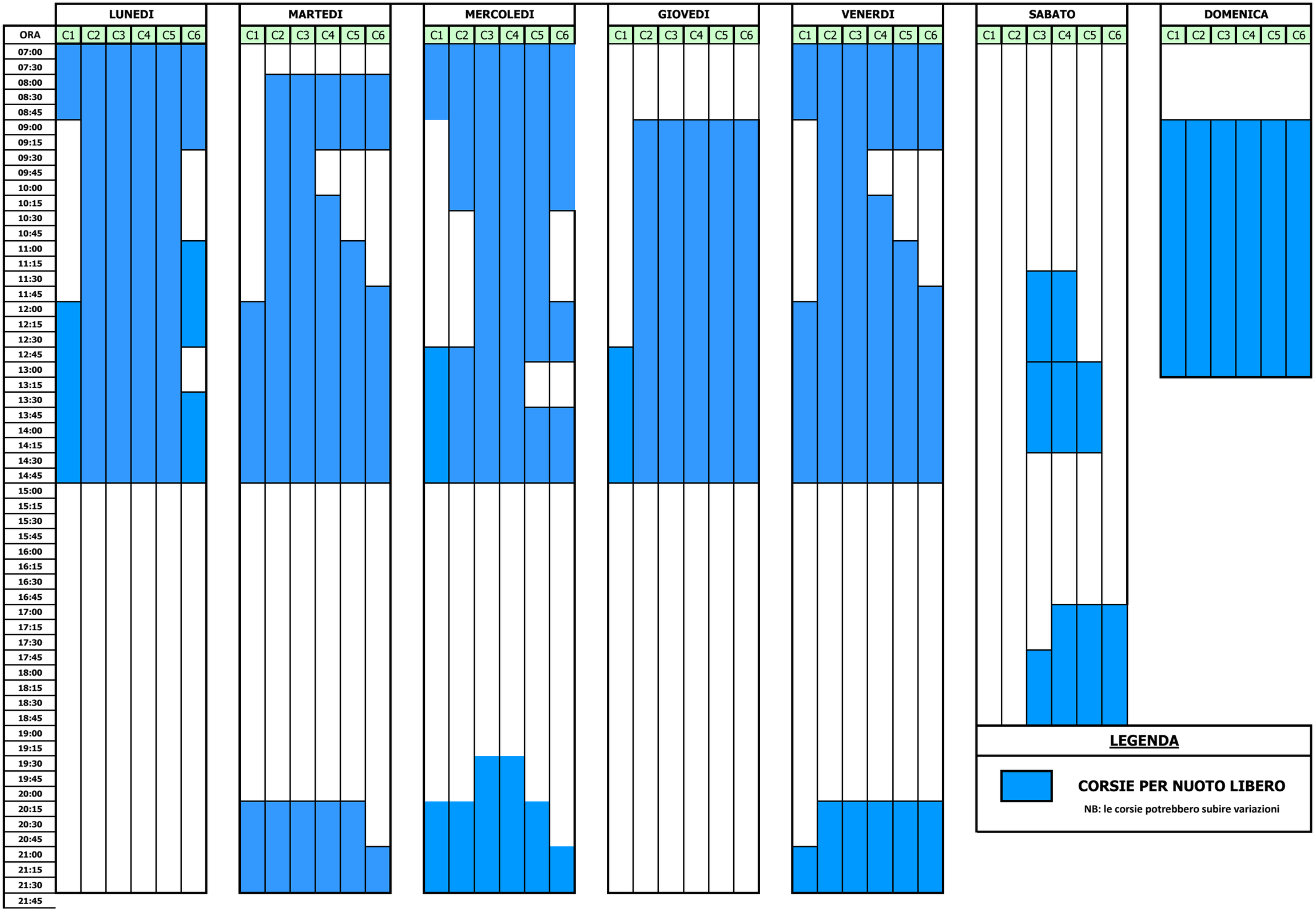PLANNING NUOTO LIBERO