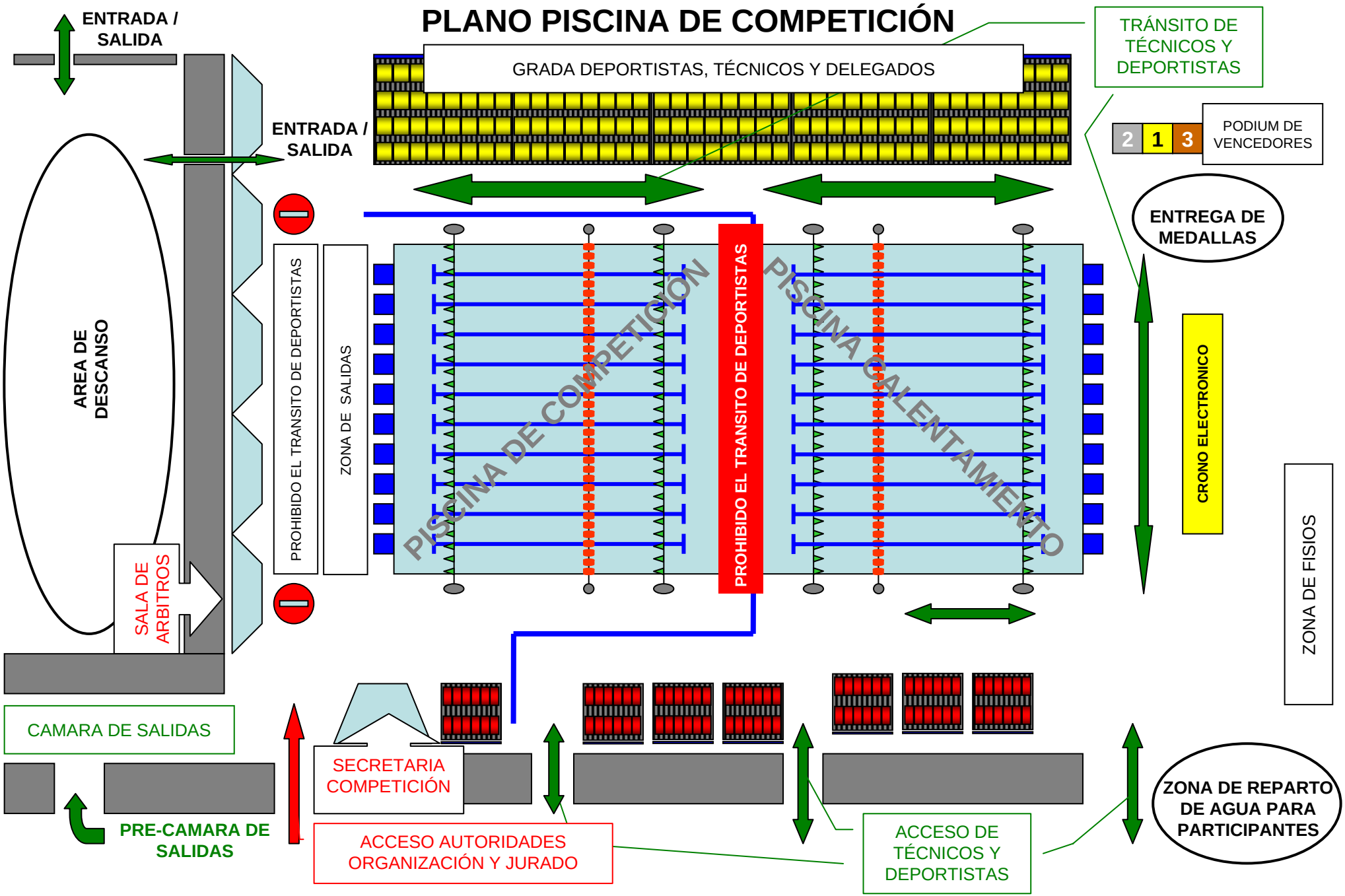PLANO PISCINA DE COMPETICIÓN