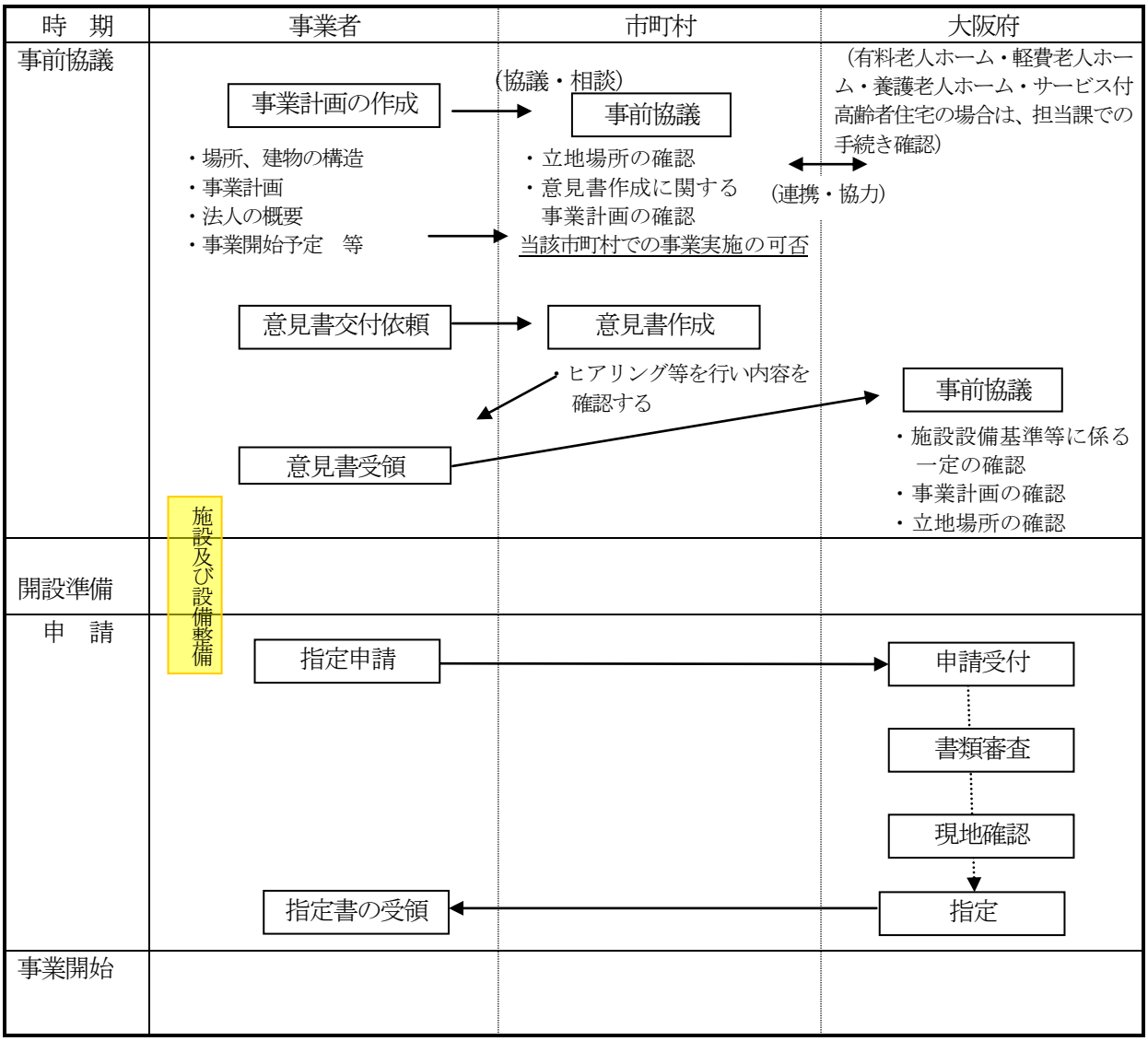(4) 事前協議から指定までの流れ