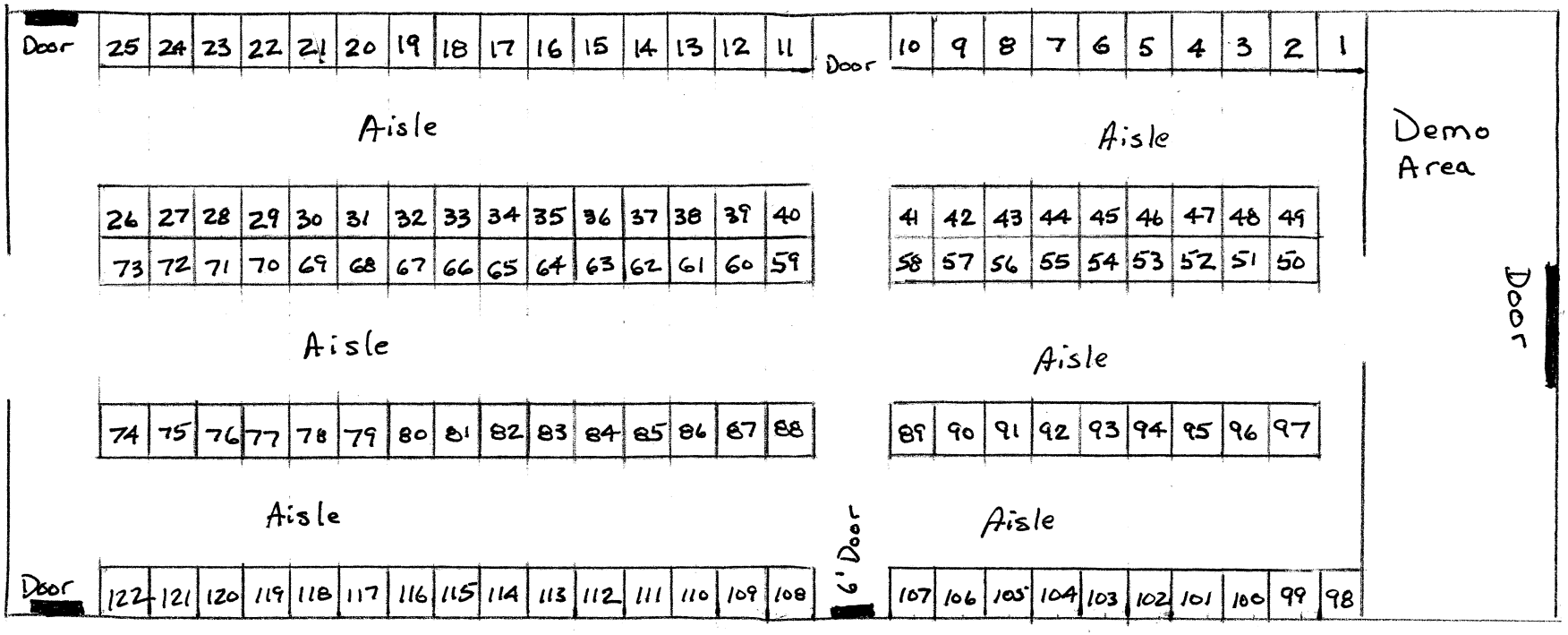West Regional 2009