

# practice times for nascar

**practice times for nascar** are a critical component of race weekend preparations, offering drivers and teams essential opportunities to fine-tune their vehicles and strategies. These practice sessions allow teams to assess track conditions, test car setups, and evaluate tire performance under various circumstances. Understanding the structure, timing, and purpose of NASCAR practice sessions is vital for fans, teams, and analysts who want to grasp the nuances of race day performance. This article explores the typical schedule for NASCAR practice times, how these sessions vary by series and event, and the strategic importance of practice in achieving competitive success. Additionally, the article covers the impact of practice times on qualifying and race day outcomes, shedding light on how teams optimize their limited track time. The following sections provide a detailed overview of NASCAR practice schedules, session formats, and tips for interpreting practice data.

- Overview of NASCAR Practice Times
- Typical Schedule for NASCAR Practice Sessions
- Purpose and Importance of Practice Sessions
- Variations in Practice Times Across NASCAR Series
- How Practice Times Influence Qualifying and Race Performance

## Overview of NASCAR Practice Times

NASCAR practice times refer to the designated periods during a race weekend when drivers take to the track to test their cars without the pressure of competition. These sessions are structured to provide sufficient track time for teams to gather data on vehicle behavior, tire wear, fuel consumption, and setup adjustments. Practice times for NASCAR are usually scheduled on the days leading up to the race, often the day before or the morning of the event. Understanding when these sessions occur and how long they last is essential for teams to maximize their preparation. NASCAR typically divides practice into multiple sessions, each with a specific focus, such as initial setup, long-run performance, or qualifying trim. The data collected during these sessions is invaluable for making informed decisions about car adjustments and race strategy.

## Definition and Role of Practice Times

Practice times in NASCAR serve as controlled environments for teams to test different configurations and adapt to track conditions. Unlike qualifying or race sessions, practice allows for experimentation without the consequences of losing position. Teams use this opportunity to simulate race scenarios, adjust aerodynamics, suspension, and engine

tuning, and evaluate driver feedback. The insights gained help optimize car performance, improve lap times, and enhance overall race competitiveness. Practice times also give drivers a chance to familiarize themselves with the track layout, grip levels, and weather conditions, all of which can vary significantly from one event to another.

## Regulations Governing Practice Sessions

NASCAR enforces specific rules regarding the duration and number of practice sessions, which can differ based on the event type and series. These regulations ensure fairness and safety while maintaining a consistent schedule for teams and broadcasters. For example, the length of practice sessions may be limited to prevent excessive wear on tires and engines and to keep race weekends on schedule. Additionally, NASCAR may adjust practice times in response to weather conditions or unforeseen circumstances. Understanding these regulations helps fans and teams anticipate the practice schedule and plan accordingly.

## Typical Schedule for NASCAR Practice Sessions

The schedule for practice times in NASCAR varies depending on the series—whether it is the NASCAR Cup Series, Xfinity Series, or Camping World Truck Series—as well as the specific event format. However, there are common patterns and structures that are generally followed across most race weekends. Typically, NASCAR practice sessions are held on Fridays and Saturdays prior to the main race day, with some variations for special events or road courses.

## Practice Sessions on Race Weekend

Most NASCAR race weekends feature multiple practice sessions spaced throughout the days leading up to the race. A typical schedule might look like this:

- **First Practice:** Usually the longest session, held on Friday, focusing on baseline car setups and initial evaluations.
- **Second Practice:** Often held on Friday or Saturday, allowing teams to make adjustments based on first practice data and test race setups.
- **Final Practice (Happy Hour):** Conducted shortly before qualifying or the race, this session is crucial for final tweaks and simulating race conditions.

## Session Length and Timing

Practice sessions typically range from 30 minutes to 1 hour each, with the exact timing depending on the track and event. For example, at larger superspeedways, practice sessions may be longer to allow for more extensive testing, whereas shorter tracks might have shorter practice windows. NASCAR often schedules practice times during daylight

hours to ensure optimal track conditions and visibility. In some cases, weather delays or schedule changes can affect the timing and availability of practice sessions.

## **Purpose and Importance of Practice Sessions**

Practice times for NASCAR are fundamental to race preparation and can significantly influence a team's success. These sessions provide opportunities to test various car setups, evaluate tire performance, and refine driving techniques. The importance of practice cannot be overstated, as it directly correlates with qualifying performance and race-day competitiveness.

## **Car Setup Optimization**

One of the primary purposes of practice sessions is to optimize the car setup. Teams experiment with suspension settings, aerodynamic adjustments, and tire pressures to find the ideal balance for the specific track. Since each circuit presents unique challenges, practice allows teams to tailor their cars to maximize grip, speed, and handling. Adjustments made during practice can lead to improved lap times and better tire management during the race, which are critical for maintaining position and avoiding incidents.

## **Driver Familiarization and Feedback**

Practice sessions also enable drivers to familiarize themselves with the track conditions and provide feedback to their crew chiefs and engineers. This feedback is essential for making informed setup changes and improving overall performance. Drivers use practice to identify the best racing lines, braking points, and acceleration zones, which can vary due to weather, rubber buildup, or track temperature. The iterative process of driving, feedback, and adjustment during practice helps drivers build confidence and consistency.

## **Strategy Development**

Teams use practice times to simulate race conditions, including long runs on older tires and fuel consumption estimates. These simulations allow teams to develop pit stop strategies, tire management plans, and in-race adjustments. By analyzing data from practice, crews can anticipate how the car will perform at different stages of the race and plan accordingly. This strategic insight often distinguishes winning teams from the rest of the field.

## **Variations in Practice Times Across NASCAR Series**

Practice times for NASCAR vary considerably between the three national series: the Cup Series, Xfinity Series, and Camping World Truck Series. Each series has its own schedule,

session length, and format designed to suit the competition level and event structure.

## **NASCAR Cup Series Practice**

The NASCAR Cup Series, being the premier division, generally has the most comprehensive practice schedule. Race weekends often feature multiple practice sessions totaling several hours of track time. Cup Series teams invest heavily in practice to refine their highly sophisticated cars and complex setups. The series may also include additional practice opportunities during special events such as the All-Star Race or playoff rounds.

## **Xfinity Series and Truck Series Practice**

The Xfinity and Camping World Truck Series typically have shorter practice schedules with fewer sessions. These series often have one or two practice periods on race weekend, focused on providing adequate preparation without extending the event duration excessively. The reduced practice time emphasizes efficiency and quick learning for teams and drivers, many of whom are developing their skills for advancement to the Cup Series.

## **Impact of Track Type on Practice Times**

Practice session length and number also depend on the type of track. For example, road courses often feature longer or additional practice sessions to allow drivers to master complex turns and braking zones. Conversely, short tracks and superspeedways may have shorter, more focused practice periods. NASCAR adapts its practice schedule to ensure teams have sufficient time to prepare for the unique demands of each venue.

## **How Practice Times Influence Qualifying and Race Performance**

Practice times for NASCAR are a significant indicator of potential qualifying and race performance, although not always definitive. Teams analyze practice data to predict speed, consistency, and handling characteristics that will affect their chances of success.

## **Correlation Between Practice and Qualifying Speeds**

Fast practice times often translate to strong qualifying performances, as teams dial in setups optimized for single-lap speed. Drivers who consistently post quick laps during practice are typically well-positioned for front-row starts, which provide strategic advantages during the race. However, some teams focus practice on race setups rather than qualifying trim, so practice speed is not the sole determinant of qualifying results.

# Race Day Performance and Consistency

Beyond qualifying, practice sessions help teams improve race pace and tire management, which are crucial for long-run performance. Teams that excel in practice tend to have better tire wear strategies and fuel management during the race, enabling them to maintain speed and avoid costly pit stops. Consistency and adaptability learned during practice can enhance a driver's ability to navigate traffic and respond to changing track conditions.

## Interpreting Practice Times

While practice times provide valuable insights, they must be interpreted in context. Factors such as drafting, fuel load, tire selection, and weather can influence lap times. Analysts and fans should consider these variables when evaluating practice session results. Teams may also use practice to test alternative strategies or conserve equipment, meaning slower times do not always indicate poor performance.

## Summary of Practice Impact

1. Practice times assist in optimizing car setup and handling.
2. They provide predictive data for qualifying performance.
3. Practice informs strategic planning for race day.
4. Consistent practice results often lead to improved race outcomes.
5. Interpreting practice data requires understanding of context and team objectives.

## Frequently Asked Questions

### What are the typical practice times for NASCAR races?

NASCAR practice sessions usually occur on the day before the race, often scheduled in the morning and afternoon, with each session lasting between 30 minutes to an hour.

### How many practice sessions are held during a NASCAR race weekend?

Most NASCAR race weekends feature two to three practice sessions, including a final 'Happy Hour' practice, allowing teams to fine-tune their cars before qualifying and the race.

## **Are NASCAR practice times the same for all series like Cup, Xfinity, and Truck?**

Practice times can vary between NASCAR Cup Series, Xfinity Series, and Camping World Truck Series, with each series having its own schedule determined by the event organizers.

## **How can fans find out the official NASCAR practice times?**

Fans can check NASCAR's official website, the specific race event page, or broadcasting schedules to find the most accurate and updated practice times.

## **Do weather conditions affect NASCAR practice times?**

Yes, weather such as rain or extreme heat can lead to delays, shortened sessions, or cancellations of NASCAR practice times for safety reasons.

## **Why are NASCAR practice sessions important?**

Practice sessions allow teams to test their car setups, make adjustments, and gather data to improve performance and strategy for qualifying and the race.

## **Are NASCAR practice sessions broadcasted live?**

Many NASCAR practice sessions are broadcasted live on sports networks like NBCSN or Fox Sports, and some may also be streamed online, but coverage varies by race.

## **Can practice times change during a NASCAR race weekend?**

Yes, NASCAR may adjust practice times due to weather, track conditions, or other logistical reasons, and teams and fans are advised to stay updated through official channels.

## **How long is a typical NASCAR practice session?**

A typical NASCAR practice session usually lasts between 30 minutes and 1 hour, depending on the track and the series involved.

## **Additional Resources**

### *1. Revving Up: Understanding NASCAR Practice Sessions*

This book offers an in-depth look at NASCAR practice times, explaining their significance in race preparation. Readers will learn how teams use practice sessions to fine-tune car setups and strategize for qualifying and race day. The book also explores how weather and track conditions impact practice outcomes.

### *2. Speed and Strategy: Mastering NASCAR Practice Runs*

Focusing on the tactical elements of practice times, this book breaks down how drivers and crews analyze data during practice to improve performance. It covers the role of practice in identifying the best racing lines and tire management. Ideal for fans and aspiring racers alike, it reveals the behind-the-scenes work that shapes race success.

### *3. Timing the Track: A Guide to NASCAR Practice Schedules*

This guide explains the structure and timing of NASCAR practice sessions across different tracks and series. It includes tips on how to follow and interpret practice times for a better understanding of race dynamics. The book also highlights key moments from historic practice sessions that influenced race outcomes.

### *4. Practice Makes Perfect: The Role of Timing in NASCAR*

Exploring the importance of precise timing during practice, this book details how split-second improvements can lead to big advantages on race day. It examines the technology used to measure and analyze lap times and how teams adapt their strategies accordingly. The narrative combines technical insight with compelling race stories.

### *5. The Science Behind NASCAR Practice Times*

Delving into the physics and engineering aspects, this book explains how practice times reflect vehicle performance and driver skill. It discusses aerodynamic adjustments, tire wear, and fuel strategies tested during practice sessions. Readers gain an appreciation for the complex science driving NASCAR success.

### *6. From Practice to Podium: How NASCAR Drivers Use Practice Time*

This biography-style book follows several top NASCAR drivers and their approaches to practice sessions. It reveals personal routines, mental preparation, and how practice times influence their confidence and race tactics. The stories provide inspiration and a deeper connection to the sport's competitive spirit.

### *7. NASCAR Practice Analytics: Interpreting Data for Winning Races*

A data-driven exploration of NASCAR practice times, this book teaches readers how to analyze and interpret practice data for predictive insights. It covers statistical methods and software tools used by teams to gain a competitive edge. Perfect for analysts and serious fans interested in the numbers behind the sport.

### *8. Behind the Pit Wall: Inside NASCAR Practice Strategy*

Offering a team perspective, this book shares insights from crew chiefs and engineers about managing practice sessions. It details decision-making processes regarding setup changes and timing runs. The narrative highlights the collaborative effort required to maximize practice effectiveness.

### *9. Chasing Speed: The Evolution of NASCAR Practice Sessions*

This historical account traces how NASCAR practice times and protocols have evolved over the decades. It discusses changes in rules, technology, and track design that have shaped practice strategies. The book provides context for understanding current practices and future trends in the sport.

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**practice times for nascar: The Early Laps of Stock Car Racing** Betty Boles Ellison, 2014-09-17 The first organized, sanctioned American stock car race took place in 1908 on a road course around Briarcliff, New York--staged by one of America's early speed maven, William K. Vanderbilt, Jr. A veteran of the early Ormond-Daytona Beach speed trials, Vanderbilt brought the Grand Prize races to Savannah, Georgia, the same year. What began as a rich man's sport eventually became the working man's sport, finding a home in the South with the infusion of moonshiners and their souped-up cars. Based in large part on statements of drivers, car owners and others garnered from archived newspaper articles, this history details the development of stock car racing into a megasport, chronicling each season through 1974. It examines the National Association for Stock Car Automobile Racing's 1948 incorporation documents and how they differ from the agreements adopted at NASCAR's organization meeting two months earlier. The meeting's participants soon realized that their sport was actually owned by William H.G. Bill France, and its consequential growth turned his family into billionaires. The book traces the transition from dirt to asphalt to superspeedways, the painfully slow advance of safety measures and the shadowy economics of the sport.

**practice times for nascar: Time-based Competition** Joseph D. Blackburn, 1991 Discover how time compression can reduce costs and improve quality in your firm. This important new book demonstrates how to eliminate wasted time from every function that affects the delivery of your products to your customers.

**practice times for nascar:** NASCAR's Most Wanted™: The Top 10 Book of Outrageous Drivers, Wild Wrecks and Other Oddities Jim McLaurin, 2014-05-27 Spans the fifty-year history of America's love affair with stock car racing.

**practice times for nascar: Rough Cut Men** David Dusek, 2015-03-18 <p>In the movie industry, the rough cut is defined as the raw, first edition of a movie, which provides an idea of what the finished product will look like, giving indications of where it has problems and where it excels. </p> <p>Much like a rough cut movie, Rough Cut Men are not the “finished product”. We are a work in progress. Philippians 1:6 reads: “being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” </p> <p>Men today have hundreds of acquaintances, but most have no real friends. Men are isolated and struggling alone. And while the Bible says we are to “Pity the man who falls and has no one to help him up.” (Ecc. 4:10), most guys go into the battles of life with no covering fire. Every man needs a battle buddy.</p> <p><em>Rough Cut Men</em> utilizes a strategic blend of “guy” movie scenes, real world tales of men, Biblical Truth and even throws in some of the author’s personal testimony to accomplish one focused mission: To get men talking to each other about what’s really going on in their lives. Each



chapter contains hard-hitting questions designed to drive men deeper in their walk with other men and with Christ. </p> <p><b><em>Rough Cut Men is real, raw and authentic.</b></em> And it will equip you for the battle.</p>

**practice times for nascar: Never Settle** Marty Smith, 2019-08-06 The amazing and blessed life of popular ESPN reporter and correspondent for College GameDay, Marty Smith, whose mission in this thoughtful and funny memoir is to return fans to the true soul of sports in this country. You know Marty right? The guy during College GameDay hanging off the back of a pickup truck while zooming around the Clemson athletic facilities. The guy who visits Nick Saban's lake house and somehow gets Coach to jump in the lake. The guy who sits down with Dale Jr. at Daytona to talk through tears about his miraculous return to racing. The guy who interviews Tiger Woods, Tim Tebow, Peyton Manning and Jimmie Johnson -- the guy who gets paid to live the fantasy of every sports fan in America. Never Settle is the funny but oh, it's true story of how Marty got here, and a revealing look at his journey. Never Settle includes all the best stories and behind-the-scenes moments from Marty's wild life, covering topics including: college football, racing, fathers and sons, how sports can bring us together, and how it all goes back to growing up on a farm and playing high school ball in Pearisburg, Virginia.

**practice times for nascar: New York State Assessment: Preparing for Next Generation Success: Grade 4 English Language Arts: Teacher's Guide** Michelle Wertman, 2023-01-31 Learn how to prepare today's fourth grade students for the New York State English Language Arts Test! This teacher's guide offers best practices and instructions for how to use the New York State Assessment: Preparing for Next Generation Success: English Language Arts Grade 4 practice books in classroom settings. These books provide opportunities for both guided and independent practice to prepare students for the standardized assessment. With the useful tools in this teacher's guide, educators can easily incorporate these engaging, rigorous practice exercises into daily learning to expand students' knowledge and set them up for 21st century success. □ Use the teacher tips and focused lessons for quick implementation □ Boost confidence and reduce testing anxiety by using practice tests to improve student performance □ Ensure students are comfortable with a range of question formats, various types of texts, and higher-level questions □ Help students prepare for tests measuring NYS Next Generation Learning Standards

**practice times for nascar: Indy 500 Recaps** Pat Kennedy, 2020-03-23 This book started as a self-serving exercise to personally organize the major details and interesting facts of each Indianapolis 500 over the hundred-plus-year history of the greatest race in the world. For many of us passionate racing fans who have attended a multitude of 500s, there is a tendency for the details of the races to (somewhat) blend together. I hope this book will help to provide clarity in this regard as well as educate. During high school, many of us chose to use CliffsNotes to assist in the education process. This book is somewhat patterned after that concept. It falls somewhere between Donald Davidson and Rick Schaffer—the best and by far the most detailed book on the history of the Indianapolis 500—and a multitude of pictorial books with limited information. I hope it will prove to be an easy read with entertaining and educational information.

**practice times for nascar: Racing with Roger Penske** Sigur E. Whitaker, 2022-09-20 Auto racing legend Roger Penske began as a successful sportscar driver before transitioning to owning a race team and opening a car dealership. Within eight years, Team Penske won the Indianapolis 500. Today, the team boasts more than 580 victories, including an unparalleled 18 Indianapolis 500 wins and two at the Daytona 500. Penske's efforts on the track have been intertwined with his business ventures. Penske Corporation, with \$32 billion in revenues, includes Penske truck leasing and rentals, retail automotive centers and logistics. In 2019, he bought the Indianapolis Motor Speedway and related assets, including IndyCar, and led both through the coronavirus pandemic, when racing continued with no fans in the stands. This book chronicles more than 50 years of Roger Penske's racing history, with an overview of his business career, including the turnaround of Detroit Diesel.

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**practice times for nascar: The New York Times Index** , 2006

**practice times for nascar: Pocono: NASCAR's Northern Invasion** Joe Miegoc, 2011-04-14 Pocono: NASCAR's Northern Invasion, by author Joe Miegoc, is the story of how NASCAR stepped into the breach created by the Indy car war of the late 1970s, saved Pocono Raceway from extinction and gave it an expanded national identity. In the late 1970s, NASCAR's northern races were few. One was at Pocono, a unique three-turn track caught in the middle in the CART-USAC war which was about to send Indy car racing's popularity into history's ashbin. As Pocono teetered on bankruptcy, NASCAR founder Bill France convinced Pocono owner Dr. Joe Mattioli to try it one last time. France knew Pocono's strategic value, rewarding Pocono with a second Winston Cup race in the process. Hall of Fame drivers and NASCAR insiders tell how Pocono gave NASCAR expanded exposure to 30 million people in a 300-mile radius of the track. Pocono: NASCAR's Northern Invasion tells the story of the third-largest rock festival of the 1970s drawing 200,000 fans, of where Janet Guthrie became the first woman to drive in a 500-mile Indy car race, where Tim Richmond flashed onto the stock-car scene and where Bobby Allison's career ended on a Father's Day afternoon.

**practice times for nascar: Theory of Zeal** Sai Hari N, 2022-04-17 Each of us has our own set of life lessons to impart. Whether you're a teacher, a doctor, a mother, a caregiver, or a writer and author, the life lessons you've learned are important and can help others. I wish I had learned so many lessons while I was young enough to appreciate and implement them. The issue about wisdom, and frequently life lessons in general, is that we only learn them after we've needed them. The good news is that our experiences and the lessons we've learned can help others. One of the most difficult aspects of changing your life is remembering to put what you've learned into practice when faced with temptation, irritation, or adversity. Anyone can read about a technique and follow it, but remembering to do so in the actual world is difficult.

**practice times for nascar: Billboard** , 2004-03-06 In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

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**practice times for nascar: Popular Mechanics** , 2001-07 Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

**practice times for nascar: Food Safety Regulatory Compliance** Preston W. Blevins, 2012-11-16 The global sourcing of ingredients has created complex supply chains, significant management challenges, and additional regulatory compliance requirements. This places tremendous pressure on food manufacturers, many of whom lack the knowledge, concepts, techniques, and procedures to comply with these increased requirements. Providing a roadmap for leveraging existing investments in food safety regulatory compliance into superior inventory management, Food Safety Regulatory Compliance: Catalyst for a Lean and Sustainable Food Supply Chain explains how to implement Lean operating principles to determine what needs to be improved, in what sequence improvements must be addressed, how one improvement feeds another, and the prerequisites for each improvement. Based on the author's experience working with hundreds of manufacturers, the book discusses

cause-and-effect thinking, data accuracy, process simplification, process reliability, and workforce development. It includes how-to recommendations for implementing best practices to achieve these goals. These recommendations come together in the discussions on Batch-Process ERP (Enterprise Resource Planning) and also the Lean Management System and the useful techniques within it. The author also discusses the rapidly developing business requirement of sustainability, which is quickly moving from an optional, voluntary, and nice to do status to a must do status. The book can be read in whole or in part by everyone from the CEO to the factory floor supervisor; the language is nontechnical. But, to aid comprehension, each chapter concludes with an extensive quiz, and the appendix has definitions that will be new vocabulary for many. Normally large companies have the resources to fund the implementation of best practices, smaller companies less so. This book benefits both. In the case of the small- to medium-size manufacturer, it is a roadmap, and for the major corporation it is a tool to help assist their supplier community. It can help any organization achieve world-class excellence in operations and supply-chain management.

**practice times for nascar: From Azaleas to Zydeco** Mark W. Nichols, 2014-02-01 Inspired by a 1937 map and travelogue of a newspaperman's tour, author Mark W. Nichols embarked on his own long journey into the unique cities of the South. En route he met beekeepers, cheese makers, crawfish "bawlers," duck callers, and a licensed alligator hunter, as well as entrepreneurs and governors. His keen observations encompass the southern states from Virginia to Arkansas and points south, and he unpacks the unique qualities of every city he visits. "It's easy to say that getting to meet so many interesting and wonderful people was the best part of the journey--because it's true," Nichols writes. "I know there are friendly people everywhere, but southern friendliness is different." His story embraces a wealth of southern charm from local characters, folklore, and customs to food, music, and dancing. Besides being just plain fun to read, Nichols's account of his journey gives readers a true taste of the flavor of the evolving modern South.

**practice times for nascar: Introduction to Information Systems** R. Kelly Rainer, Brad Prince, 2022 Introduction to Information Systems, 9th Edition delivers an essential resource for undergraduate business majors seeking ways to harness information technology systems to succeed in their current or future jobs. The book assists readers in developing a foundational understanding of information systems and technology and apply it to common business problems. This International Adaptation covers applications of the latest technologies with the addition of new cases from Europe, Middle East, Africa, Australia, and Asia-Pacific countries. It focuses on global business environment for students to understand the norms of using technology while operating on online platforms for exploring new avenues in different geographical locations. The book includes real business scenarios of how latest technologies such as Big Data, Cloud Computing, Blockchain, and IoT are perceived and adopted across countries. New cases highlight key technology issues faced by organizations such as designing and implementing IT security policies, dealing with ethical dilemma of securing customer data, moving IT infrastructure to cloud, and identifying how AI can be used to improve the efficiency of business operations.

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