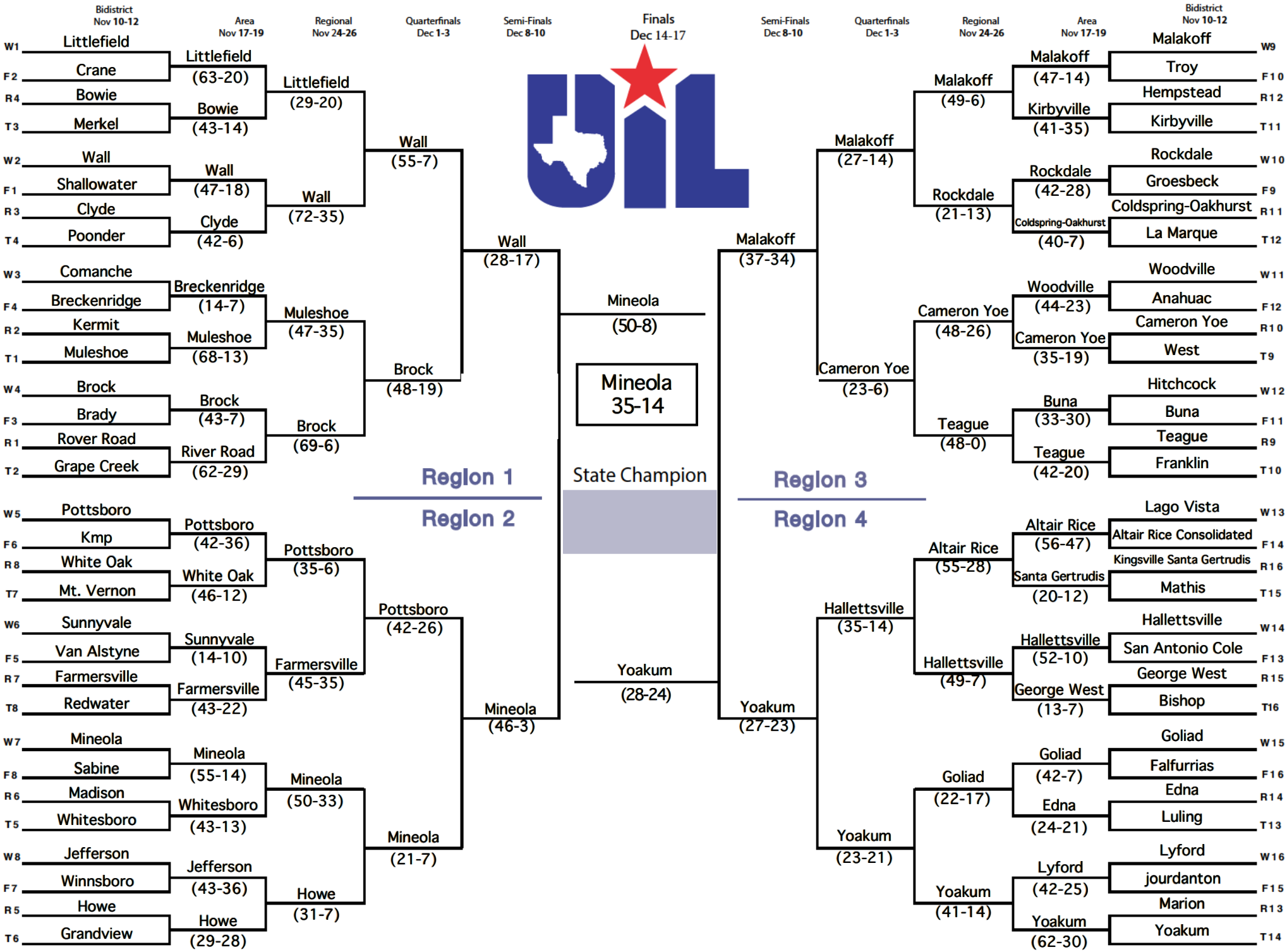2016 Football Conference 3A Division 1