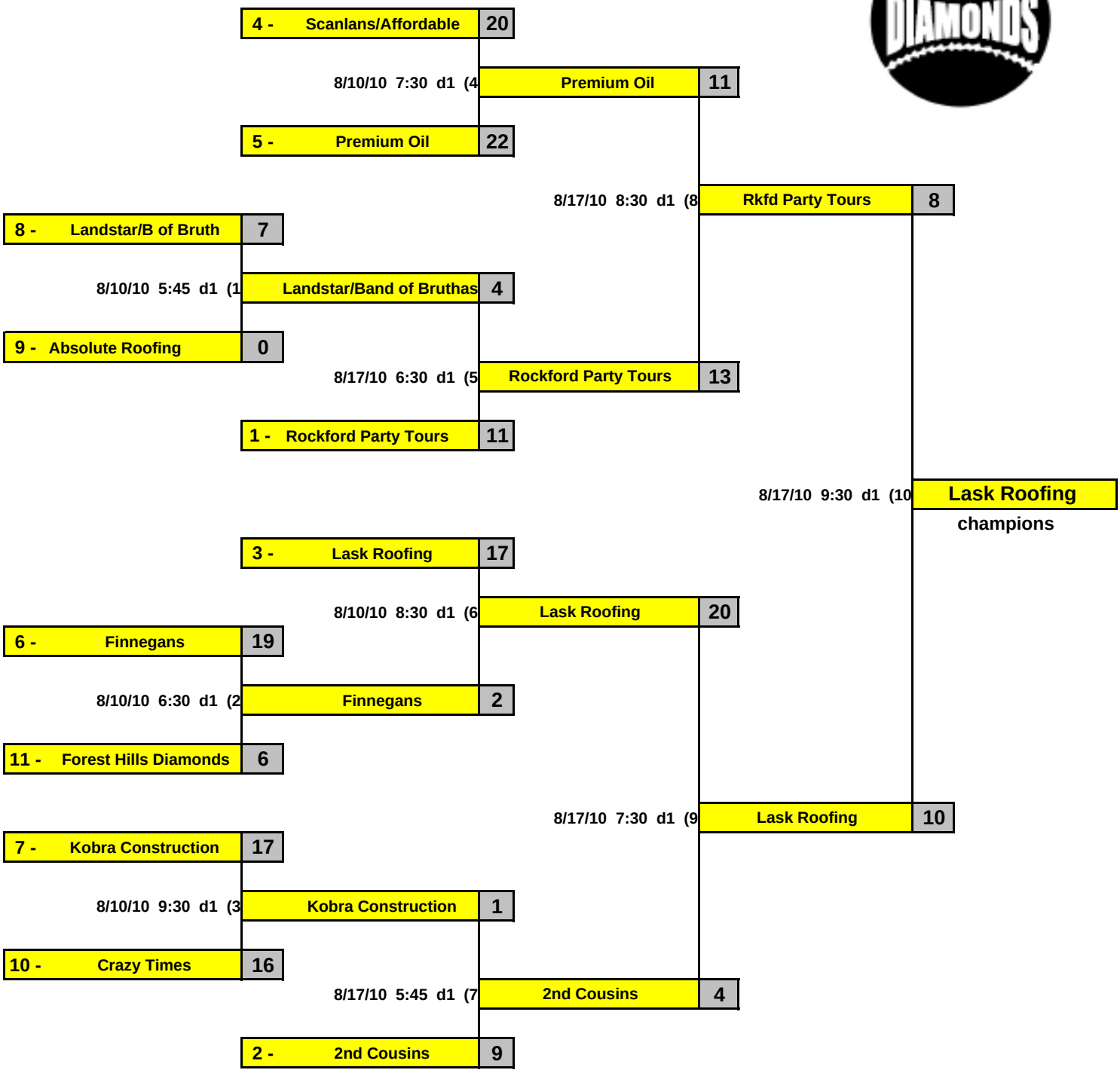2010 Tuesday Men's Lower Playoffs