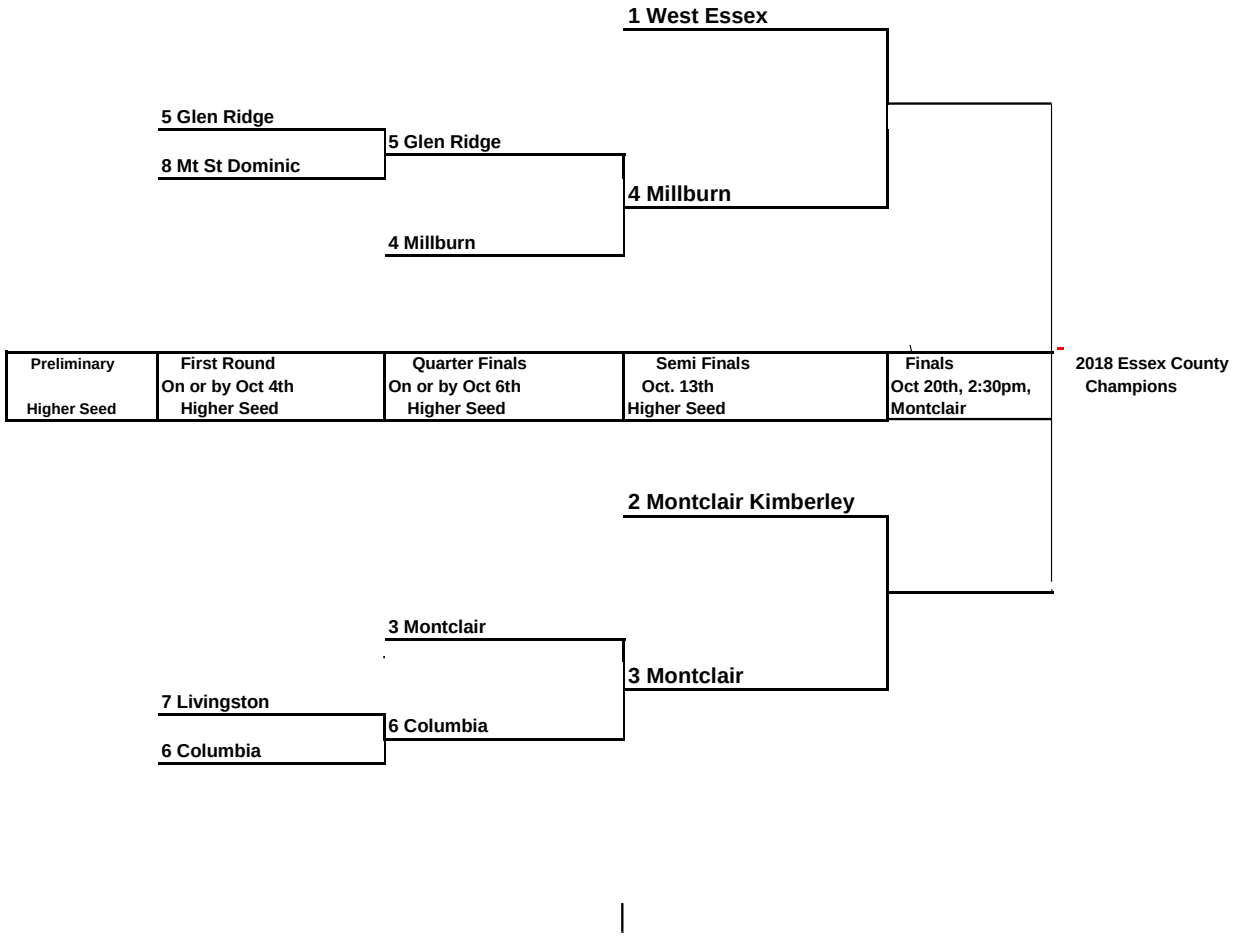2018 Essex County Field Hockey Tournament