Export of **QuickTime** picture reference files for use in **Pro Tools**
V10.11.16

BEFORE exporting, please include in your sequence(s)
- **Academy leader** at the head of each reel:
First frame of leader at 0+00 [01:00:00:00]
'2' of leader with matching **1 frame** audio beep at 9+00 [01:00:06:00]
First Frame of Action at 12+00 [01:00:08:00]
Successive reels with TC start at respective hour, R2AB starts at 02:00:00:00 etc.
- **Tail Sync:**
A visual frame (usually a '2' or punch hole) exactly 3+00 [00:00:02:00] after the
Last Frame of Action for each reel, accompanied by a matching 1 frame audio
beep. For example, last frame of picture for the reel occurs at 1693+08, Tail Sync
goes at 1696+08
- **Visual Burn-in**
running 35mm footage counter and timecode [lower third of the screen please]

EXPORT from **Final Cut Pro**
- select sequence in the project bin
- 'File' > 'Export' > 'QuickTime Movie'
- settings:
        codec: any of the 'ProRes' family
        PLEASE CHOOSE A SETTING WHICH YIELDS A FILE in the 2-6GB range per 20 minutes of program
        SIZE: 1920x1080
        Audio and Video
        Markers: None
        √ Make Movie Self-Contained
- save file (to local drive to be copied later, or directly to a 'runner' portable drive)
- test movie by double-clicking on the file in the finder. It should open up in QuickTime Player and look/sound as you're used to seeing/hearing in FCP.

EXPORT from **AVID**
- select sequence in the project bin
- 'File' > 'Export' > 'QuickTime Movie'
- video settings:
        codec: any of the 'DNxHD' family
        PLEASE CHOOSE A SETTING WHICH YIELDS A FILE in the 2-6GB range per 20 minutes of program
        SIZE: 1920x1080
        Framerate: Current
- audio settings:
        Linear PCM
        Stereo (L R)
        Rate: 48kHz
        Quality: Best
        Sample Size: 24 bits
- save file (to local drive to be copied later, or directly to a 'runner' portable drive)
- test movie by double-clicking on the file in the finder. It should open up in QuickTime Player and look/sound as you're used to seeing/hearing in the Avid.

NOTE: operating systems are constantly in flux, so if you have additional questions please call