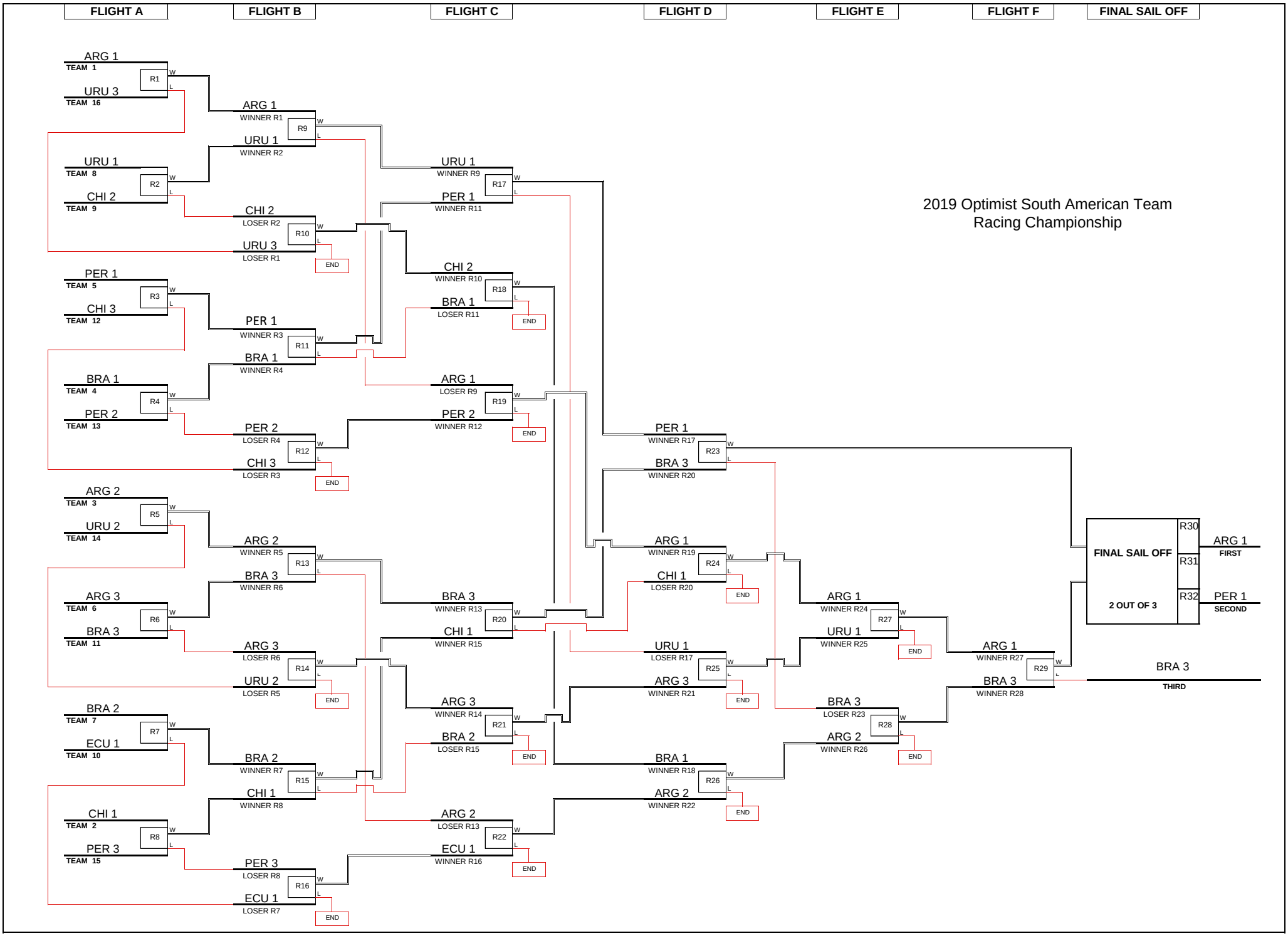2019 Optimist South American Team Racing Championship