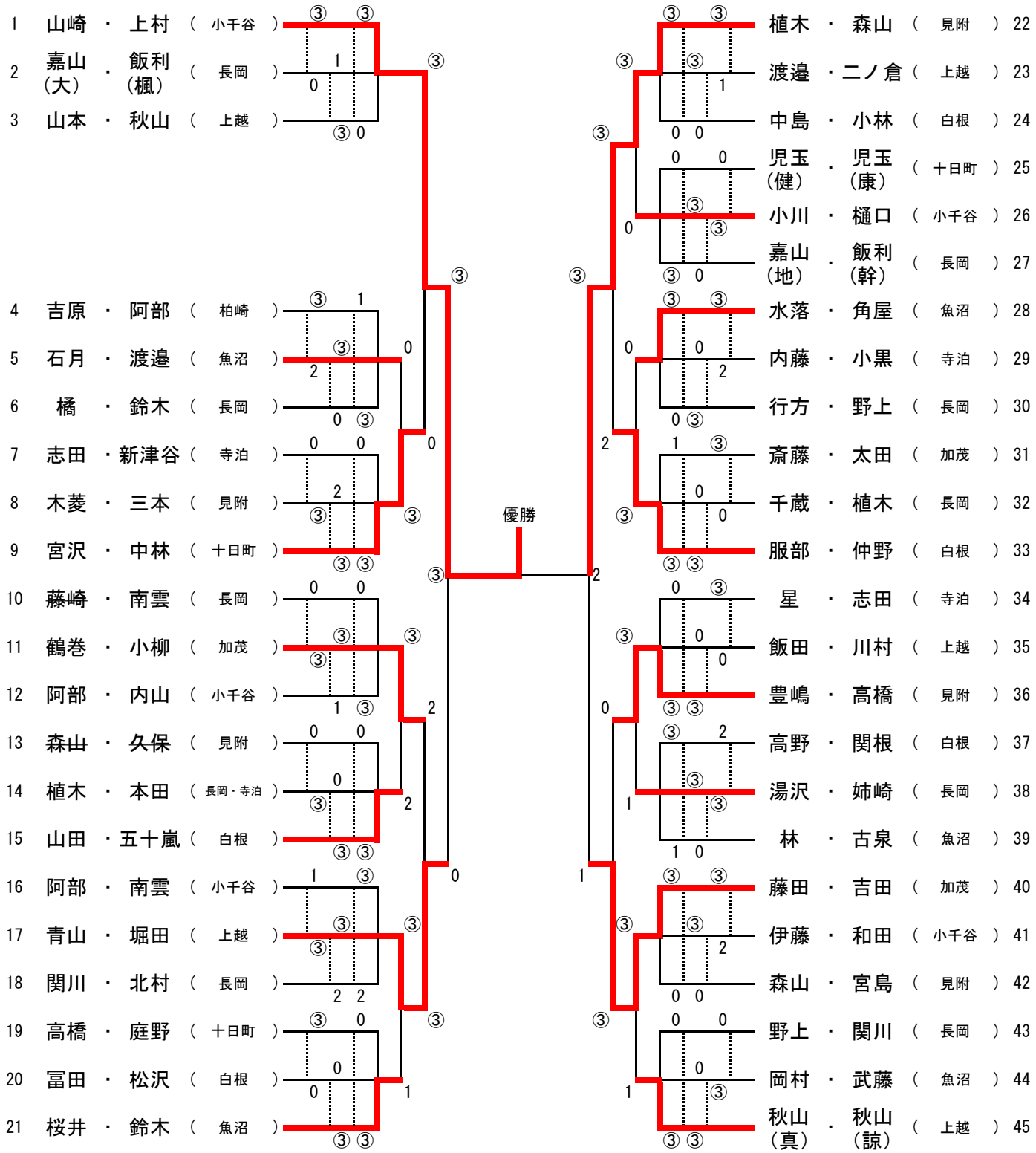第１２回上中越地区ステップアップ大会