The **2020 Annual Meeting** will be held on **May 15 & 16, 2020**at **Wintergreen Resort**.
I encourage you to mark your calendars and join us for another outstanding educational program.

**ABSTRACT SUBMISSIONS**

I invite all members to submit abstracts to be considered for inclusion in the scientific program and ask the academic Department Chairs to encourage their residents to participate in the meeting.

Abstracts for the 2020 program must be submitted by **January 6, 2020**. Please use the Submission Form below.

**ORAL OR POSTER SUBMISSIONS**

An abstract may be accepted for inclusion in the scientific program as either an oral or poster presentation. Please indicate the submission type in your email - either oral, poster or both.

**AWARDS**

A first and second place award will be awarded to the top two resident oral presentations ($500 and $250 respectively) and a first and second place award will be given to the top two poster presentations ($150 and $50 respectively).

**HOW TO SUBMIT AN ABSTRACT**

All abstracts must be submitted electronically to Isabelle Folmer, Assistant Society Manager, at ifolmer@ramdocs.org. You will receive confirmation of receipt of your abstract after it is submitted. If you do not receive a confirmation within 24 hours, please contact Isabelle via email or by phone at 804.625.3851.

**RESIDENT BOWL**

There will also be a Resident Bowl again this year.  We ask that each program select 3 residents to represent your institution and participate in the event. There will be prizes for those participating on the winning team. The multiple choice questions will cover all aspects of Otolaryngology and the audience will have an opportunity to participate in this event as well. More information will follow as time draws closer to the annual meeting.

**2020 Annual Meeting**

**Abstract Submission | Title Page**

**Presenter’s Information**

**Name and degree(s):** Click here to enter text.

**Title of the Abstract:** Click here to enter text.

**Institution:** Click here to enter text.

**Preferred Mailing Address:** Click here to enter text.

**Preferred Phone Number:** Click here to enter text.

**Email Address:** Click here to enter text.

**VSO Member?** Click here to enter text.

Send this completed document as a Word file.  In addition, send a PDF of only the abstract *without any identifying information* (remove your contact information).  Name both files as follows: <<your last name>> VSO Abstract <<oral, poster, or both>>.  Send to: Isabelle Folmer, VSO Assistant Society Manager, ifolmer@ramdocs.org, by **January 6, 2020.**

**Please check the category of the paper below:**

[ ]  Oral Presentation [ ]  Poster Presentation [ ]  Either

**Specifications for abstracts**

Abstracts for the 2020 program must be submitted by **January 6, 2020**. Abstracts should be no longer than 250 words and should include the following sections: Objectives, Materials and Methods, Results, and Conclusions. (One Figure and Table allowed). *If your abstract exceeds 250 words, it will not be considered* (this title page is not included in that count).

**Principal Author’s Name, degree, and affiliation:** Click here to enter text.

**Co-Authors (include degrees and affiliations):** Click here to enter text.

**Title of Abstract:** Click here to enter text.

**Begin abstract here:**