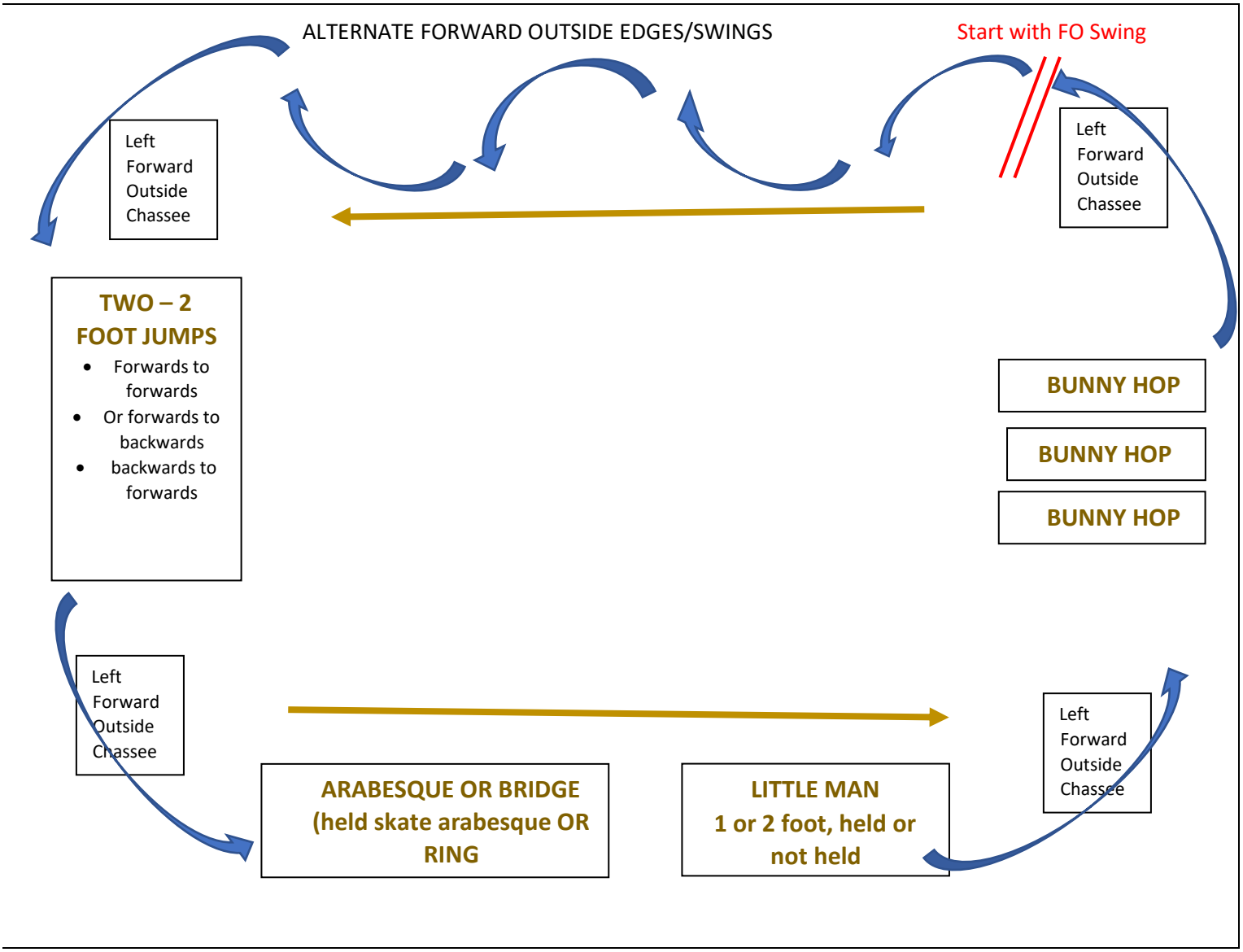SEQUENCE FOR NON-MEDALISTS (STREAM 3)