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ABSTRACT OF THE DISCLOSURE

Both guide grooves and lands of an optical information recording medium constitute information tracks, the depth of the guide groove being between approximately $\lambda/8$ and approximately $\lambda/4.7$ in optical length and the width of the guide groove being between 0.34R and R, where R represents the beam diameter of a write laser beam on the record film and the power for writing information on each guide groove being differentiated from that for writing information on each land.

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