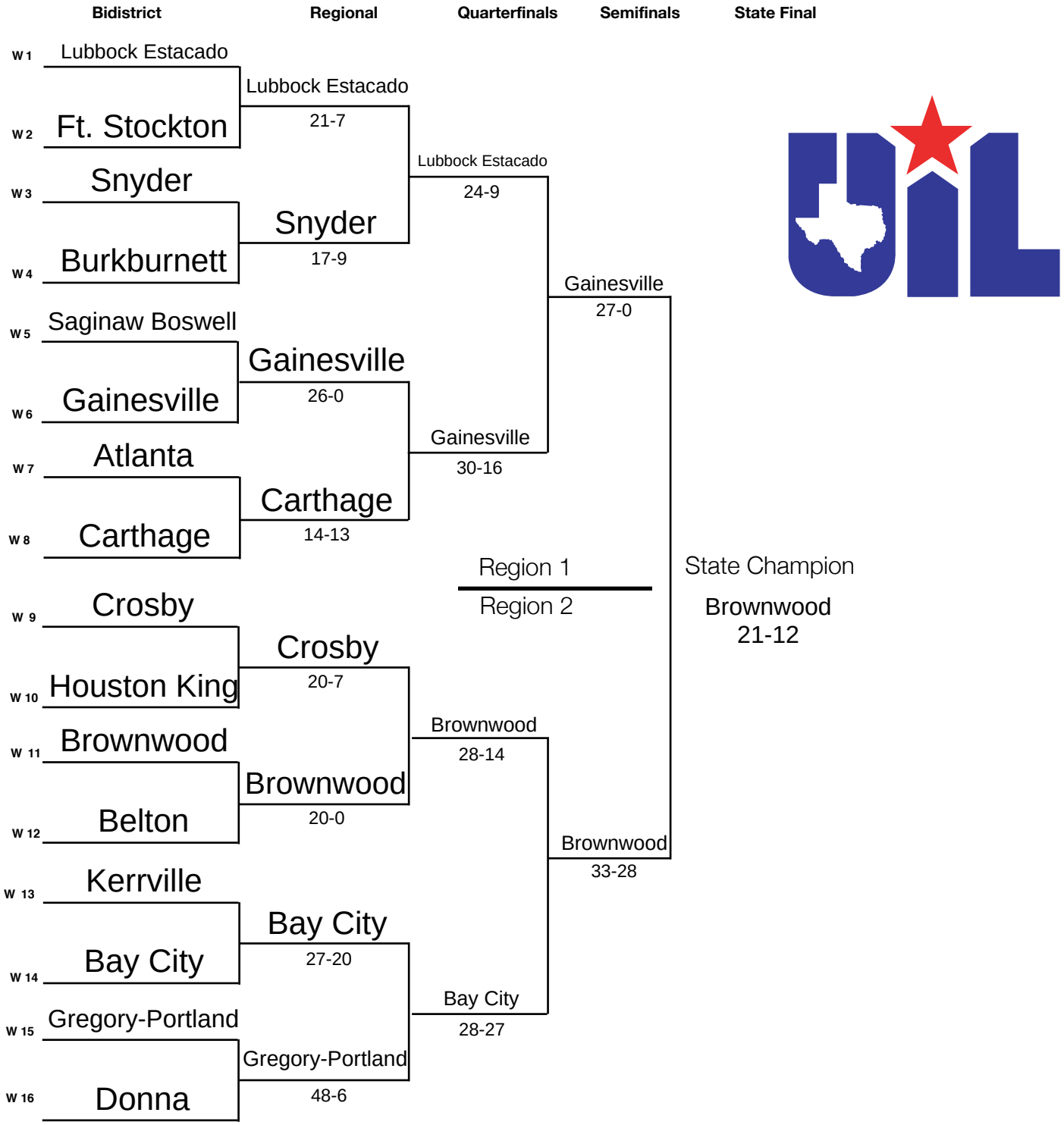1978 Football Conference 3A