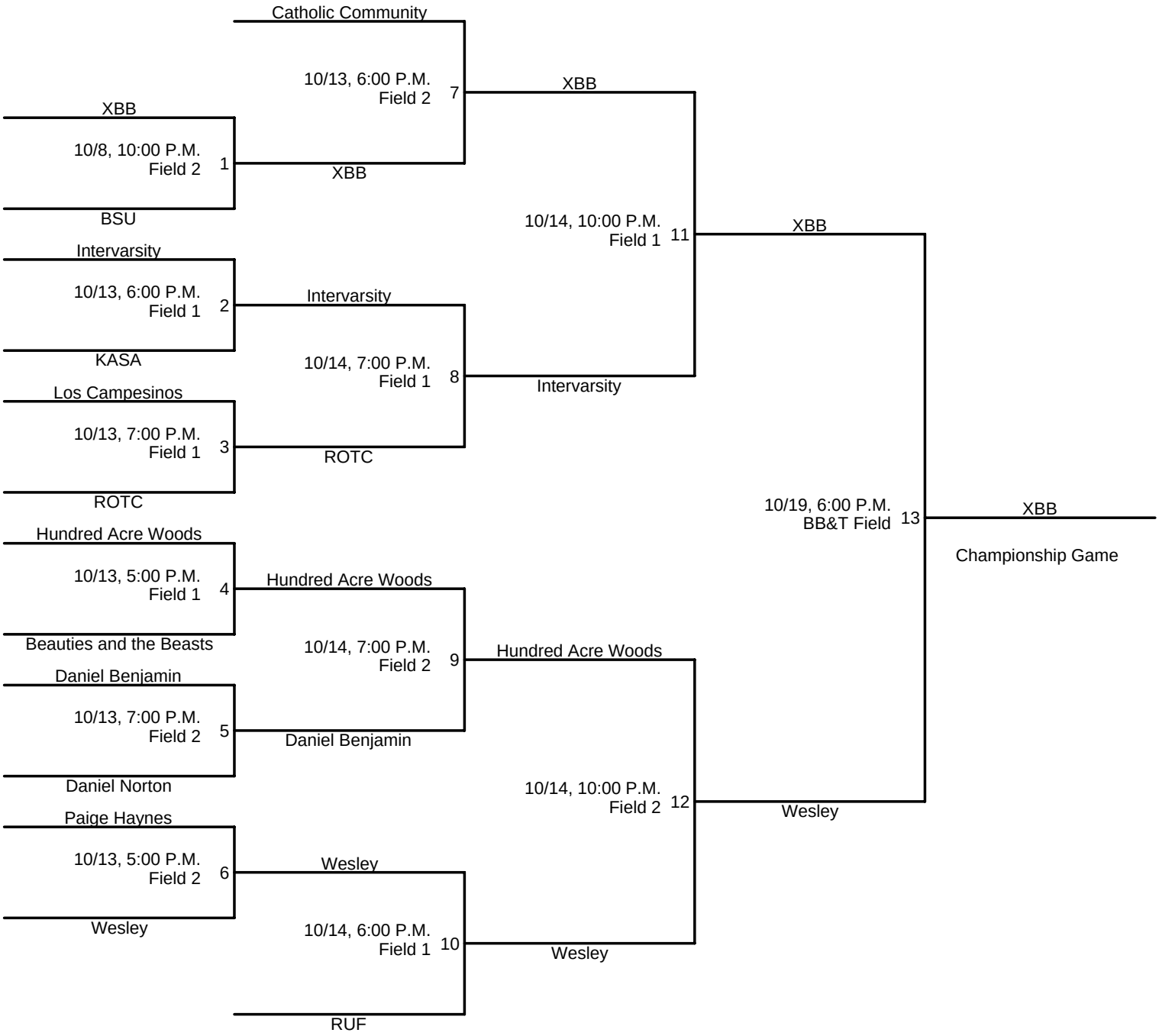2009 IM Flag Football Co-Rec Championship