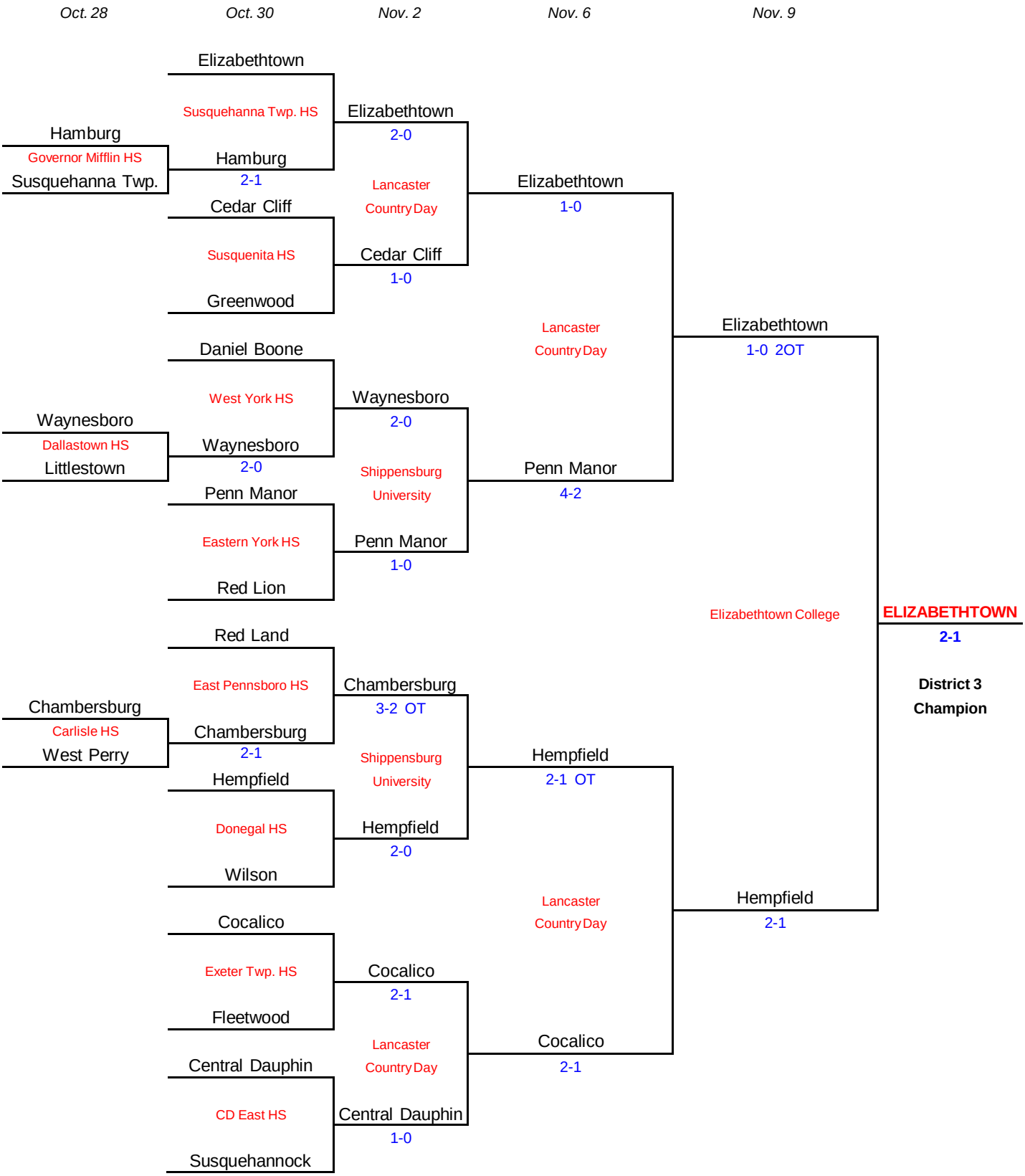1974-1975 PIAA District III Class AAA Field Hockey Championship