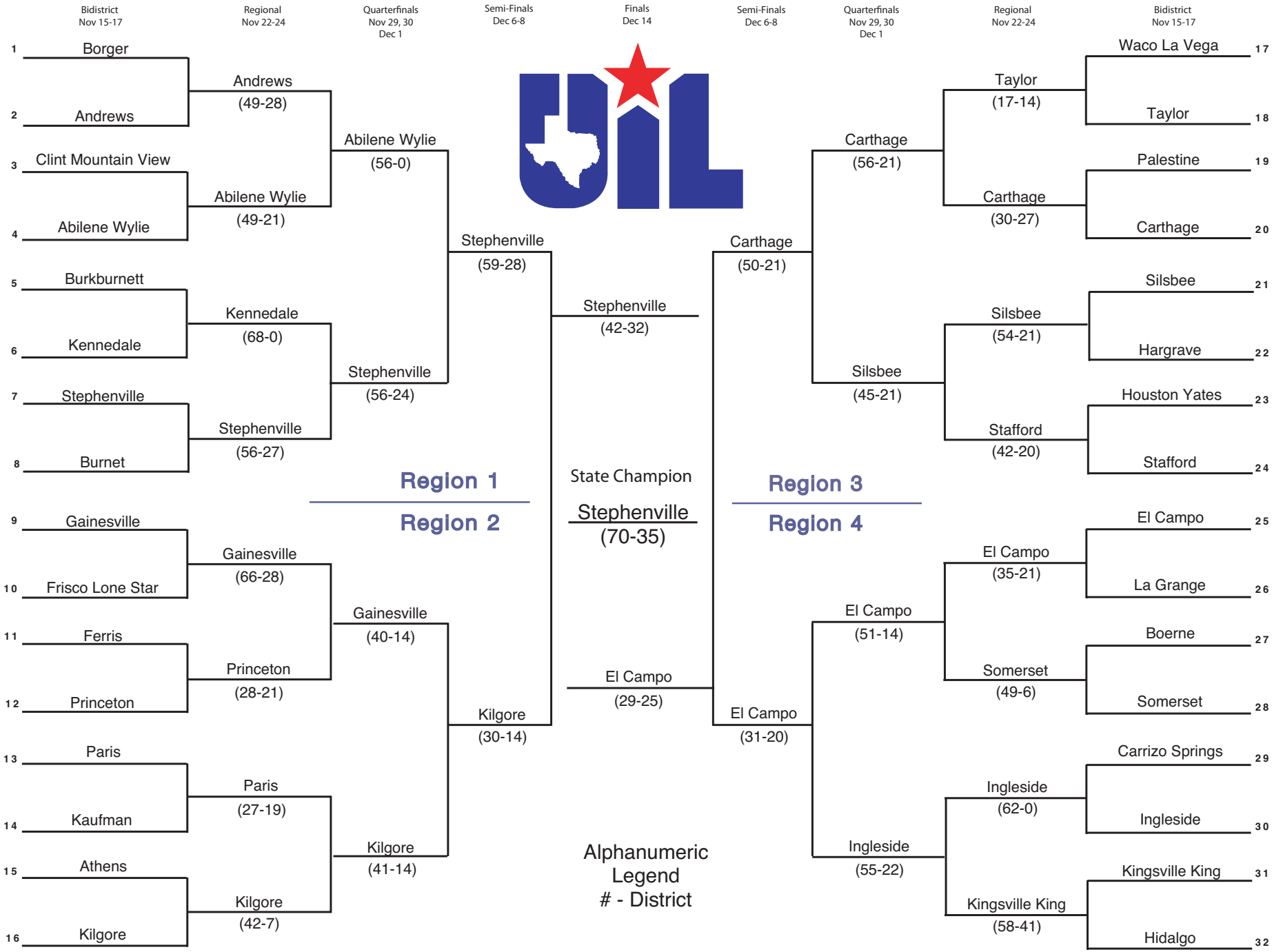2012 Football Conference 3A Division 1