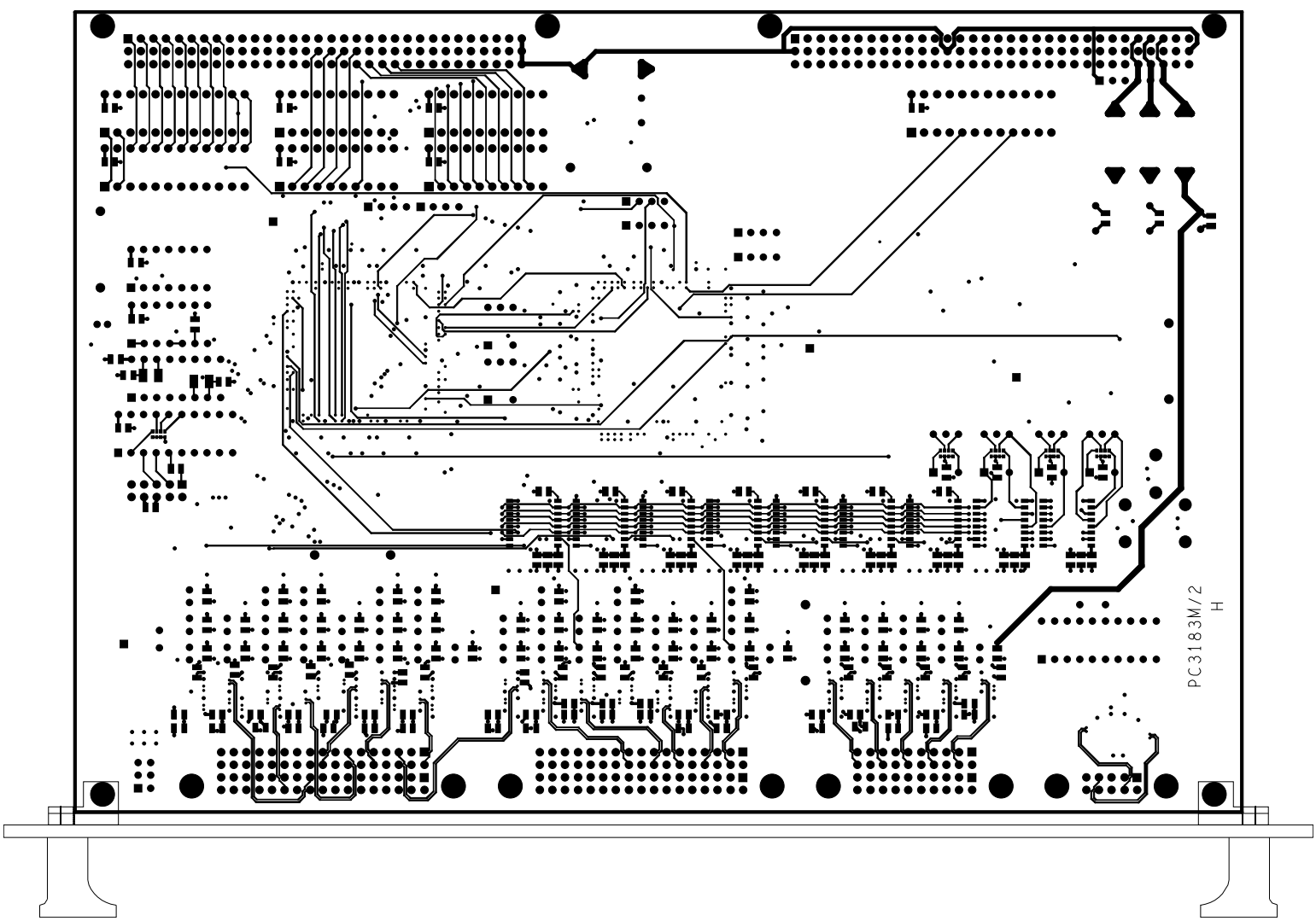H BOTTOM TRACKS