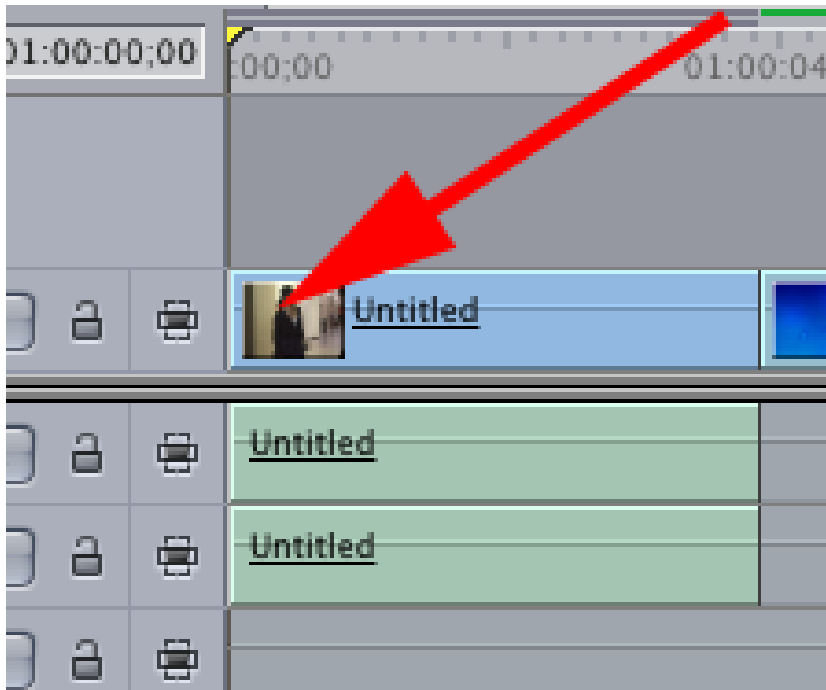


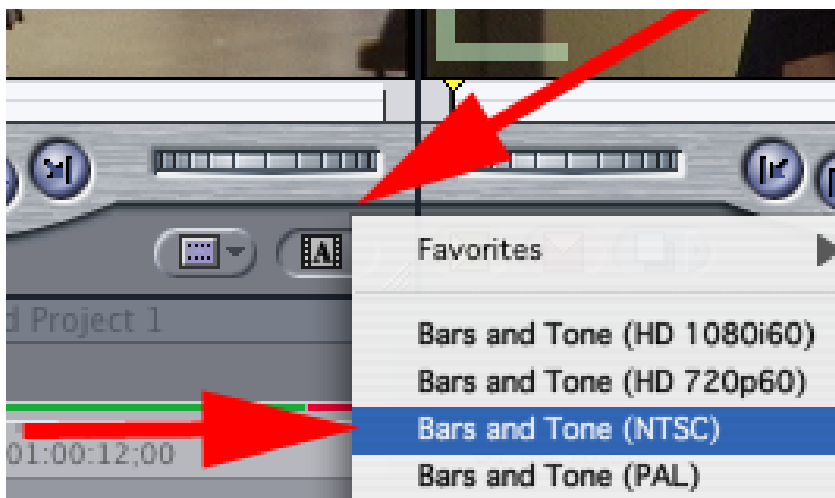
Exporting an .omf and quicktime from Final Cut Pro to mix in Pro Tools

A. Prep the sequence with Bars,Tone,Slate,Countdown, and Timecode Burn-in

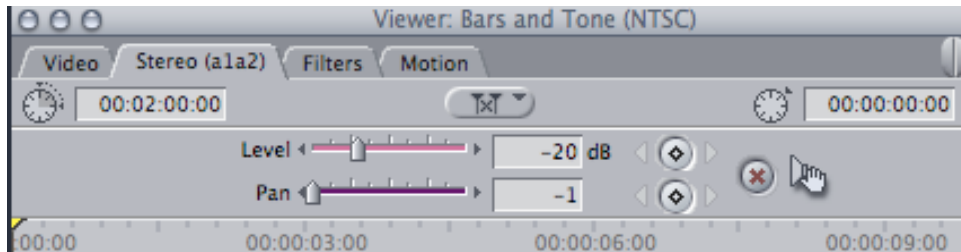
1. Open the finished picture locked timeline. Make sure there is no empty space on the timeline before first picture. The first thing on the timeline should be the first image to be seen of the movie. If black is to be the first thing make sure that slug is placed in the gap.



2. Load Bars and Tone into the browser window in FCP. Click on the “A” symbol at the bottom right corner and load Bars and Tone NTSC



3. Mark an in point on the Bars and Tone resulting in a 45 second duration of Bars and Tone.
4. Click on the “Stereo (a1a2)” tab at the top of the window and change the audio level to -20

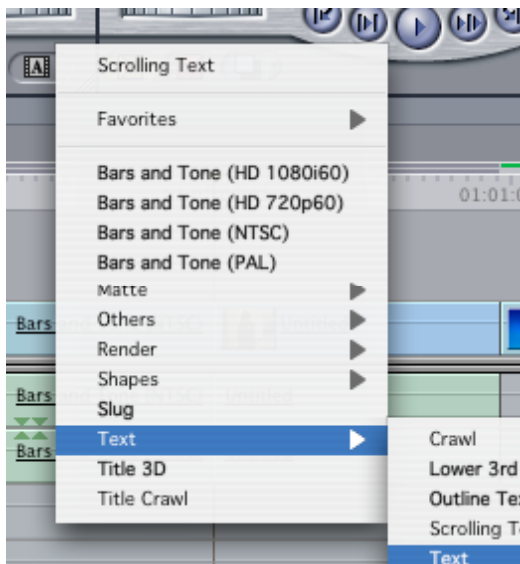


Change the Audio Level of the

5. Splice into the timeline at the head of the timeline moving all other clips down in the timeline.

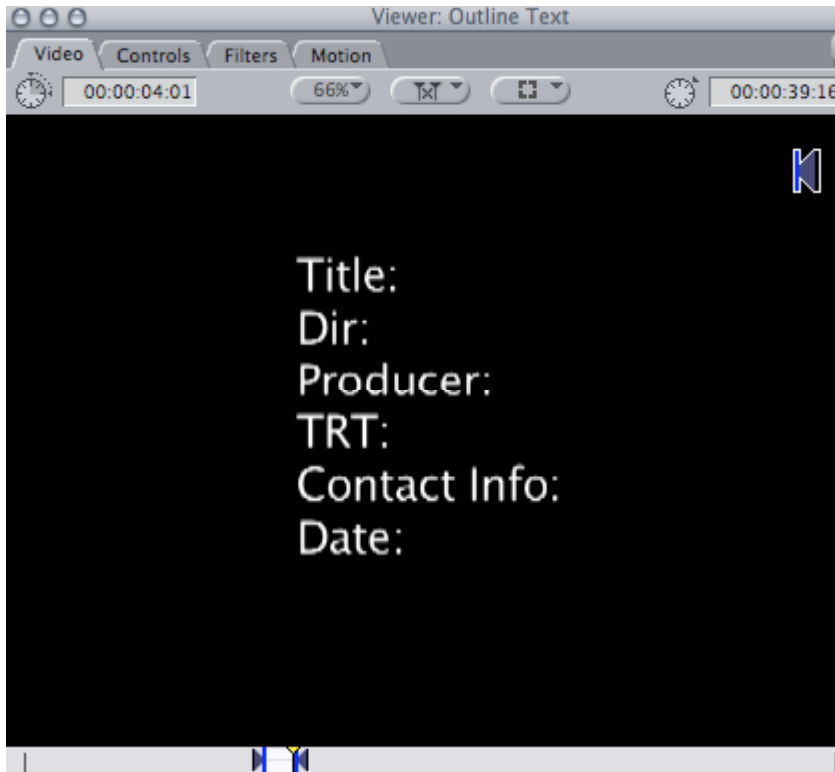


6. Make a title card with the title tool to make a slate for the timeline.

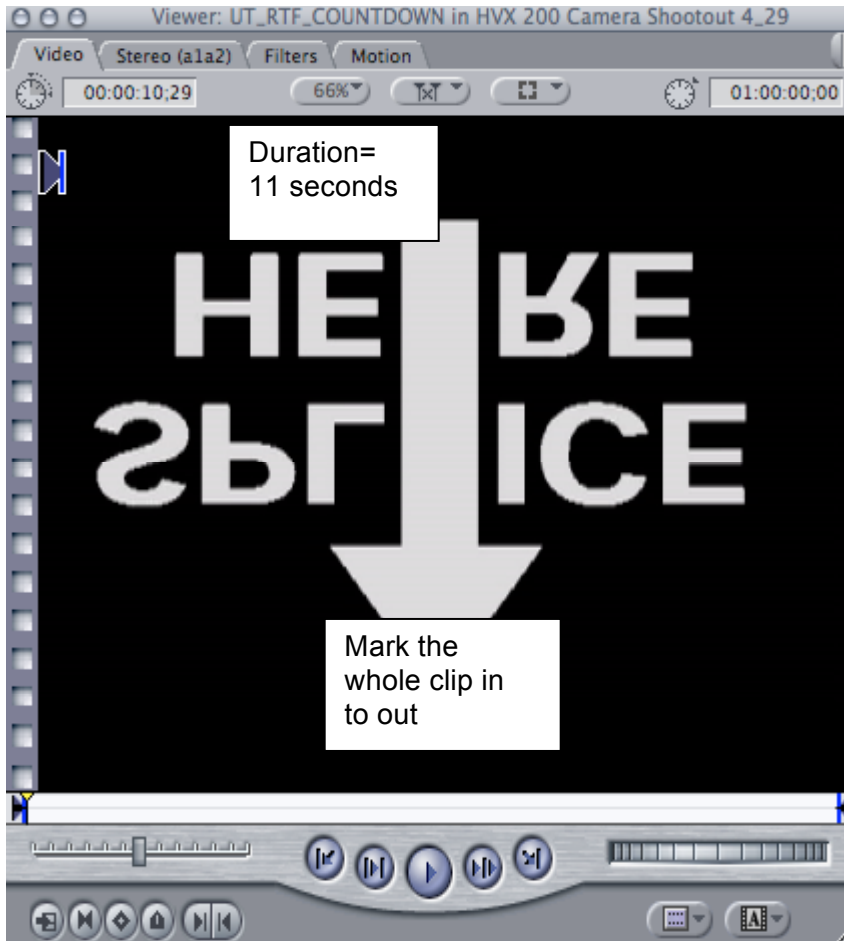


- a. Slate should have the following information.
 - i. Title:
 - ii. Director
 - iii. Producer
 - iv. TRT or Total Run Time
 - v. Contact Information
 - vi. Date

7. Mark an inpoint on the slate and type in +400 and mark an out on the slate to achieve a 4 second duration as the arrows show below.

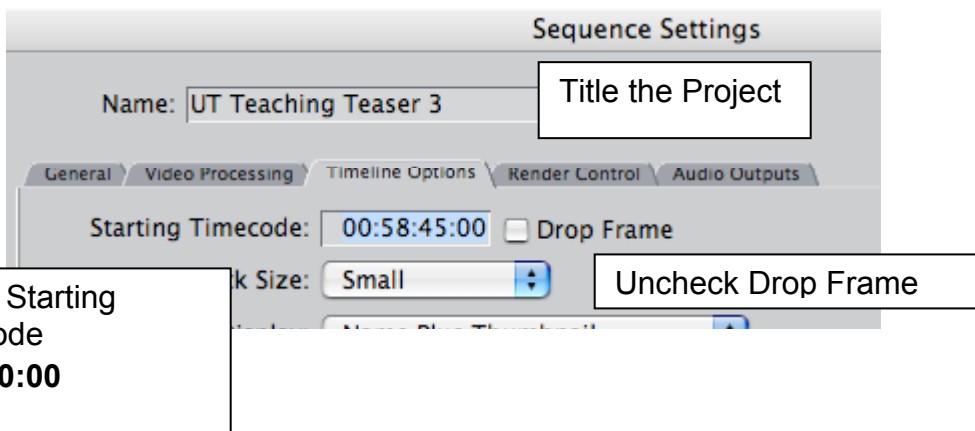


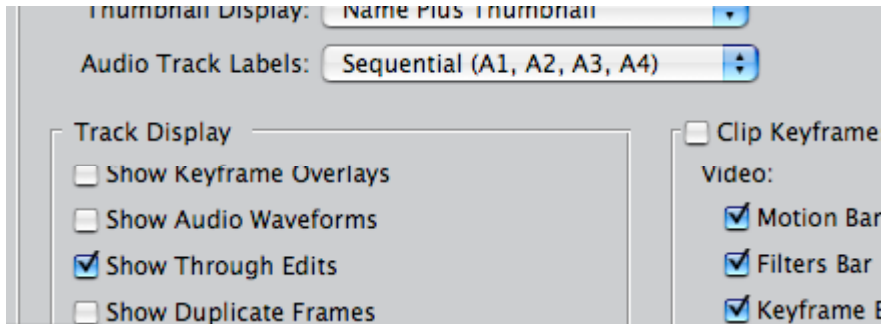
8. Splice this into the timeline right after the bars and tone.
9. Download the "Countdown" leader from [Http://vimeo.com/album/1551881](http://vimeo.com/album/1551881)
10. File>Import> (Where you saved the file)
11. Import this file into FCP >File>Import and load it into the browser
12. Mark an in point at the beginning of the clip and an out at the end of the clip. Duration will be 11 seconds in the timeline.



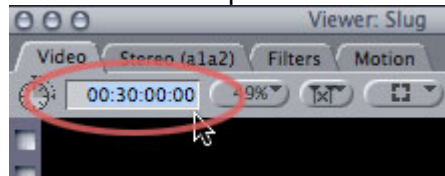
13. Splice this into the timeline after the slate.

14. Change the timeline settings by clicking on the timeline then select >Sequence>Settings>Select the Timeline Options tab. Name the project. Uncheck the Drop Frame Box. Enter in the starting TimeCode as **00:59:00:00**. Click OK to apply.





15. Create Burn-In Timecode for the final Sequence
 - a. Create a 'slug' on a video track on the top of the sequence
 - i. Load a generator clip (Slug) into the Viewer – **BEFORE** you edit it into the timeline.
 - ii. Change the duration to the length of the movie by entering the new duration in the top-left timecode box in the viewer.



- iii. Cut it in **ONLY** over the length of the movie.
 - b. Drop the Timecode generator on it
 - i. Effects > Video filters > Video
 - c. Change HOUR OFFSET to 1 hour and hit return.
 - d. Under format change FRAME RATE to match movie
 - e. Change the SIZE to 10
 - f. Change the opacity of the slug so the timecode is clearly visible.
16. Use the crosshairs to place the Timecode window in the **UPPER LEFT CORNER** of the picture.
 - a. TIMECODE should only be over the movie and starting at 01:00:00:00

17. Check the following points in the timeline for accuracy

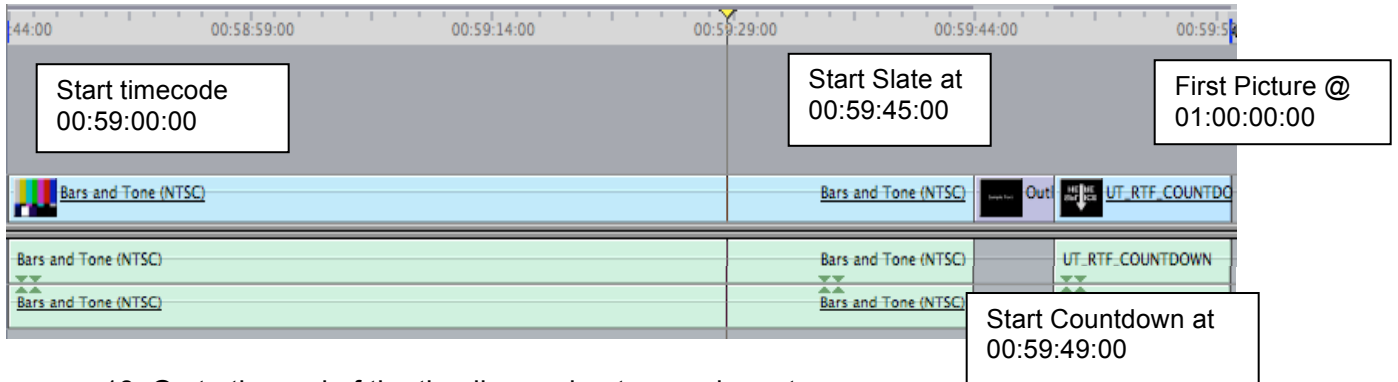
Sequence start time is 00:59:00:00 (Bars and Tone start here)

Slate starts at 00:59:45:00

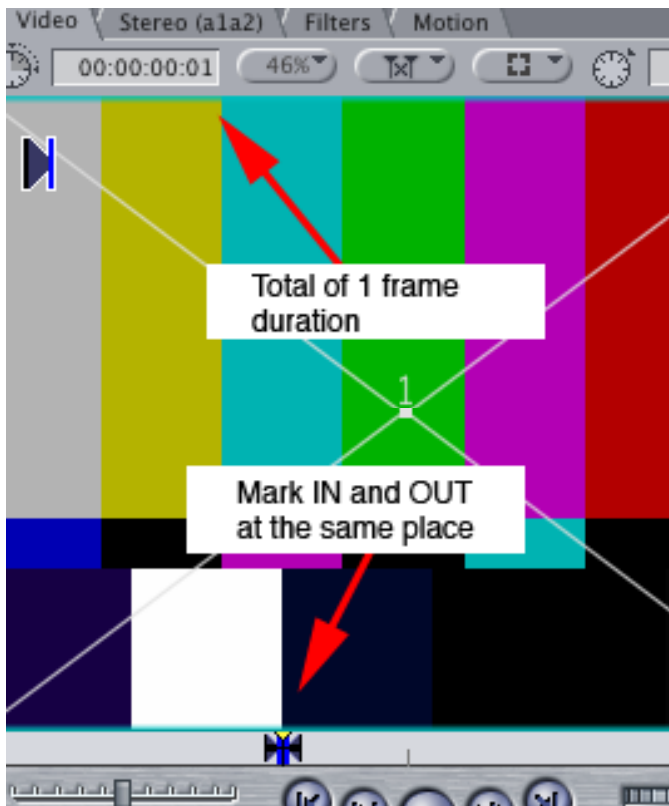
Countdown starts at 00:59:49:00 (includes 2 pop @ 00:59:58:00)

Movie Start is at 01:00:00:00

ALL THE #'S MUST BE EXACT 1 FRAME PLUS OR MINUS IS WRONG



18. Go to the end of the timeline and put an end pop to assure sync.
 - a. Load Bars and Tone in the browser in FCP as done in step 3.
 - b. Mark and IN and Out at the same spot to mark a 1 frame duration as shown

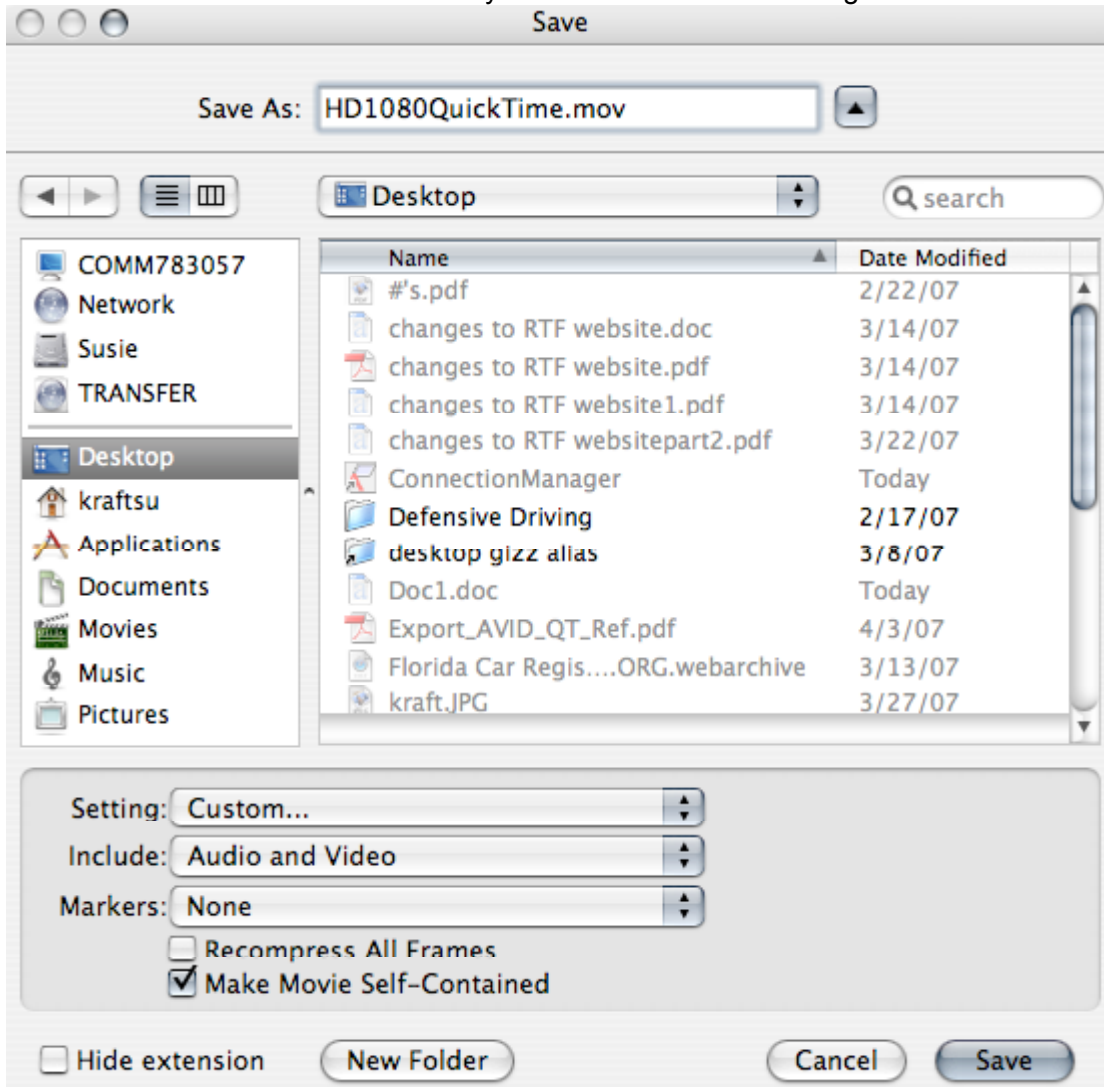


19. Splice this 1 frame end pop at the end of the timeline to check for audio drift and to assure audio sync throughout the audio mix.

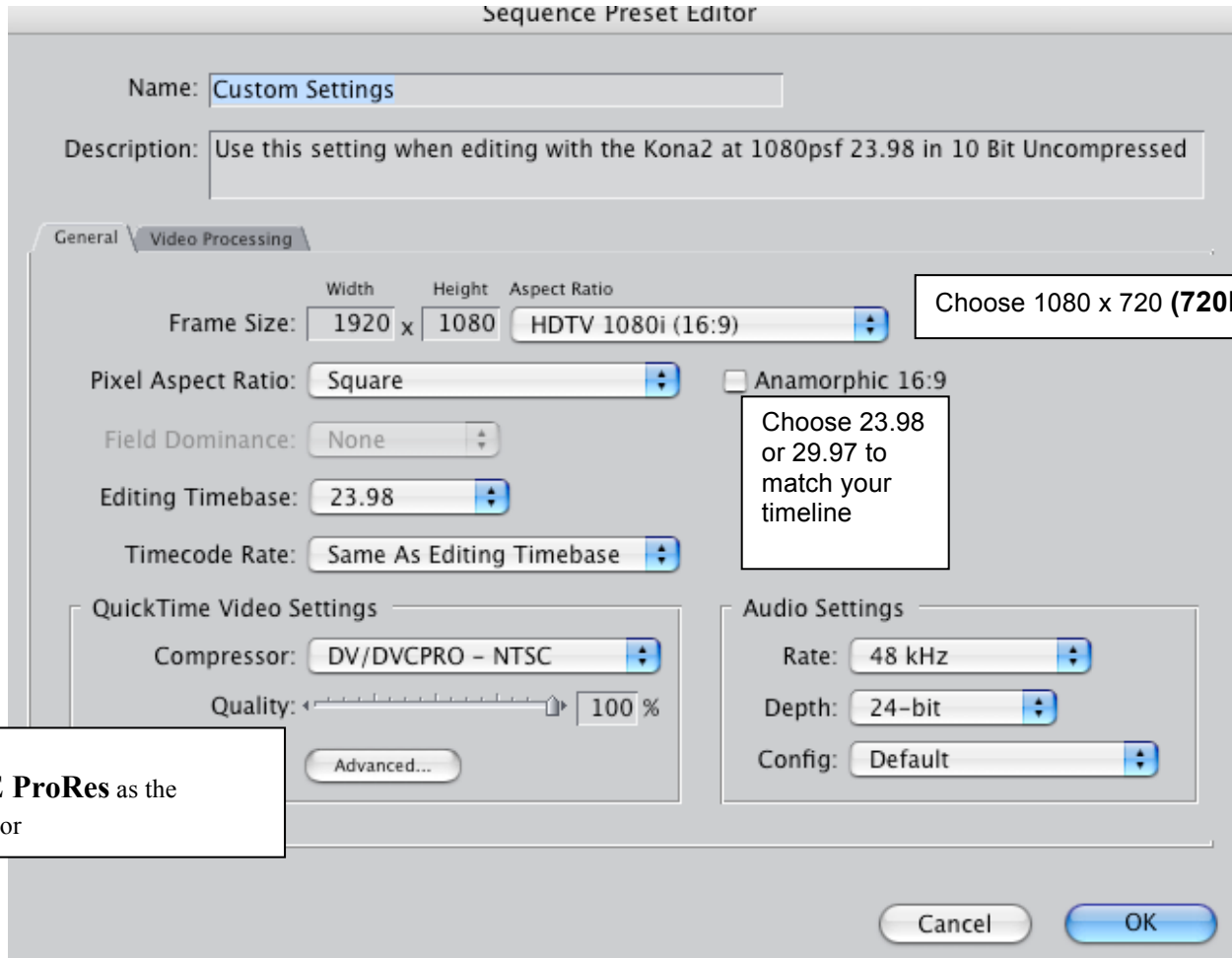
B. Export the quicktime video track

IF YOUR PROJECT IS IN HIGH DEFFINATION (HD)

1. Export a 16 x 9 Quicktime movie for protocols
 - a. Name the file with a .mov extension
 - b. Choose Video Only and Custom as the Settings



- c. When Custom is chosen the Sequence Preset Editor appears. Chose the following settings.

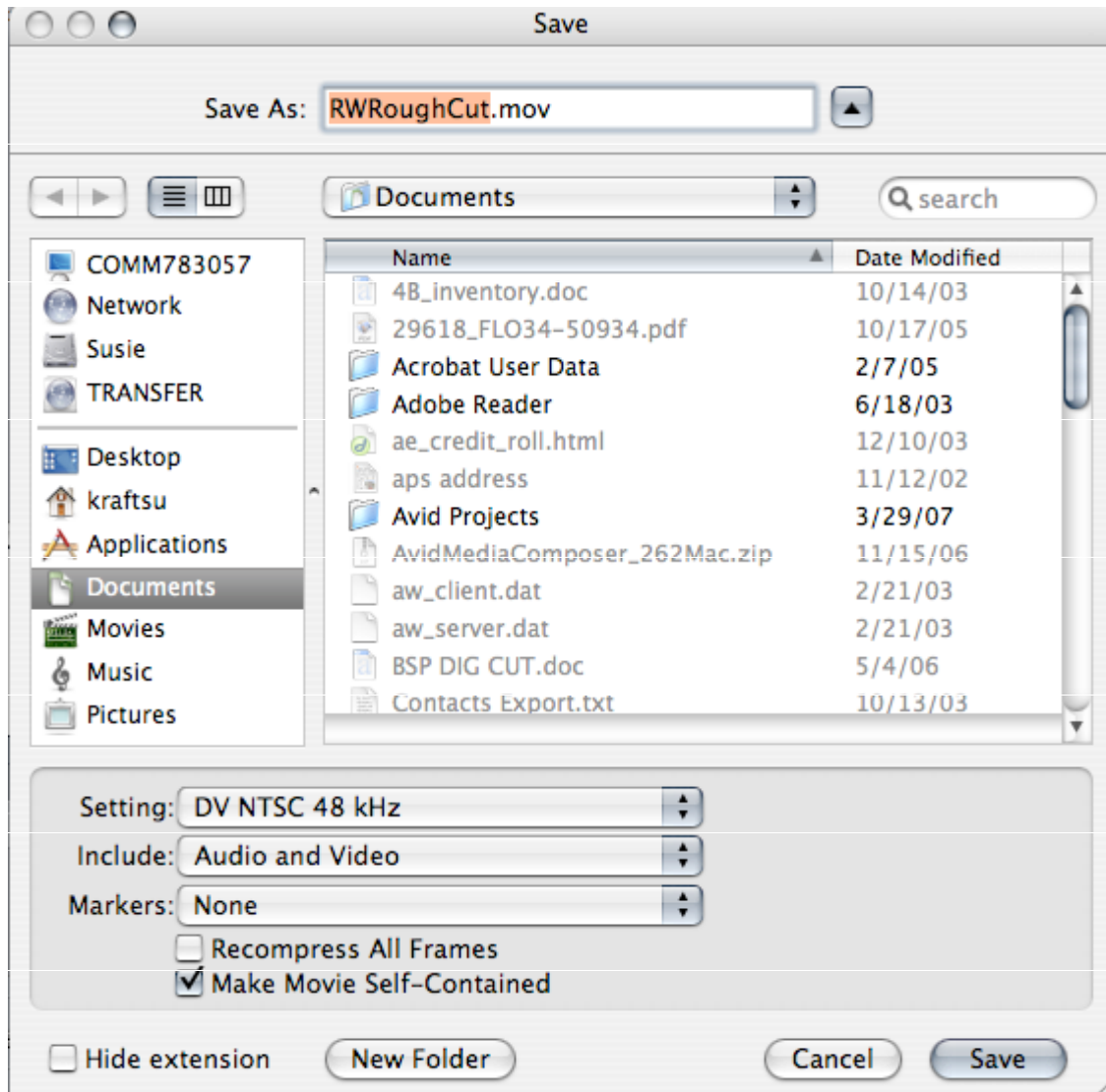


- d. Click OK
e. Choose to Make Movie Self-Contained. Then Save to start compressing the quicktime.

IF YOUR PROJECT IS IN STANDARD DEFFINITION

2. Export a Standard Def (SD) quicktime movie to chase in ProTools
 - a. Load the final sequence in the timeline and make sure that all the needed video tracks are enabled.
 - b. Mark an in point at the head of the timeline and an out point at the end of the timeline. Make sure all effects are rendered.
 - c. Go to >File>Export>Quicktime Movie and set the following settings.
 - i. Name the file WITH A .mov EXTENSION and choose where to save it
 - ii. Choose DV NTSC 48KHz (SD) Setting with Audio & Video included

- iii. Choose to Make Movie Self-Contained. Then click Save to start the export.

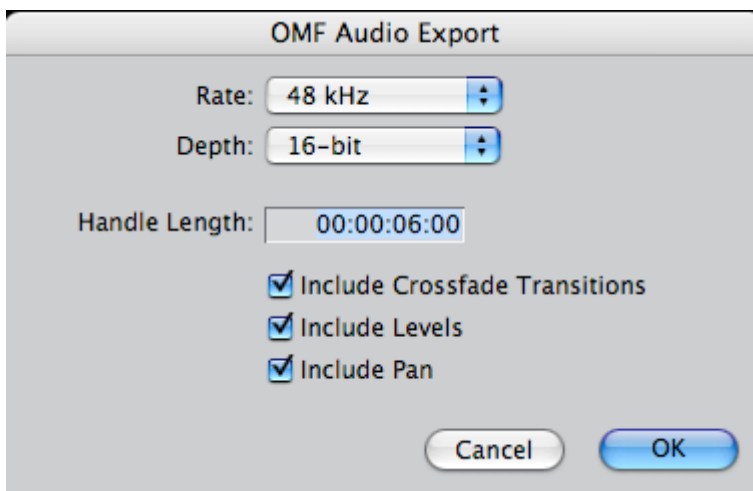


C. EXPORTING the .OMF of the Audio Tracks

1. In the Timeline, click the Tracks Visibility button next to each audio track you want to export.



2. Choose File>Export>Audio to OMF.
3. In the OMF Audio Export dialog, choose **48 KHz, 24-bit, 1 min/00:01:00:00** (1,440 frames) of handles and choose to include crossfade transitions, then click OK.



4. Choose a location and enter a name for the file and save.
5. FCP will begin exporting the audio to that location.