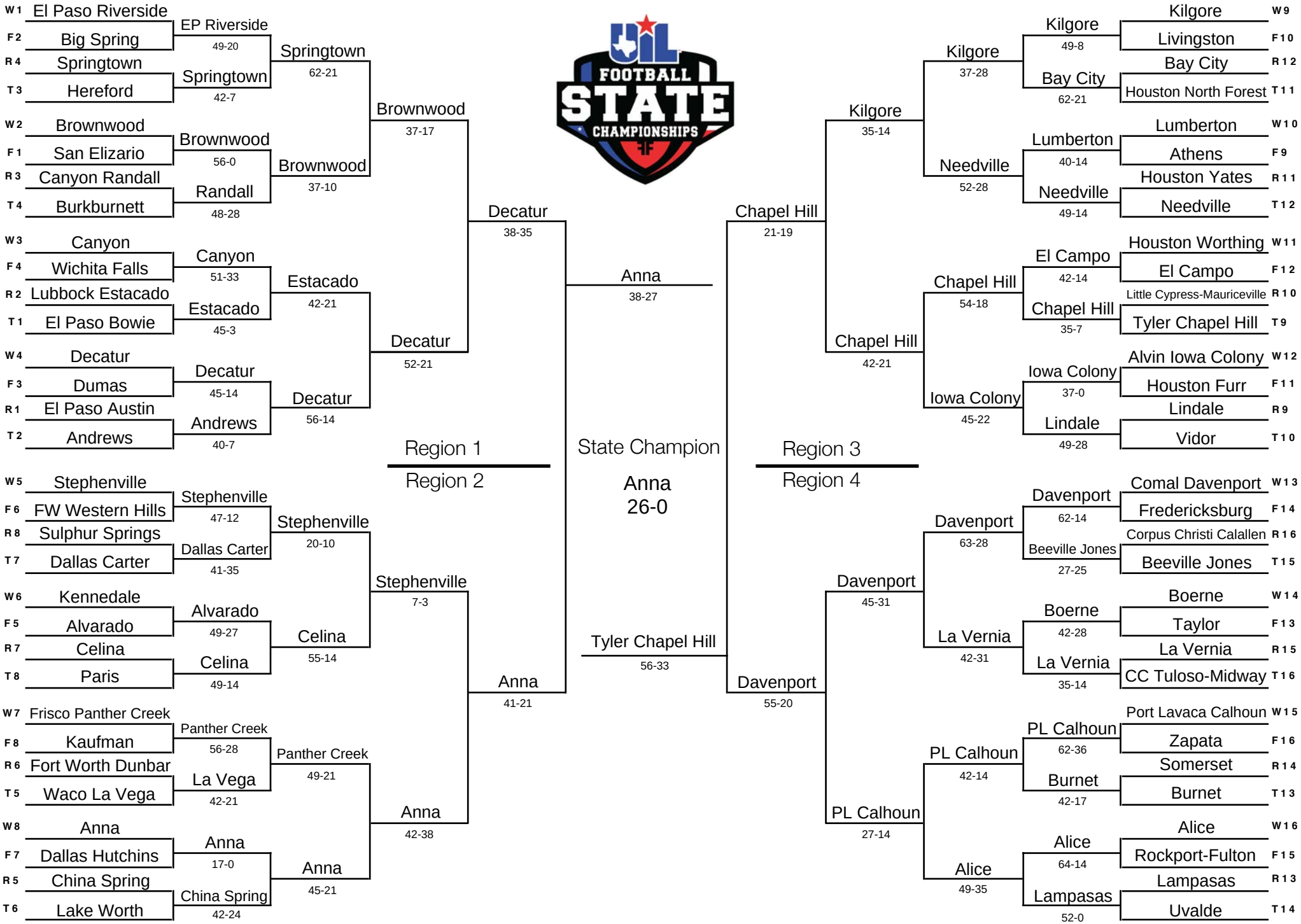2023 Football Conference 4A Division 1