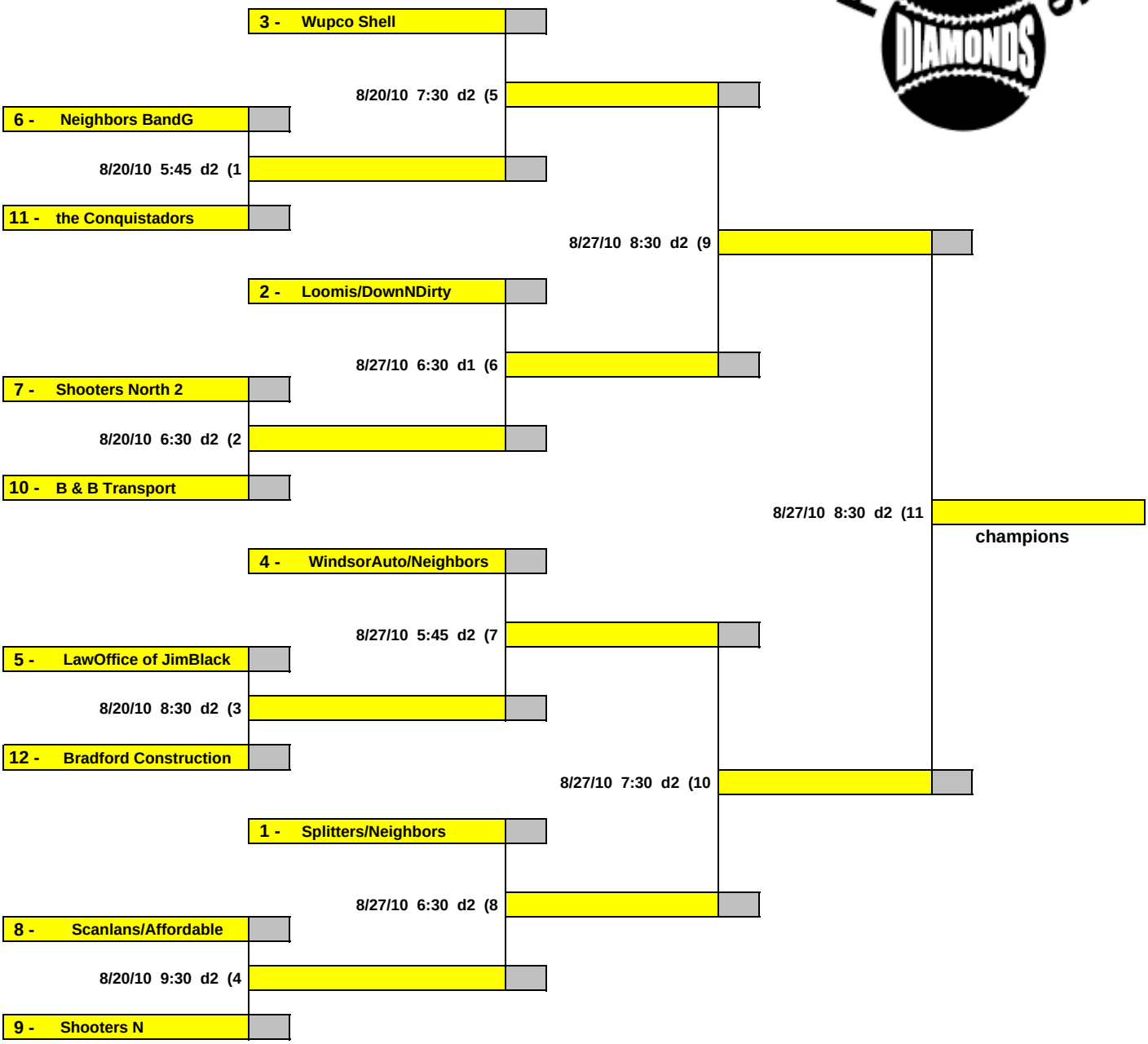2010 Friday Men's Upper Playoffs