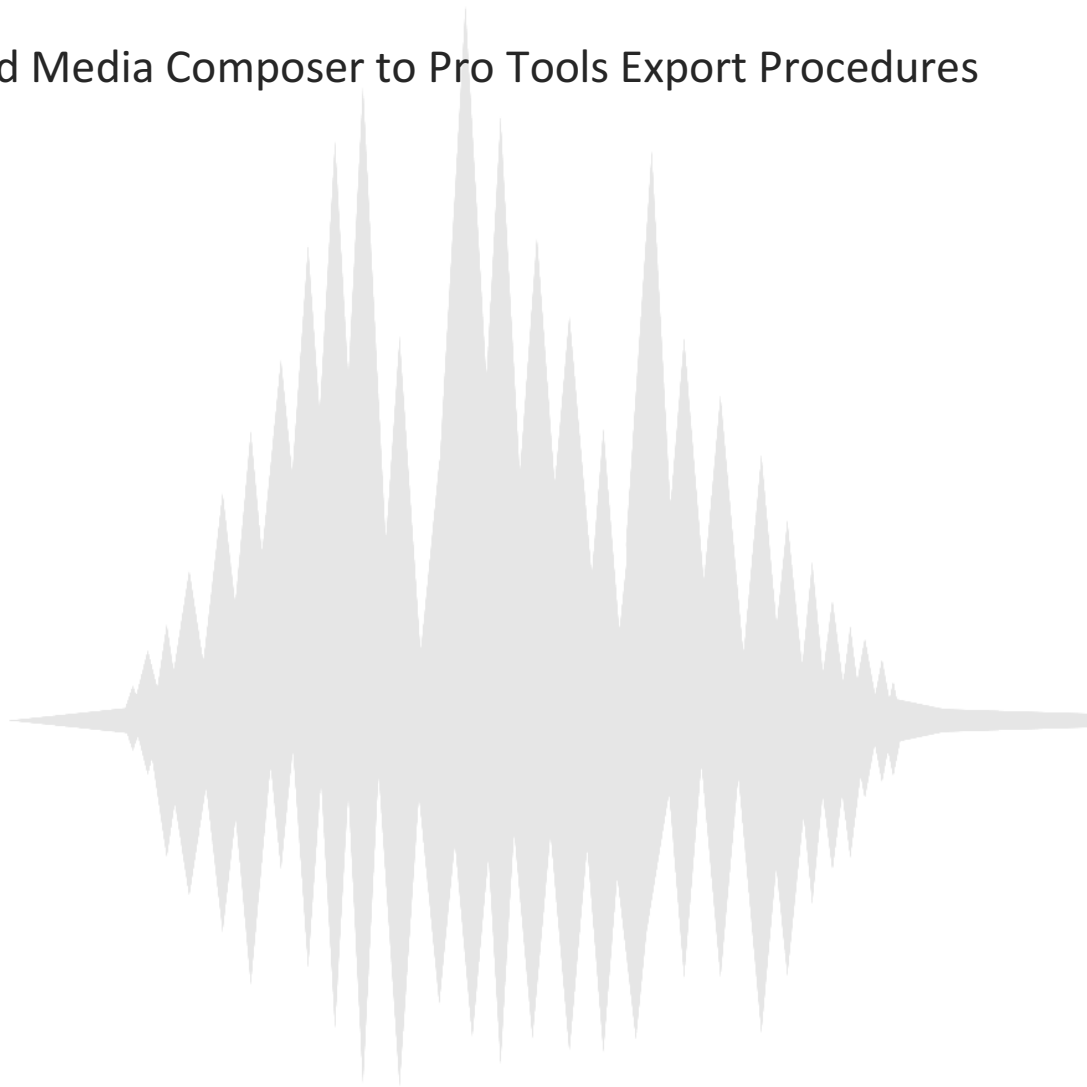


FLAGSHIP STUDIOS

Avid Media Composer to Pro Tools Export Procedures



2016

Flagship Studios | 413 Davis St. Suite 105 Virginia Beach, VA 23462

VIDEO

- 1) Video should be exported as a Quicktime Movie file with an H.264 video codec.
- 2) The should have a timecode burn in matching the frame rate of the editing session.
- 3) The video should be preceded by 30 seconds of color bars and a countdown leader with a sync pop.

AUDIO

- 4) Audio for the project should be exported as an OMF 2.0
- 5) All audio should be embedded into the OMF file and have a bit depth of 24, a sampling rate of 48 kHz and be in Broadcast Wave format.
- 6) The OMF should include a minimum of 10 second handles on all audio files for crossfading.

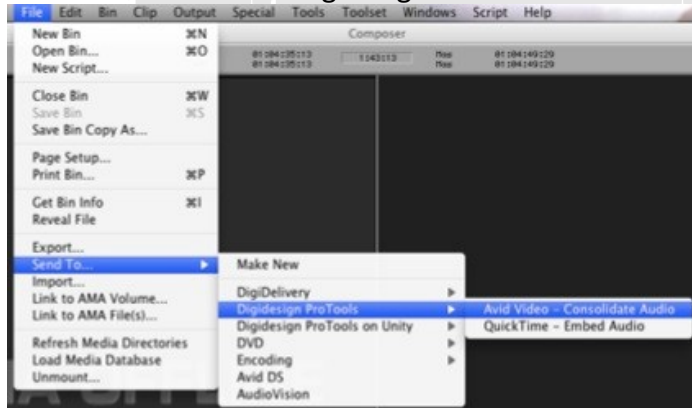
OTHER MATERIALS

- 7) If available, a script, any sound reports and audio dailies from the shoot should be included with the OMF.

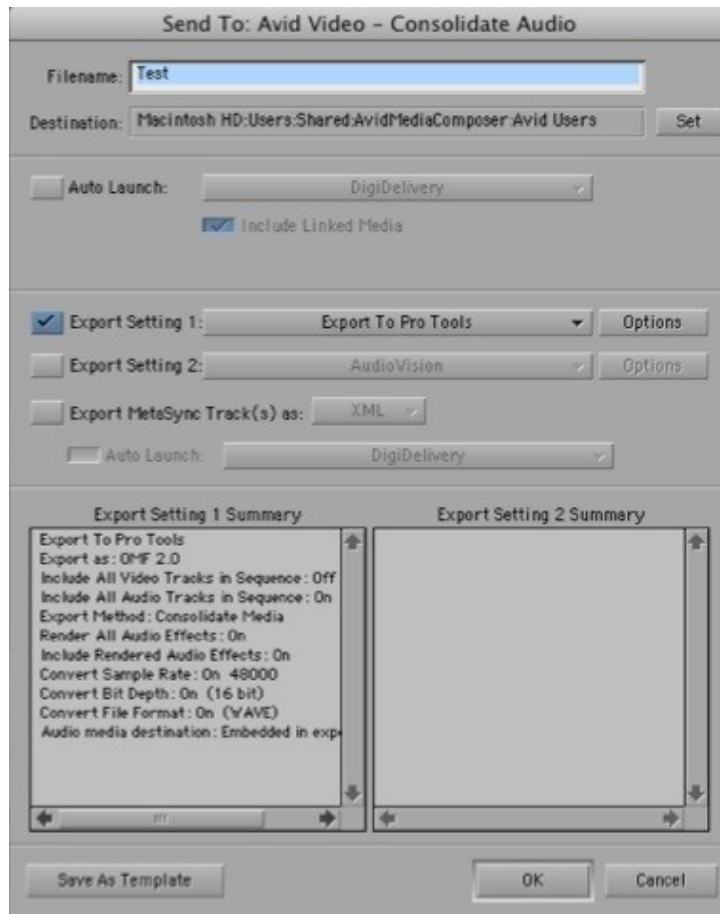
EXPORTING AVID PROJECTS TO OMF

To Properly export an OMF from Avid Media Composer to ProTools follow these steps

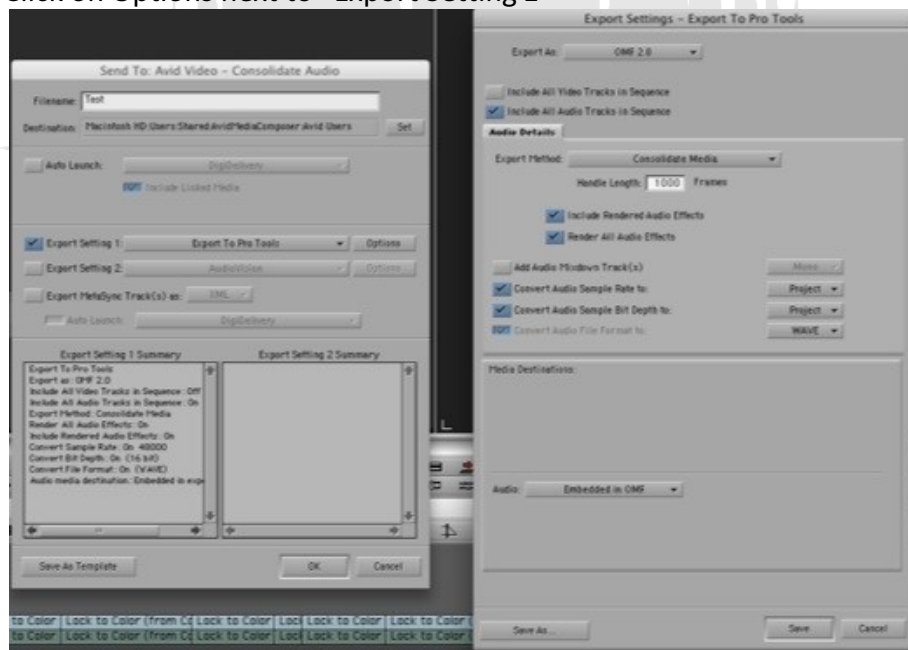
- 1) Select the entire sequence to be exported from Avid
- 2) Go to FILE (Send To > Digidesign ProTools > Avid Video – Consolidate Audio



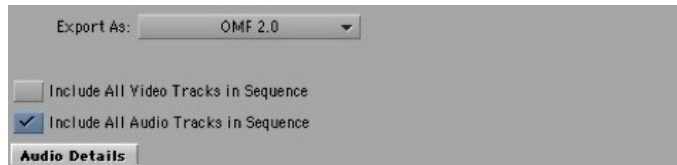
- 3) Under "Filename" type in the name of the film and under "Export Setting 1" confirm that "Export to Pro Tools" is selected



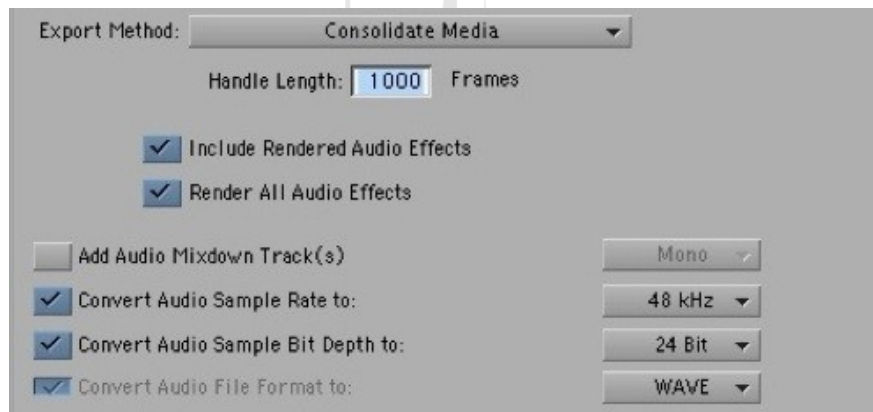
4) Click on Options next to “Export Setting 1”



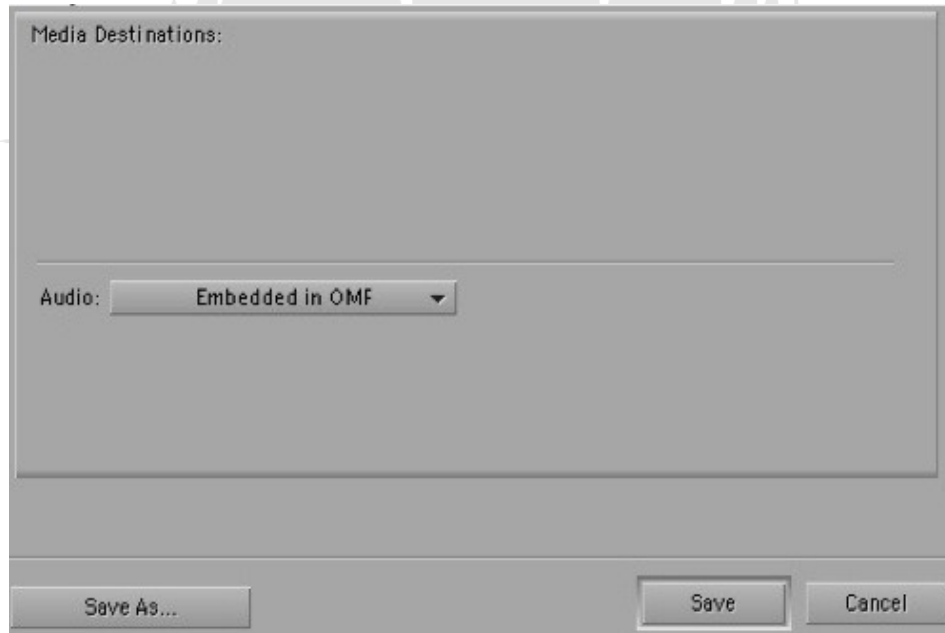
- 5) Under “Export As” select “OMF 2.0”
 - a. Make sure “Include All Video Tracks in Sequence” is **DESELECTED**
 - b. Make sure “Include All Audio Tracks in Sequence” is **SELECTED**



- 6) Under “Export Method” select “Consolidate Media”
 - a. Set “Handle Length” to **1000 Frames**
 - b. **Deselect** “Include Rendered Audio Effects”
 - c. **Deselect** “Render All Audio Effects”
 - d. **Deselect** “Add Audio Mixdown Track(s)”
 - e. **Select** “Convert Audio Sample Rate to” and set it to **48 kHz**
 - f. **Select** “Convert Audio Sample Bit Depth to” and set it to **24 Bit**
 - g. Make sure “Convert Audio File Format to” is **selected** and set to **WAVE**

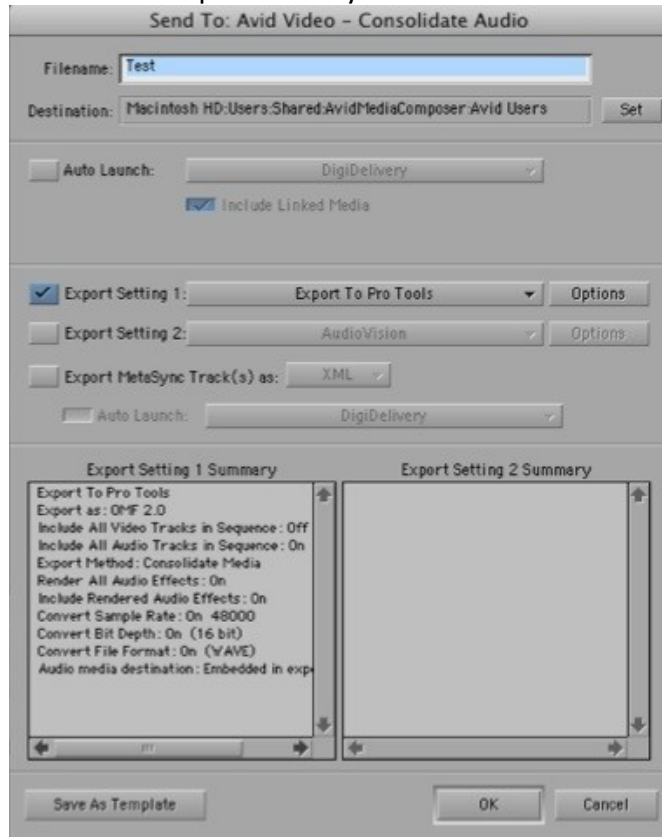


- 7) Under Media Destinations make sure “Audio” is set to “Embedded in OMF”



- 8) Next hit the “Save” Button
 - a. This brings you back to the “Send To: Make New” Window
 - b. Set your destination for the OMF export under “Destination”

- c. Make sure “Auto Latch” is **deselected**
- d. Make sure “Export Setting 1” is **selected** and that “Export Setting 2” and “Export MetaSync Tracks” are **deselected**



- 9) Once all these settings are in place hit “OK” and the audio will be exported to an OMF file.