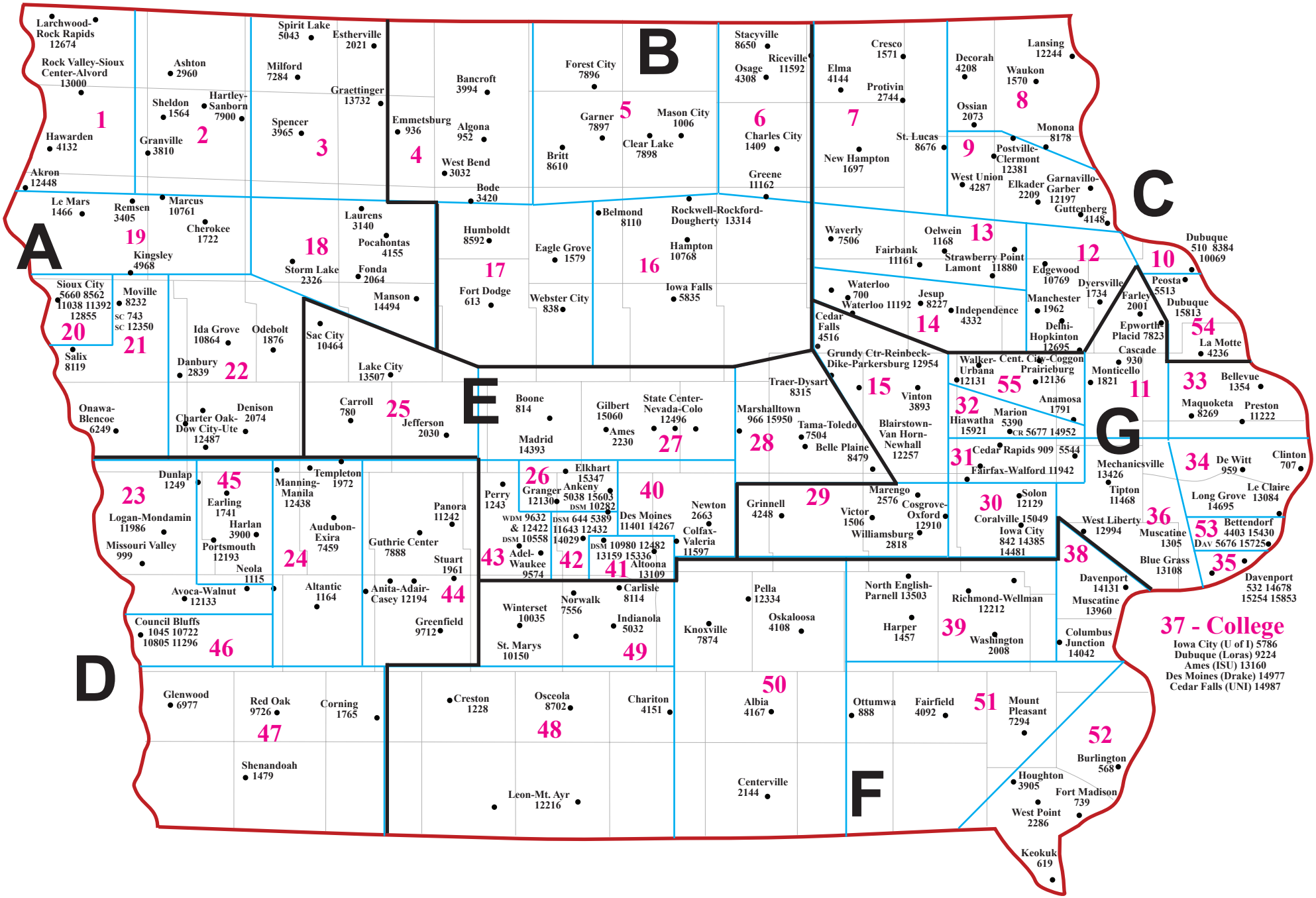2015-2016 Iowa Knights of Columbus Free Throw Championship Regions