Export of **QuickTime** picture reference files for use in **Pro Tools [TELEVISION only]**
V10.18.11

BEFORE exporting, please include in your sequence
'2' visual frame with matching **1 frame** audio beep 00:59:58;00
First Frame of Action at 1:00:00;00
- Visual Burn-in
running timecode in the lower third of the screen.
IF your delivery/network/distributor requires other timecode start/program layout, please follow those

EXPORT from **Final Cut Pro**
- select sequence in the project bin
- 'File' > 'Export' > 'QuickTime Movie'
- settings:
    MOTION JPEG A - SIZE: 1280x720
    Audio and Video
    Markers: None
    √ Make Movie Self-Contained
- save file (to local drive to be copied later, or directly to a 'runner' firewire 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:
    MOTION JPEG A - SIZE: 1280x720
    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' firewire 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.

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