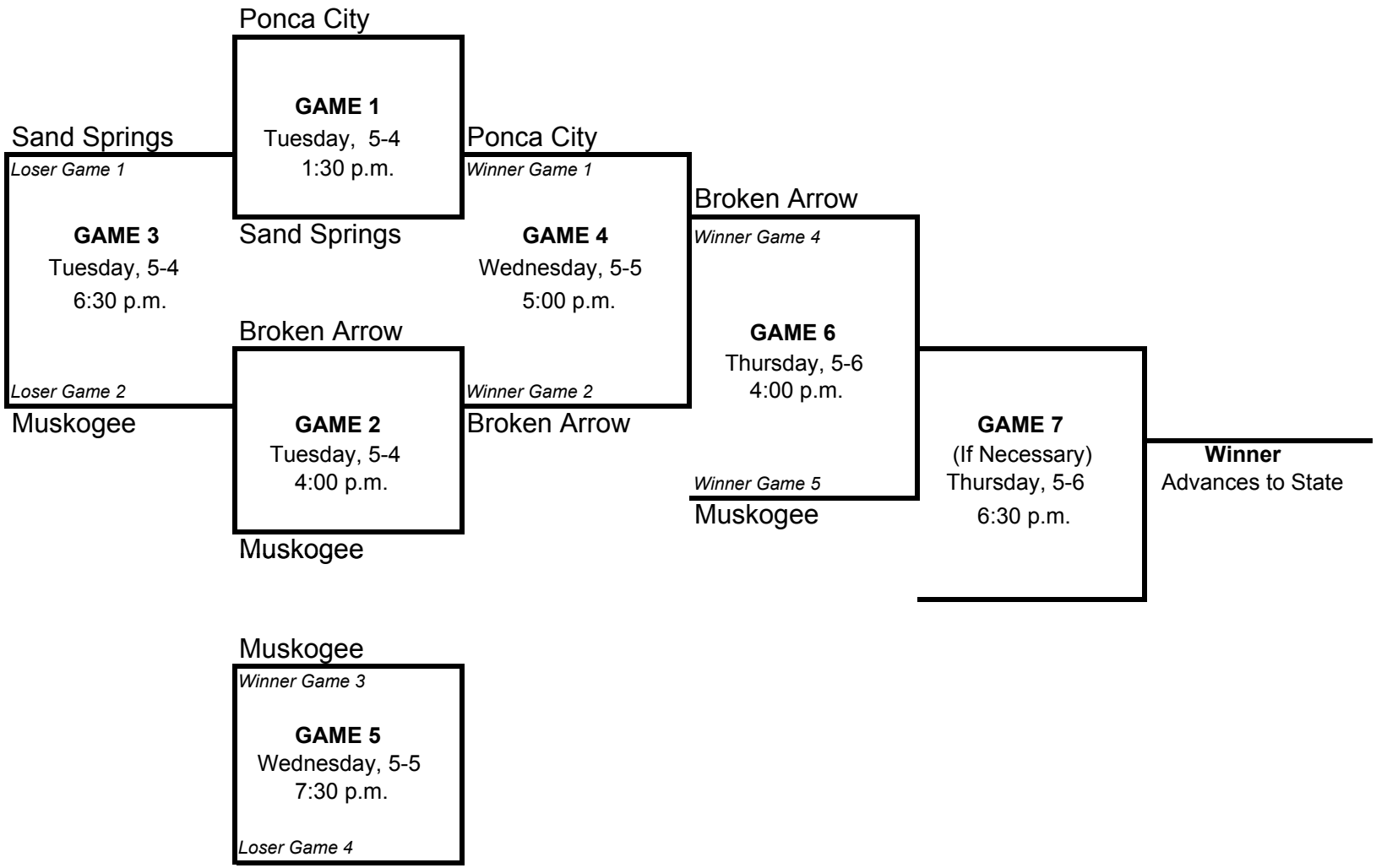Broken Arrow Regionals 2010