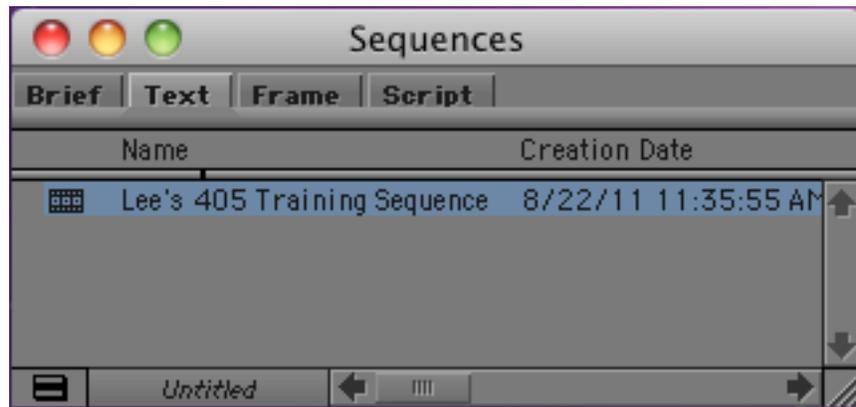


Exporting a QuickTime from Avid (SD/4x3)

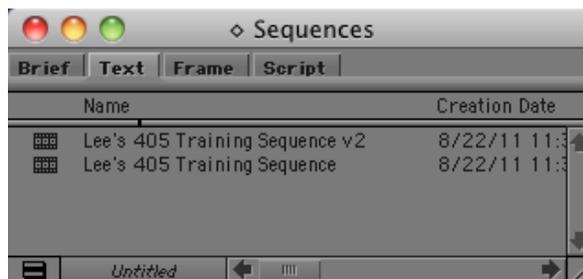
**Make sure you budget time for this. It could take a few minutes to a few hours, depending on the length of your video!*

1.) Make sure your sequence is properly named (this is something that should immediately have been done upon creation).



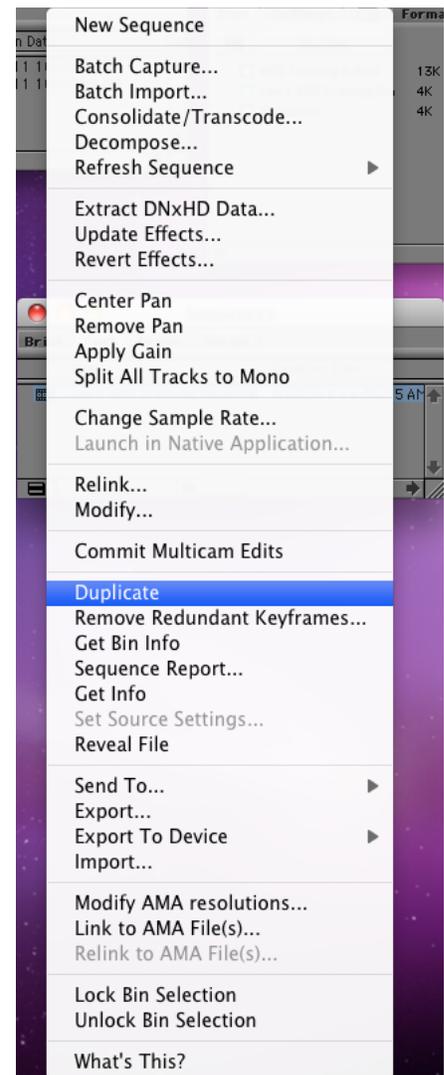
2.) Duplicate your sequence by selecting it, then Right-Clicking then selecting "Duplicate." It is a good idea to duplicate your sequence every time you sit down to work.

3.) Rename your duplicated sequence by adding a version number to it (i.e. v2, v3, v4...)



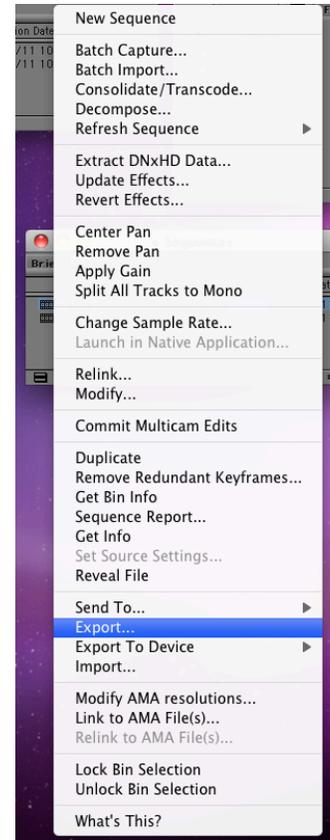
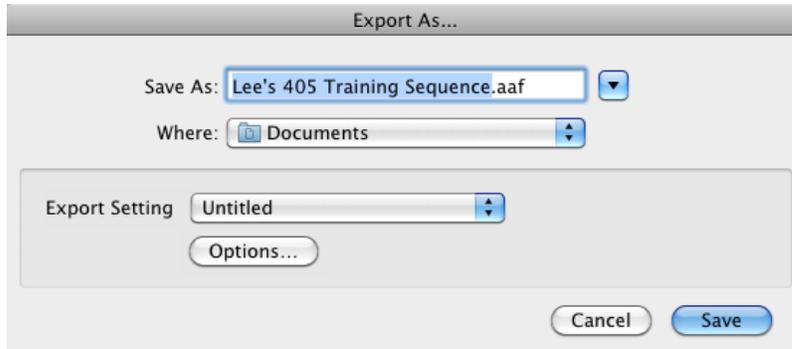
4.) Double-click on the icon next to your new sequence before continuing your work.

5.) Type "command-S" on your keyboard to save.

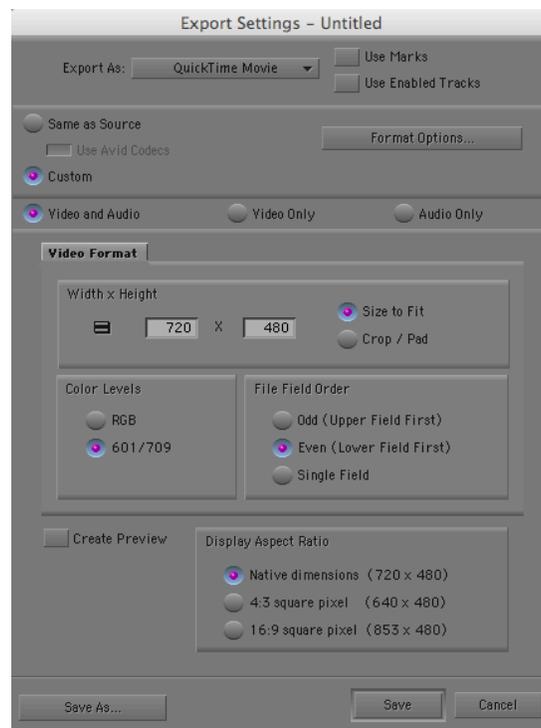


6.) Right-Click on your Sequence and select “Export...”

7.) This will open the “Save As” window.

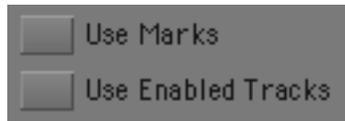


8.) Click “Options...” which will open your Export Settings window.



9.) Change “Export As:” to “QuickTime Movie.”

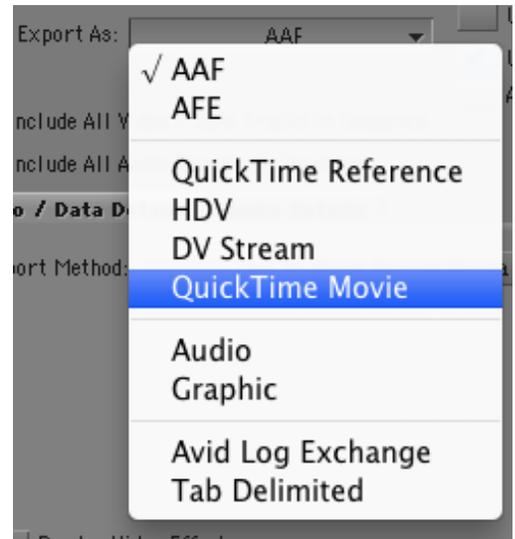
10.) Verify “Use Marks” and “Use Enabled Tracks” are unchecked.



11.) Verify “Custom” and “Video and Audio” are selected.



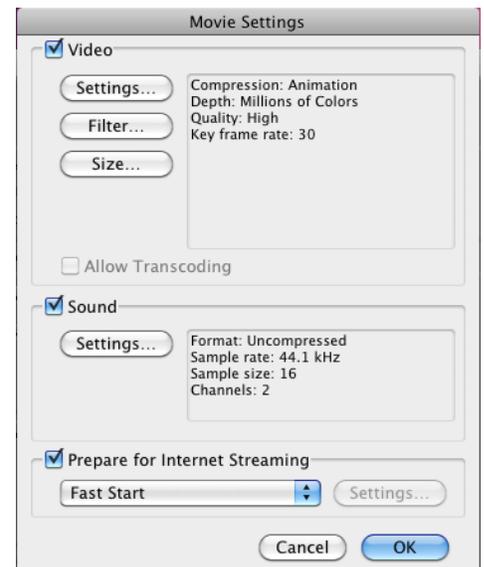
12.) Click “Format Options...”



13.) This will open the “Movie Settings” window.

14.) Verify that “Video” and “Sound” are checked.

15.) Under “Video” click on “Settings...”



16.) Make sure your settings match the image below then click “OK.”

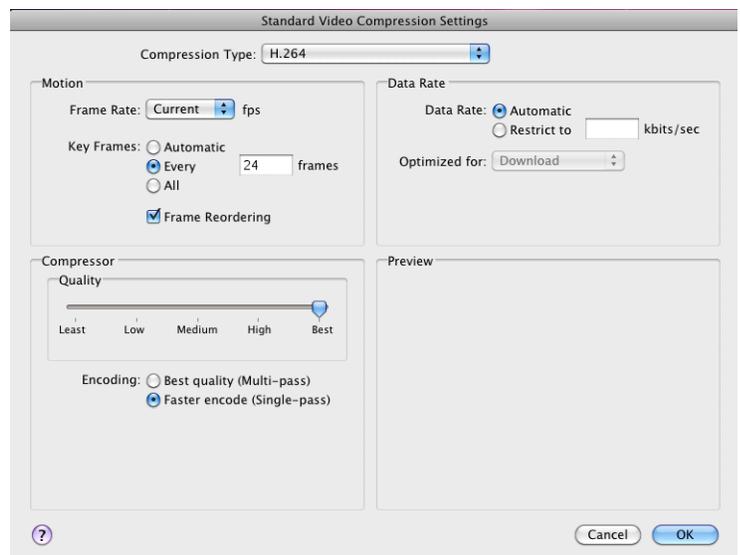
Compression Type: H.264

Data Rate: Automatic

Quality: Best

Encoding:
Faster encode (Single-pass)

Frame Rate: Current



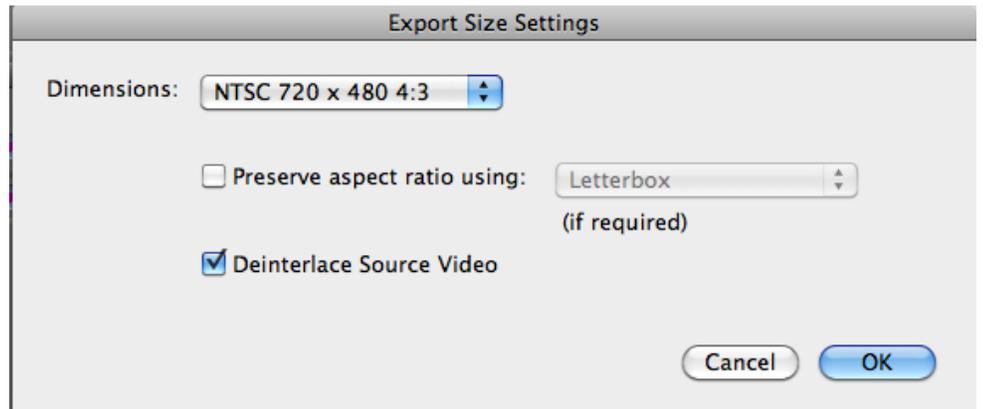
17.) In the “Movie Settings” window under “Video” click on “Size...”

18.) Make sure your “Export Size Settings” match those in the image below then click “OK”:

Dimensions:
NTSC 720 x 480 4:3

Deinterlace Source
Video is checked

Preserve aspect
ratio using: is NOT
checked.



19.) In the “Movie Settings” window under “Sound” click on “Settings...”

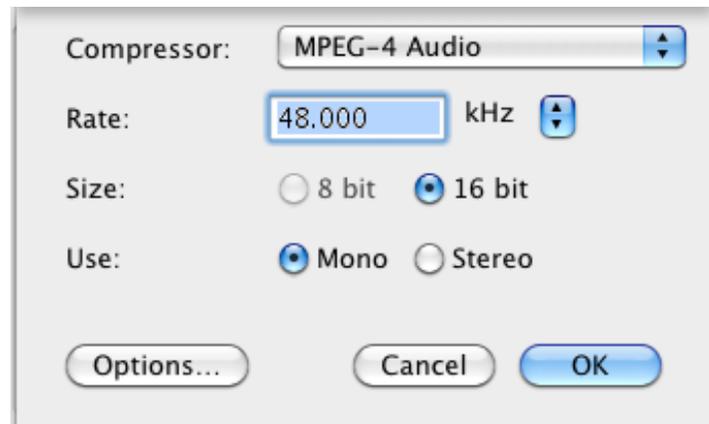
20.) Make sure the settings match the image below and then click “OK” :

Compressor: MPEG-4 Audio

Rate: 48.000

Size: 16 bit

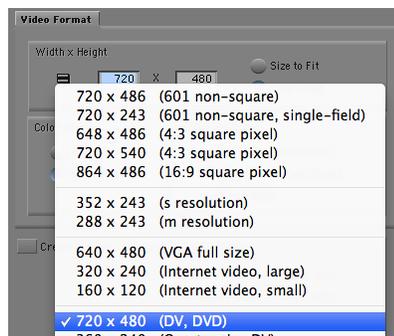
Use: Mono



21.) Verify your “Movie Settings” window matches the image and click “OK”:



22.) In “Export Settings” under “Video Format” change the “Width x Height” to 720x480 (DV, DVD).



23.) Change “Color Levels” to 601/709.

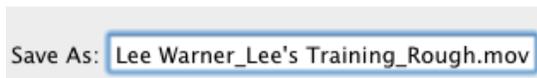


24.) Verify your “Export Settings” window matches the image and click “Save”:

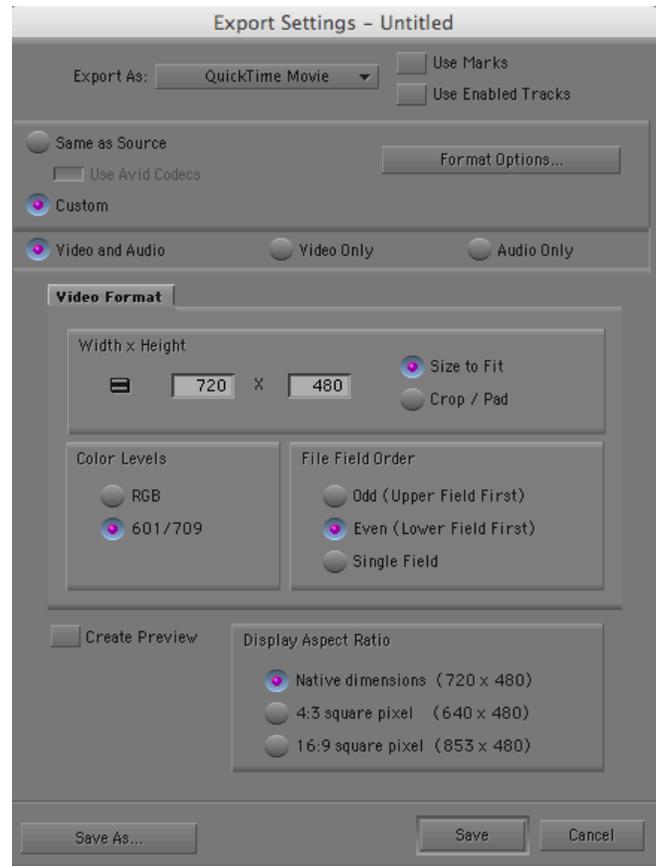
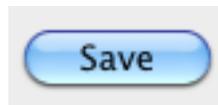
25.) Back in the “Export As...” window make sure your hard drive is selected for “Where:”.



26.) Name your File in the “Save As:” box.



27.) Click “Save.”



28. Wait for the export. It can take anywhere from a few minutes to about an hour (or even a few hours), depending on the length of your video. **Do not leave your station unattended during the export process.** If you do, your station might automatically log-out and you will have to start your export completely over.

