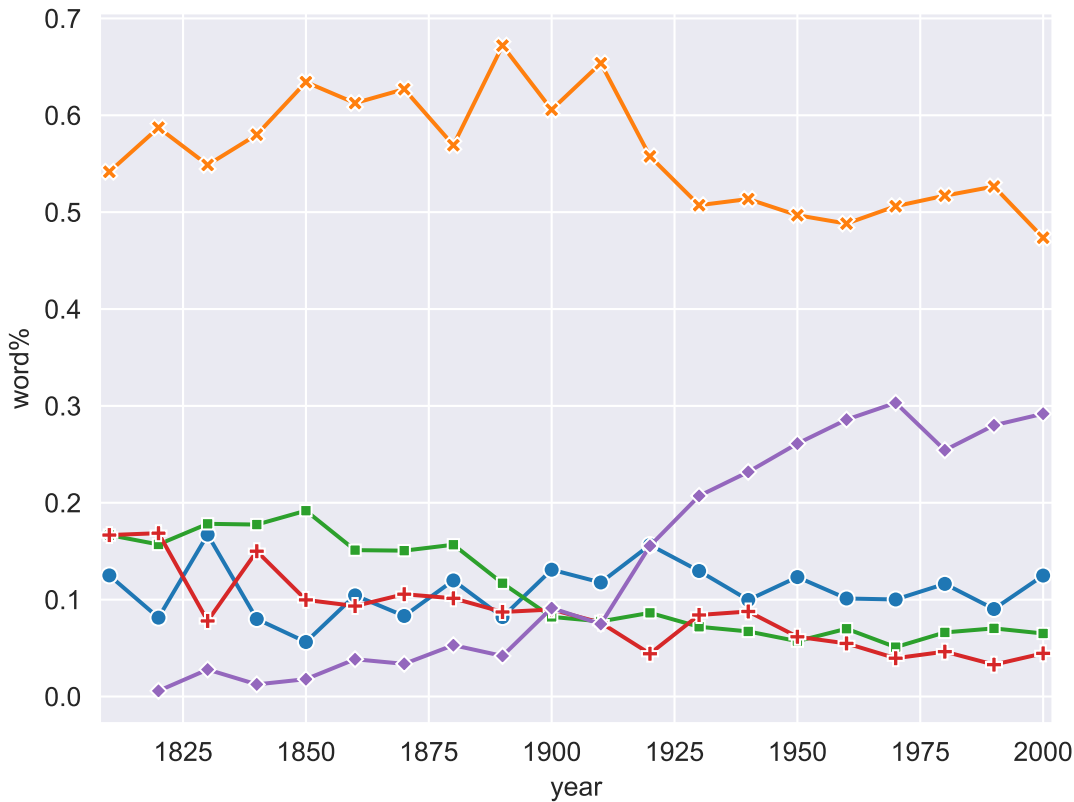swim