



ASIAN SHOOTING CONFEDERATION HEADQUARTERS

P.O. Box 195, Hawally, 32002, Kuwait. Tel.: +965 24670062 / 24674747 Ext.: 225, 226, 227
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Circular No. 484
Date: 10th September 2026

ALL ASC MEMBER FEDERATIONS/ASSOCIATIONS

SUB: **TRAVEL MEDICINE AND MANAGEMENT OF JET LAG**
ONLINE LECTURE (VIA ZOOM APPLICATION) ON 13 SEP 2026

Dear Friends,

We extend our warm greetings to all esteemed members of the Asian Shooting Confederation (ASC).

The ASC is pleased to inform all its member federations/associations that an online educational lecture on “**Travel Medicine and Management of Jet Lag**” will be organized for Asian athletes, coaches and team officials in preparation for their participation in the 20th Asian Games 2026 Aichi-Nagoya, Japan.

The objective of this educational lecture is to provide Asian athletes and officials with simple, evidence-based and practical strategies to minimize the effects of travel and jet lag and help them arrive in Japan physically and mentally prepared for shooting sport competitions.

Long-distance international travel, changes in time zones, sleep disruption, dehydration, altered meal timings, and travel-related fatigue can adversely affect concentration, reaction time, alertness, coordination, and performance. These factors are particularly important in precision shooting, where optimal mental and physical readiness is essential.

Please find below details of the online lecture:

Lecturer: Dr. Asad Abbas Shah – Chairperson ASC Medical & Anti-Doping Committee

Date: Sunday, 13th September 2026

Time: 07:00 AM Universal Time (UTC)

Duration: 01 hour

Platform: Zoom Application / Online

Zoom access link:

<https://us06web.zoom.us/j/83226786733?pwd=HI2P1HpEQjaz4CSNRXPng7RBXfR0La.1>

Meeting ID: 832 2678 6733

Passcode: 859033



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We would highly appreciate your support in sharing this information among the athletes, coaches, officials and support staff of your federation and encouraging their active participation in this educational initiative.

Sincerely Yours,

Eng. Duaij AlOtaibi
Secretary General
Asian Shooting Confederation