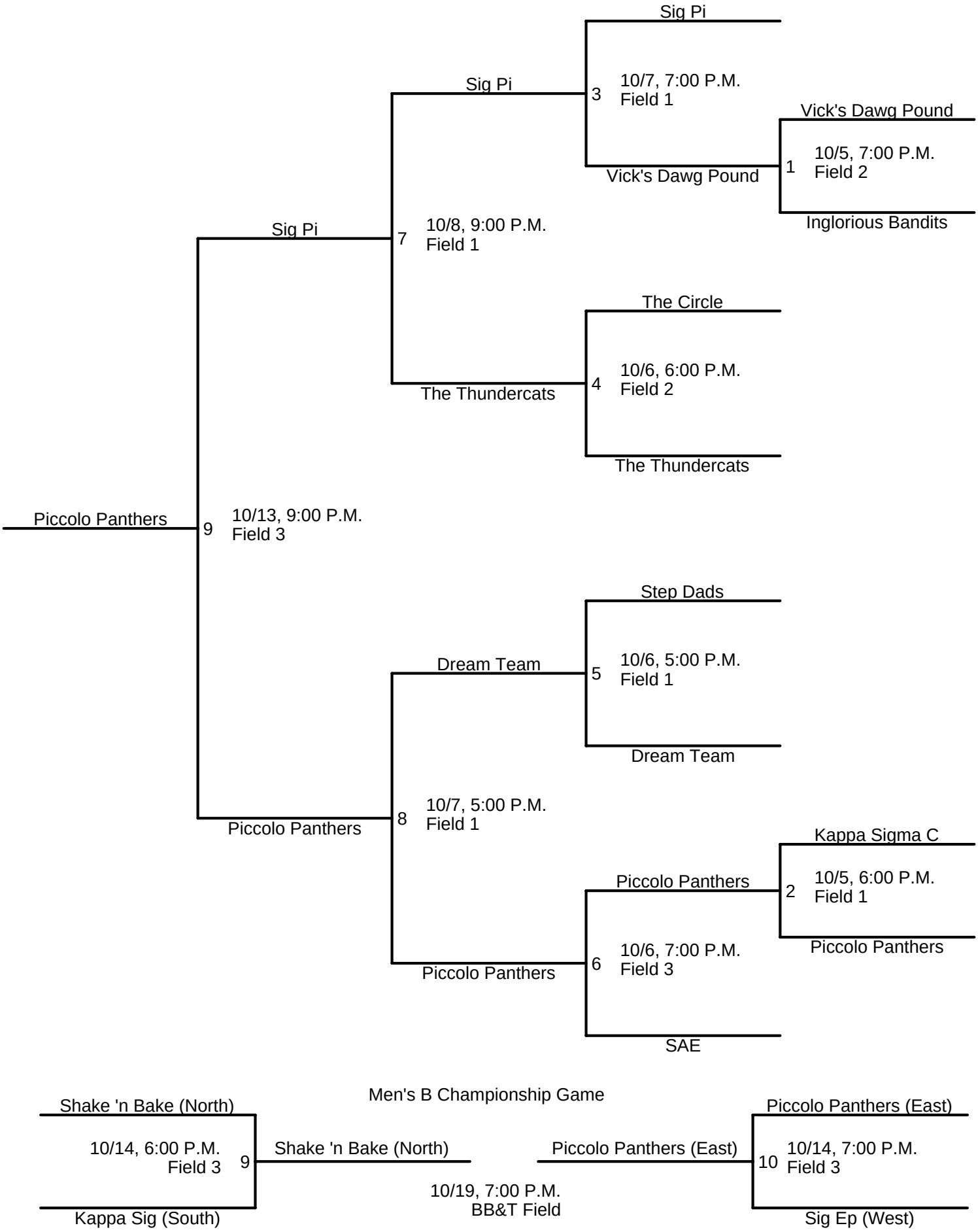2009 IM Flag Football Championship Men's B East Division