ABSTRACT
OPTICAL DISK, AND INFORMATION RECORDING/ REPRODUCTION APPARATUS

In an optical disk having a recording plane having a spiral first track and a spiral second track, information being to be recorded into and/or reproduced from said first and second tracks, the first track is formed into a groove-like shape, the second track is formed between adjacent the first tracks and into a land-like shape, and the first and second tracks record information in different polarity and/or with a phase shift between respective VFO signals. The invention also relates to a method of recording information on an optical disk and optical information recording/reproducing apparatus.

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