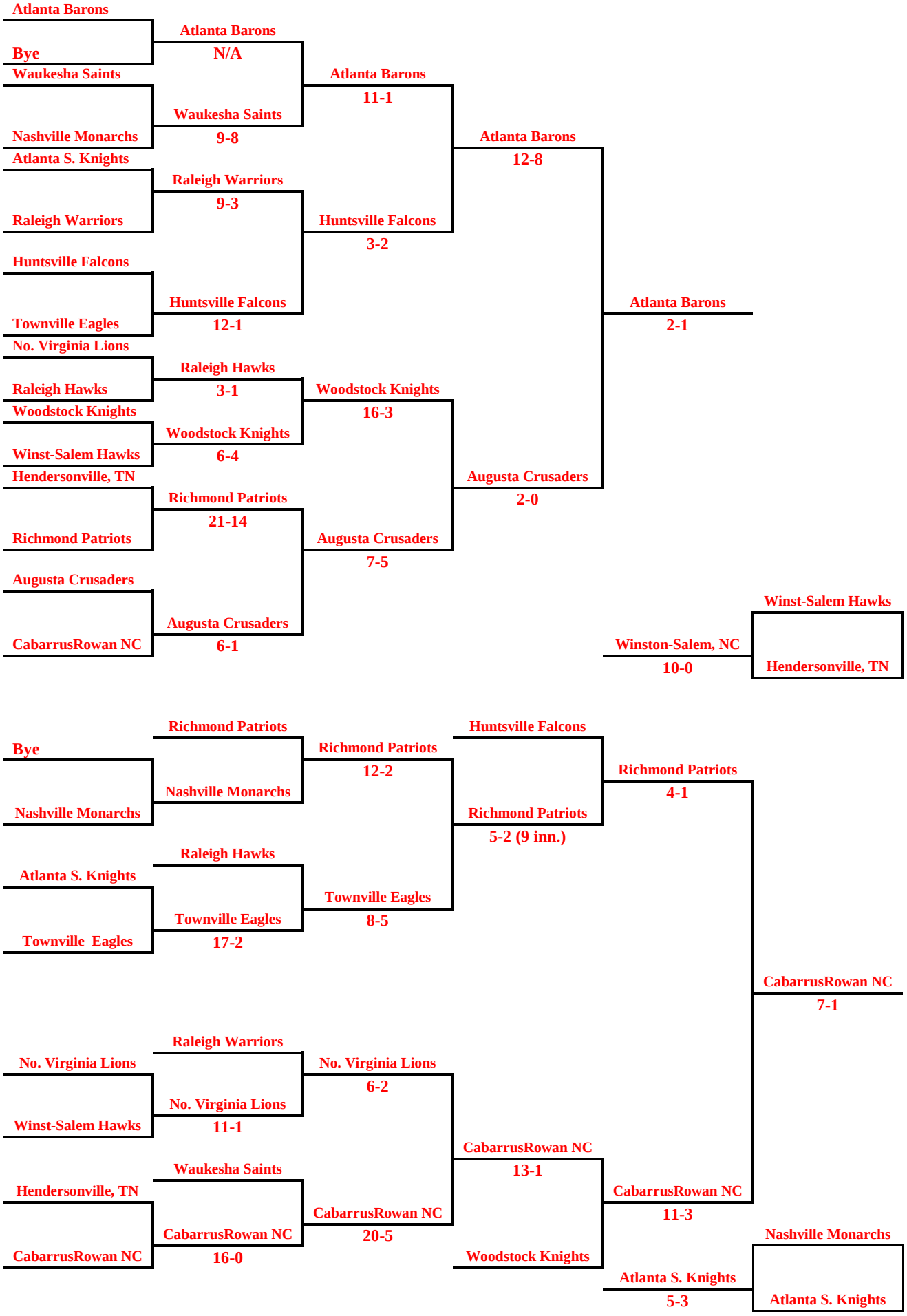2009 HWSA East Regional