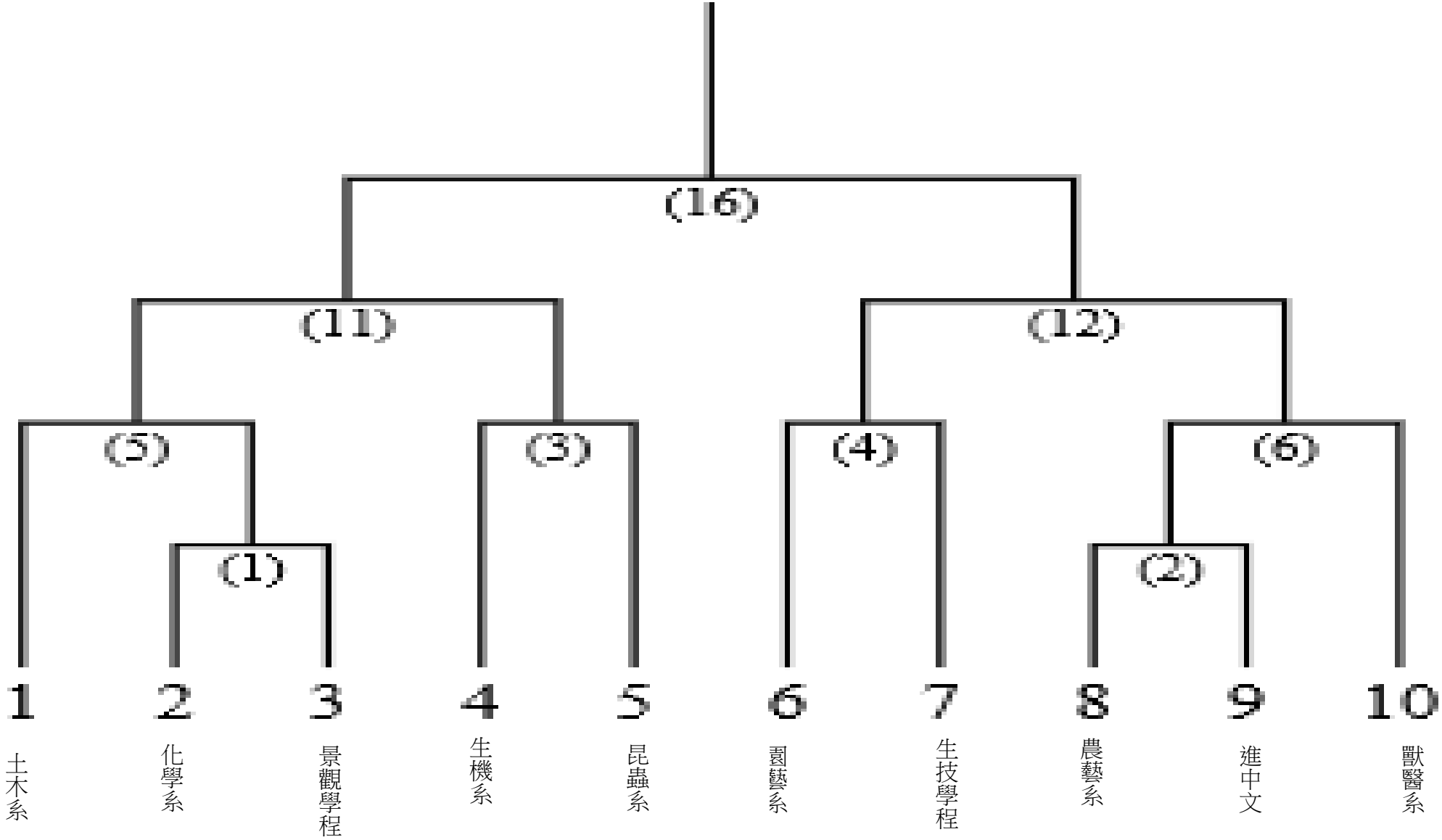109 學年度系際盃女生拔河錦標賽