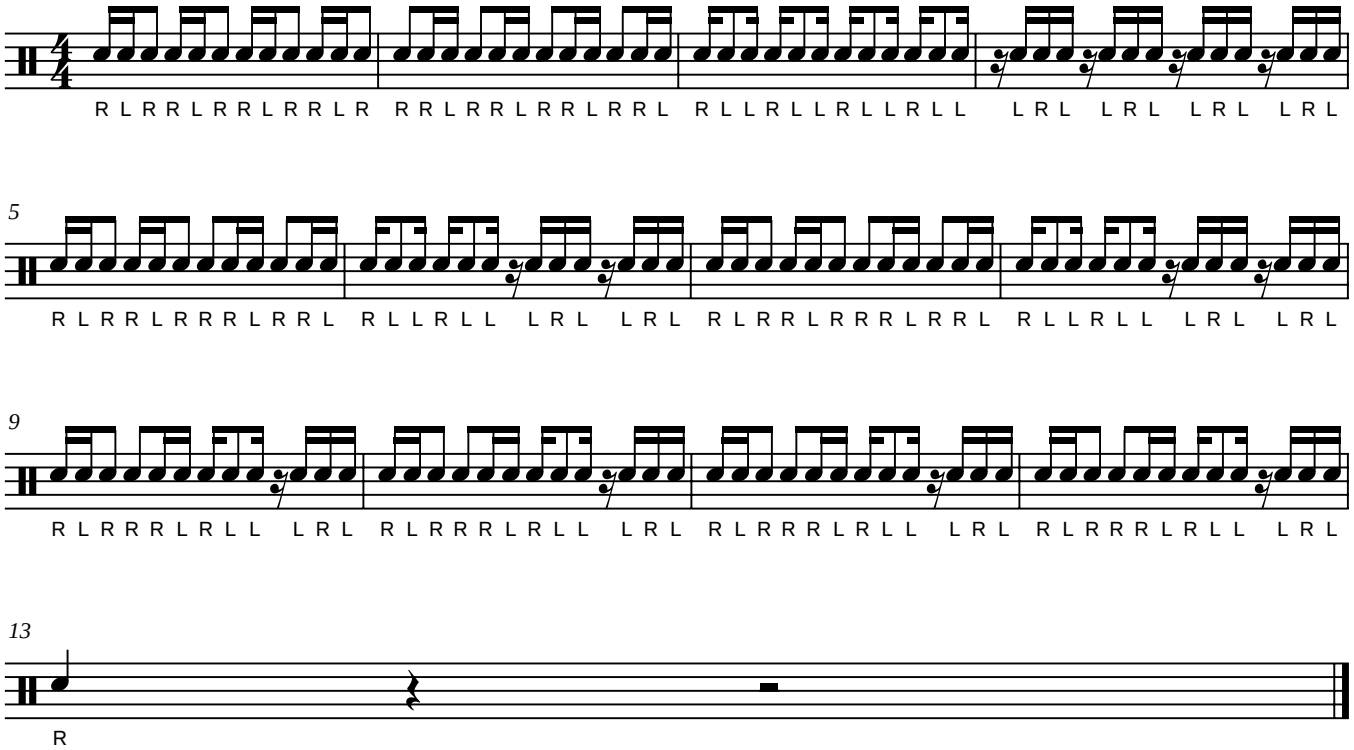Timing & Sticking