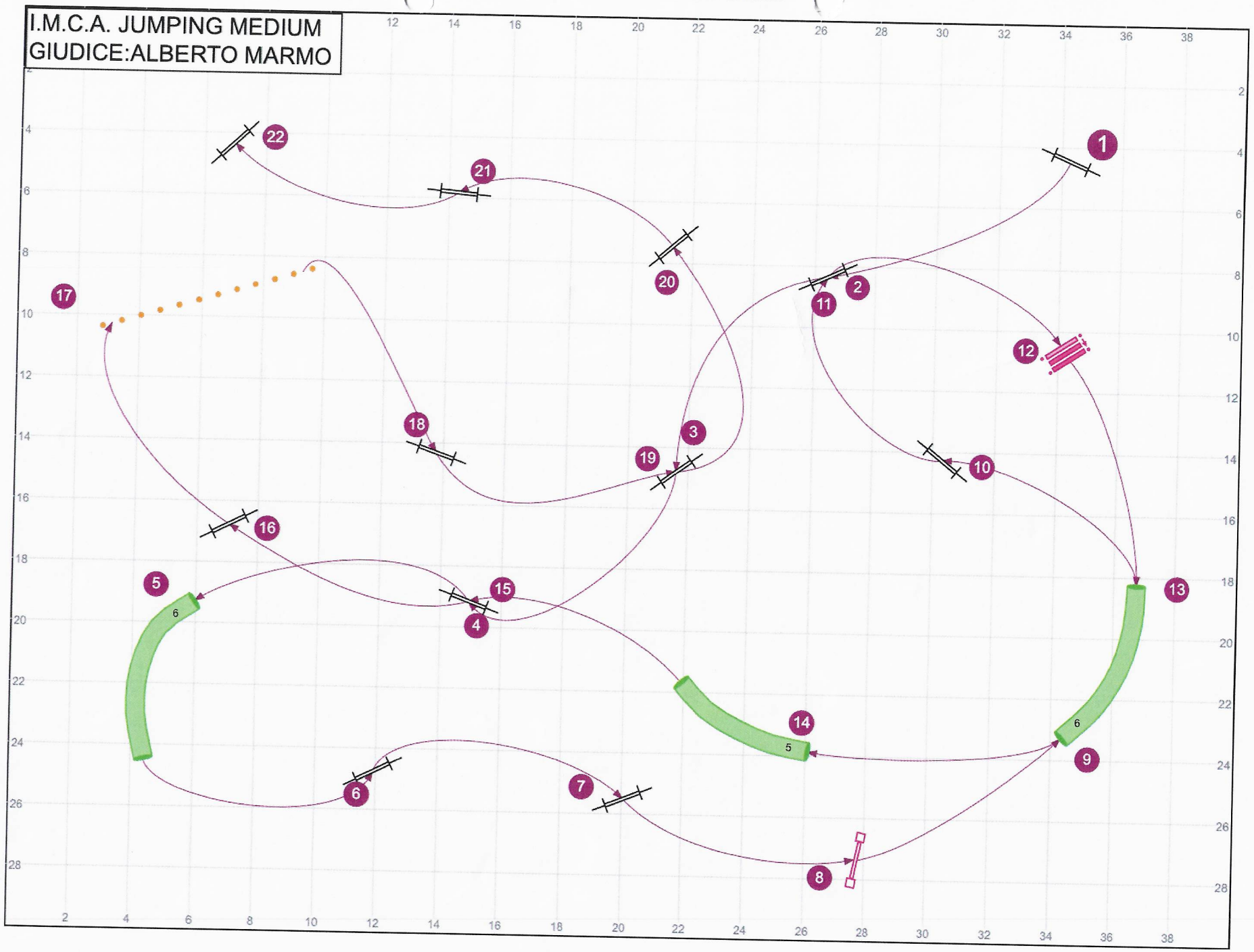I.M.C.A. JUMPING MEDIUM