [SOL]	PS50 [EPR]	PS51 [HYP] <small>(-23:10 JST)</small>							
					7:05	10:05	16:05	22:05	23:05							
					7:50	10:50	16:50	22:50	23:50	Mixing time Plenary Lecture 8 [Grey]	Mixing time PS46 [SOL]	Mixing time PS49 [SOL]	Mixing time PS47 [EPR]	Mixing time PS50 [EPR]	Mixing time PS48 [MRI]	Mixing time PS51 [HYP]

(23:10-23:55 JST)

JST: Japan Standard Time
 CST: China Standard Time
 MYT: Malaysia Time
 CEST: Central European Summer Time
 EDT: Eastern Daylight Time
 PDT: Pacific Daylight Time

SOL: Solution NMR
 SS: Solid state NMR
 HYP: Hyper polarization and emerging fields
 MRI: Magnetic resonance imaging
 EPR: Electron paramagnetic resonance

Time Zone					Aug 27 (Fri)				
PDT	EDT	CEST	CST MYT	JST	Plenary Channel 1 (Zoom Webinar)	Plenary Channel 2 (Zoom Meetings)	Parallel Channel 1 (Zoom Meetings)	Parallel Channel 2 (Zoom Meetings)	Parallel Channel 3 (Zoom Meetings)
Aug 26									
15:00	18:00	24:00	6:00	7:00			PS52 [SOL]	PS53 [EPR]	PS54 [MRI]
16:10	19:10	1:10	7:10	8:10			(Break Time)		
16:20	19:20	1:20	7:20	8:20	Plenary Lecture 9 [Hong]				
17:05	20:05	2:05	8:05	9:05					
17:05	20:05	2:05	8:05	9:05	Plenary Lecture 10 [Shimada]				
17:50	20:50	2:50	8:50	9:50					
18:25	21:25	3:25	9:25	10:25	Closing				
					(Break Time)				
19:00	22:00	4:00	10:00	11:00			NMRSJ Opening Japanese Oral Session 1 (Break Time) Japanese Oral Session 2 (Break Time)		
20:30	23:30	5:30	11:30	12:30			Progress Award Lecture (Break Time) Honorary Lecture Introduction of Next Meeting Closing	SEST Opening Membership assembly** Awards ceremony** (** Membership only) (Break Time) SEST Award Lecture SEST Young Investigator Award Lectures Closing Remarks	
23:30	2:30	8:30	14:30	15:30					
1:40	4:40	10:40	16:40	17:40					