






mNIRS UK Day 1
9th of September 2024

11:00 – 13:00	Essex Sport Arena Foyer	Arrival + Registration
13:00-14:30	ESA.2.8 + ESA.2.9 1: MOXY Monitor Applications https://www.moxymonitor.com/ 2: TrainRed https://train.red/ 3: Artinis https://artinis.com 4: PIONIRS https://www.pionirs.com/wp/ 5: NIRx https://nirx.net/	Manufacturer Talks     
14:30 – 15:00	Coffee break	

User/Manufacturer Workshop and Demonstrations				
	MOXY (SRES Biomechanics Lab)	Artinis & TrainRed (SRES Human Movement Lab)	PIONIRS (SRES Sports Psychology Lab)	NIRx (SRES Exercise Physiology Lab)
15:00 – 15:30	Demo 1: Optimising sensor placement	Demo 1: A Scientific Deep Dive into Muscle Oxygen	Demo 1: TD-NIRS: add a new dimension to muscle oximetry	Demo 1: The NIRSport2 Platform for NIRS research
15:35 – 16:05	Demo 2: Warm-ups	Demo 2: The Science behind Incremental Exercise Testing	Demo 2: Mastering The NIRSBOX: usage and capabilities	Demo 2: Turbo-Satori software for real-time NIRS data processing and analysis
16:10 – 16:40	Demo 3: Determining SmO ₂ accuracy	Demo 3: Elevate your Day-to-Day Training with Muscle Oxygen	Demo 3: Hands-On: live experiments and demos	Demo 3: Measuring brain signals during exercise
16:45 – 17:15	Demo 4: Training Intensity Analysis from the Step Test	Demo 4: Hands-on Practical Session with the Devices	Demo 4: Interactive Q&A: Your turn to test PIONIRS technology	Demo 4: Satori software for offline NIRS data processing and analysis
17:15 – 17:30	Break			
17:30 - 18:30	Lakeview Room	Welcome Prof Nelson Cortes, University of Essex Keynote Speaker Prof Kevin McCully, University of Georgia		
19:00 - late	Wivenhoe House Hotel	Conference Dinner		

mNIRS UK Day 2
10th of September 2024

08:00	Registration Opens	EBS Foyer
09:00	Welcome Welcome Prof Chris Greer, University of Essex	EBS.2.2
09:15-09:45	Plenary 1: NIRS developments for mNIRS Prof Maria Franceschini, Harvard University	EBS.2.2
09:45-10:15	Plenary 2 : mNIRS in health care and observational cohort studies Dr Siana Jones, University College London	EBS.2.2
10:15	Coffee Break	EBS Foyer
10:45-11:30	Oral Session 1 : Muscle deoxygenation profiles to assess exercise intensity domains Dr Alfred Nimmerichter (20 minutes) Low-cost, Compact, Multiwavelength, and Multidistance Speckle Contrast Optical Spectroscopy System for Non-Invasive Muscle Hemodynamics Dr Turgut Durduran (10 minutes) Cardiopulmonary fitness and changes in tissue saturation index during exercise in people living with long COVID compared with controls Dr Alexandra Jamieson (10 minutes)	EBS.2.2
11:30-12:30	Flash poster session 3 minutes and 1 slide per speaker	EBS.2.2
12:30-14:00	Sandwich lunch and poster viewing	EBS.2.35 + EBS.2.40
14:00-14:30	Plenary 3 : Monitoring in sport has changed: time to consider muscle oxygenation Prof Stephane Perrey, Universite de Montpellier	EBS.2.2
14:30-15:15	Oral Session 2 : The last steps of oxygen cascade: oxygen diffusion and utilization at skeletal muscle level estimated by NIRS Dr Simone Porcelli, University of Pavia (20 minutes) Effect of Leg Pain Intermittent Claudication Symptom Severity in Calf Muscle Oxygen Saturation in Peripheral Artery Disease Dr Catarina Abrantes (10 minutes) An automatized hybrid diffuse optical platform for addressing microvascular health in the skeletal muscle Dr Turgut Durduran (10 minutes)	EBS.2.2
15:20-16:00	Panel Q&A / Roundtable mNIRS where are we now, future challenges and opportunities Prof Chris Cooper (Chair), instrument manufacturers, and plenary speakers	EBS.2.2