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*On solution-free sets via local uniformity and energy incrementing*

We consider a system of  $k$  diagonal polynomials of degrees  $1, 2, \dots, k$ . Using methods developed by W.T. Gowers and refined by Green and Tao to obtain bounds in the 4-term case of Szemerédi's Theorem on long arithmetic progressions, we show that if a subset  $\mathcal{A}_N$  of the natural numbers up to  $N$  of size  $\delta_N N$  exhibits sufficiently small local polynomial bias, then it furnishes roughly the expected number of solutions to the given system. If  $\mathcal{A}_N$  furnishes no non-trivial solutions to the system, then we show via an energy incrementing argument that there is a concentration in a Bohr set of pure degree  $k$ , and consequently in a long arithmetic progression. We show that this leads to a bound on the density  $\delta_N$  of the set  $\mathcal{A}_N$  of the form  $\delta_N \ll \exp(-c\sqrt{\log \log N})$ , where  $c > 0$  is a constant dependent at most on  $k$ .