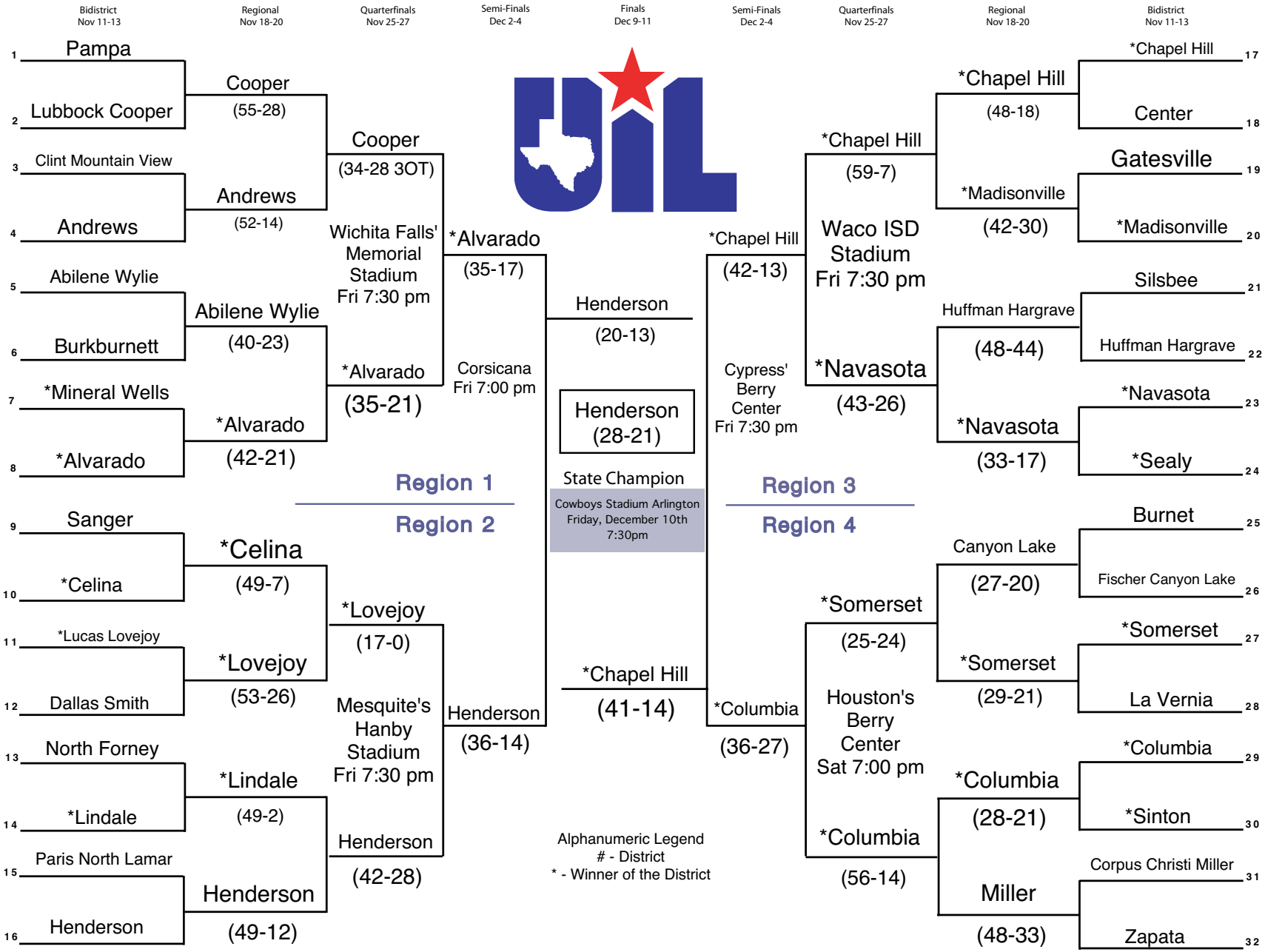2010 Football Conference 3A Division 1