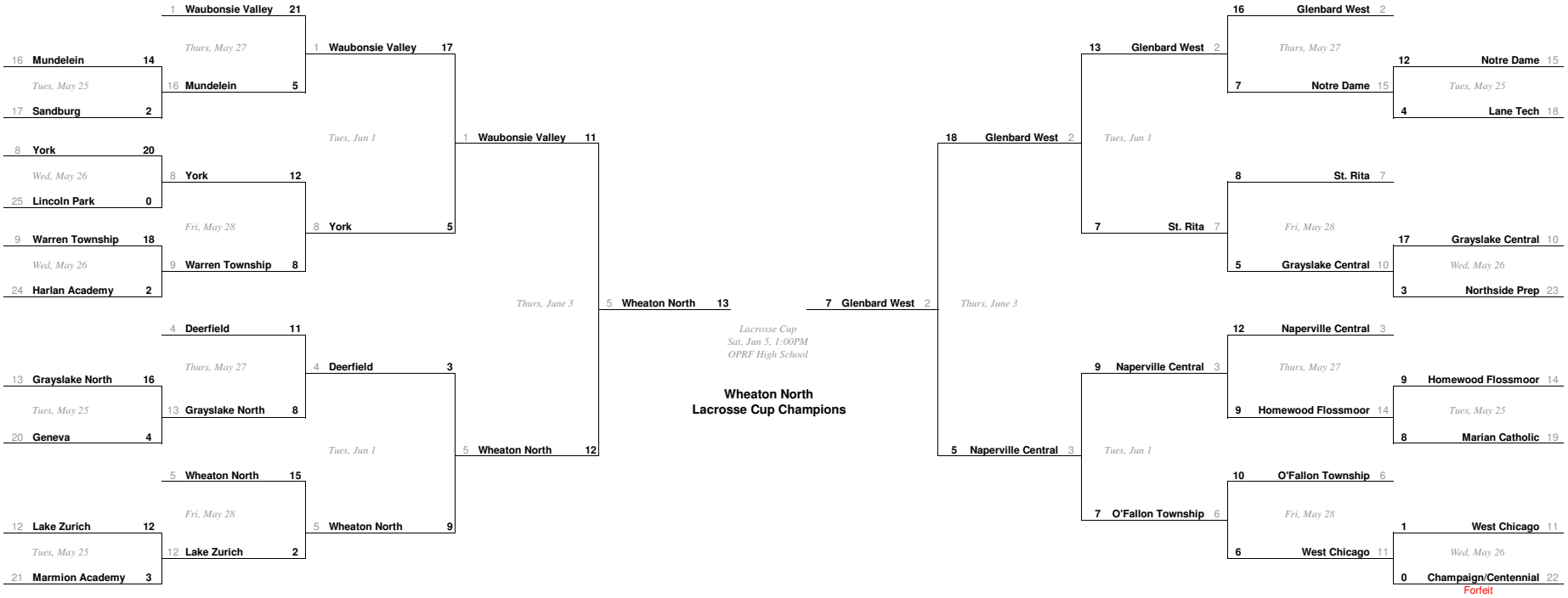2010 IHSLA Lacrosse Cup Championship Series