

$$\begin{array}{ccc}
 FX & \xleftarrow{Ff} & FY \\
 \uparrow c & \sqsubseteq & \uparrow d \\
 X & \xleftarrow{f} & Y \\
 \uparrow s & \sqsubseteq & \uparrow t \\
 & 1 &
 \end{array}$$