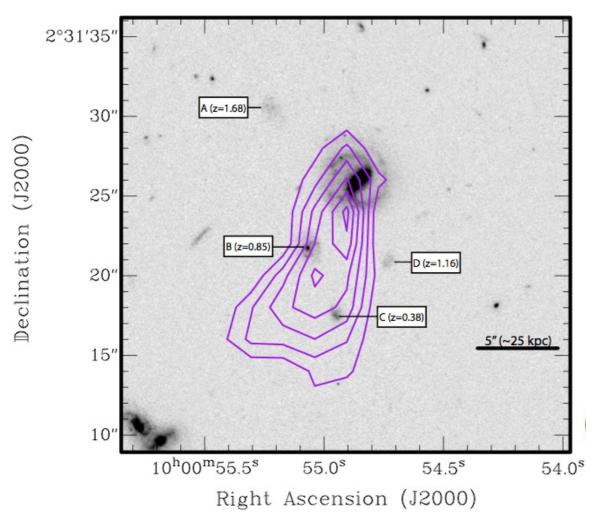


• 1002 hr survey with the VLA observing the COSMOS field (0 < z < 0.5)

Record-breaking HI detection at z=0.376:



- large undisturbed spiral
- LIRG (SFR~85 M⊚/yr)
- CO luminosity comparable to starforming galaxies at z~1

XF+ 16 submitted to ApJL