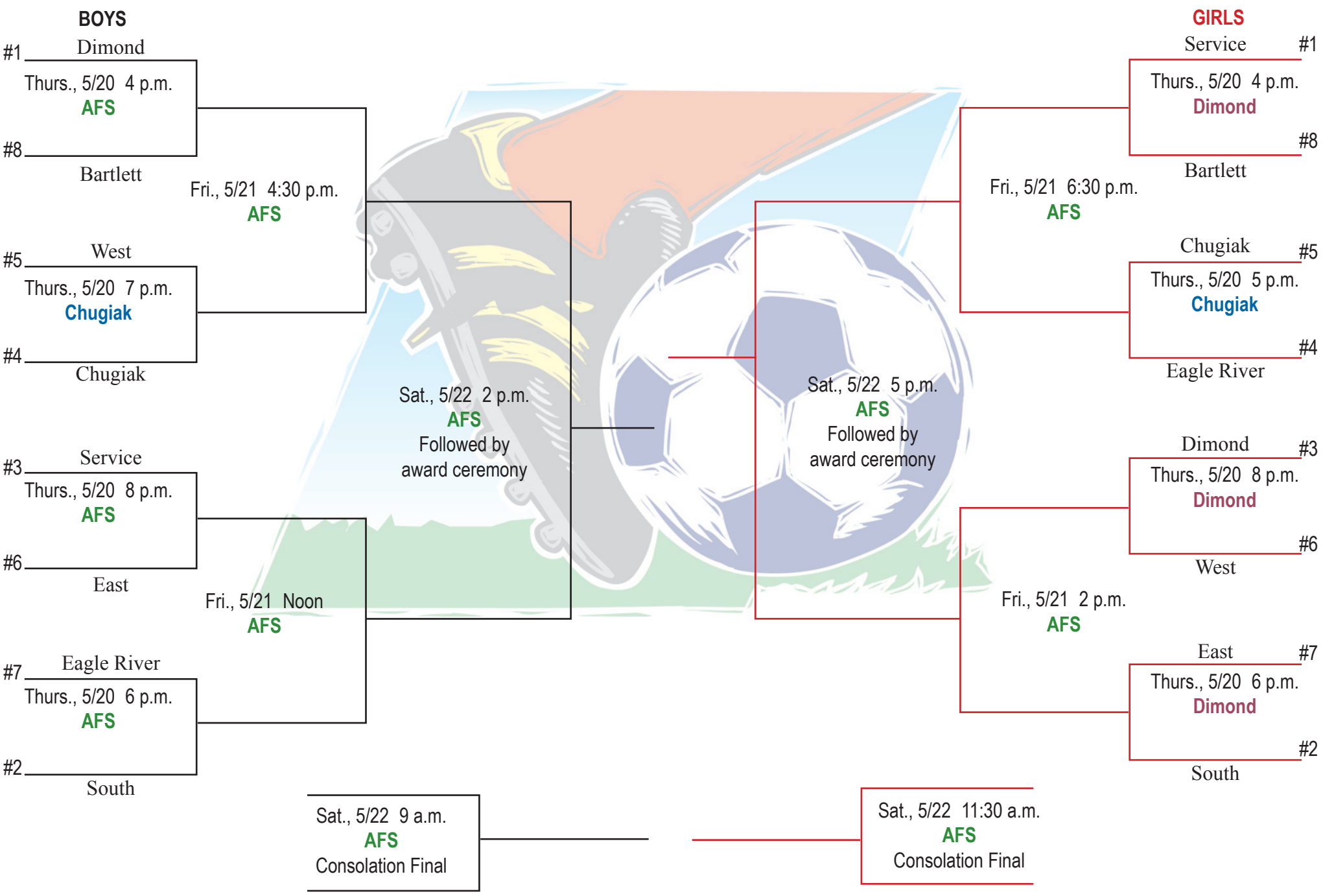Region IV Soccer Tournament 2010