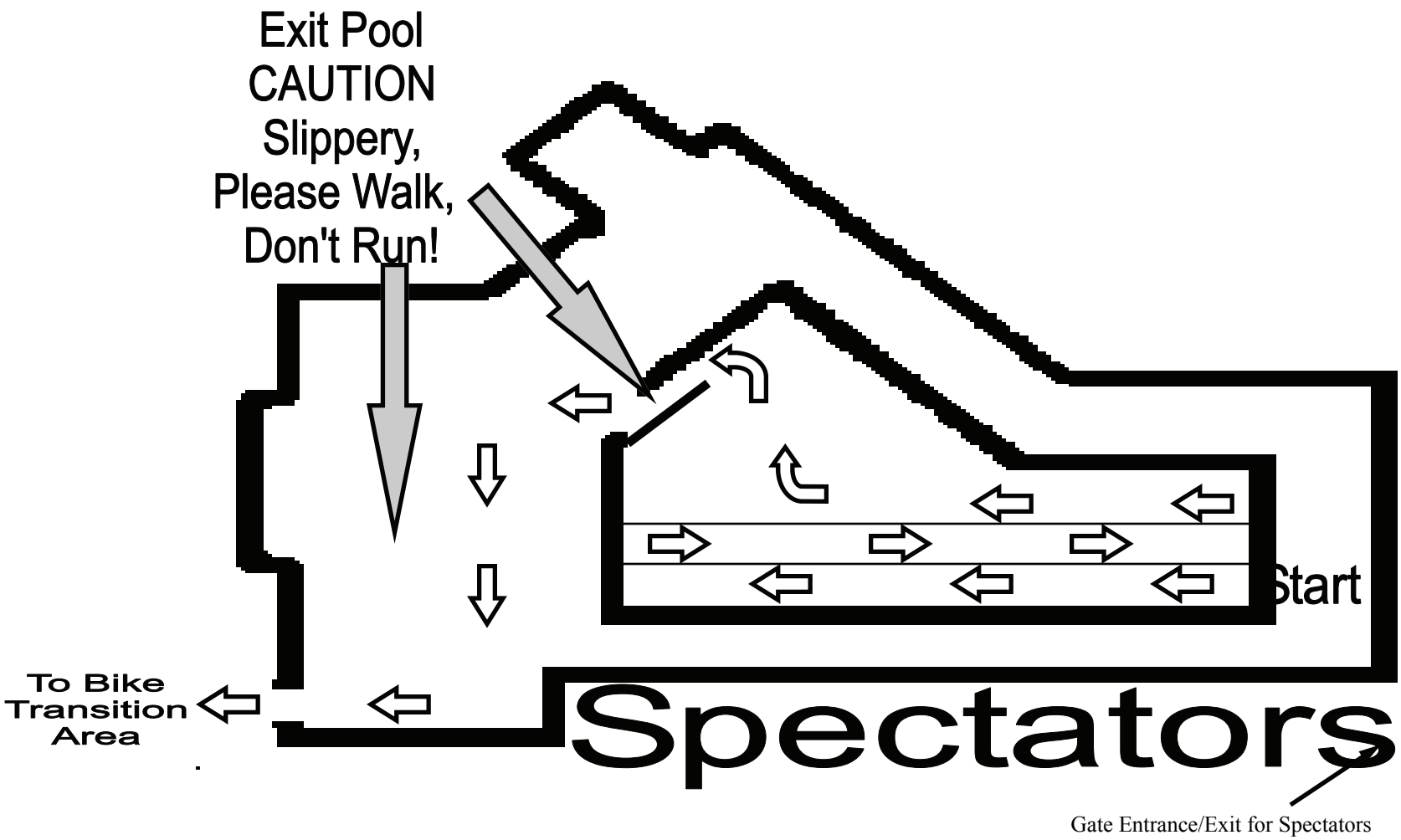Long Course - Swim 150 Meters