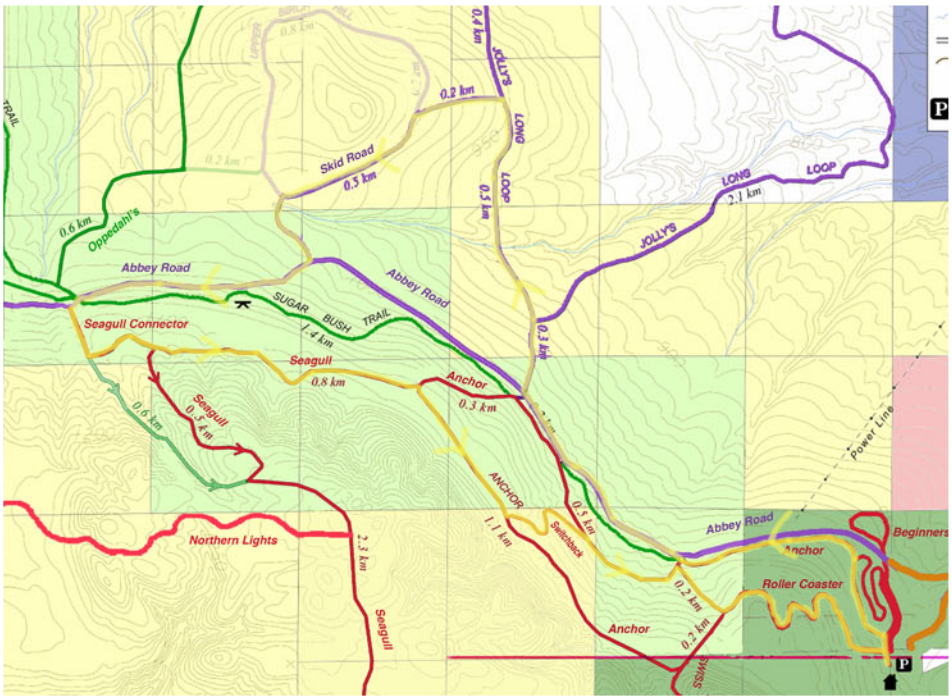High School 7km