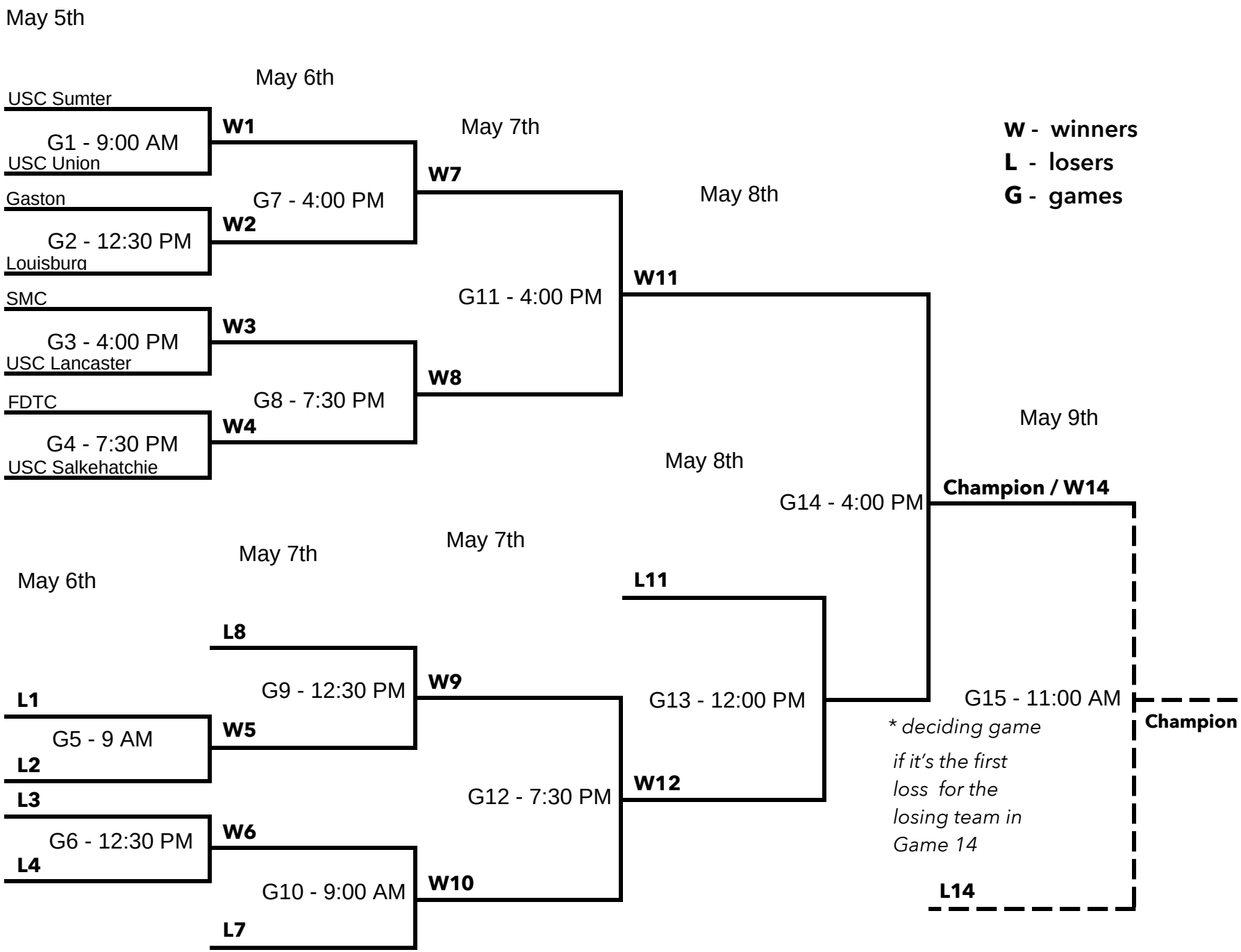2023 Region 10 D1 Baseball