Canon XF100 Recommended Settings

Video Settings

Data Rate (Bit Rate)

The recommended data rate is 35Mbps 1920x1080

Audio Settings

Only using one mic - Insert the XLR into CH1

Menu Setting - Under the AUDIO tab set XLR Rec Channel to CH1/CH2

This will send the audio from the one mic to both left and right channels
Using two mics - Use CH1 and CH2

Menu Setting - Under the AUDIO tab set XLR Rec Channel to CH1

This will send the audio from each mic to its respective channel