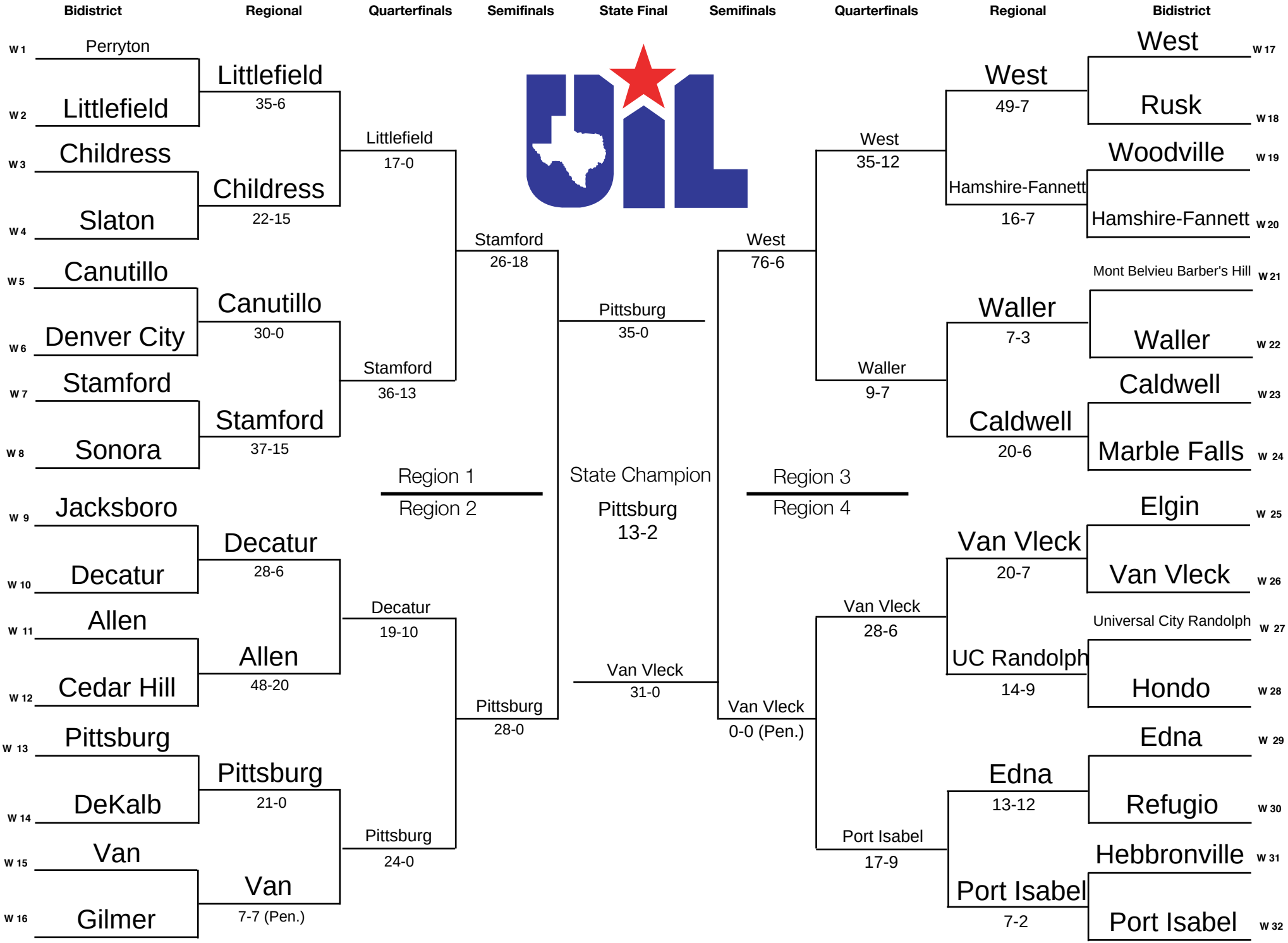1980 Football Conference 3A