Adobe Premiere Pro - .aaf Audio and QuickTime Export for ProTools Mix

This wiki doc will explain how to prepare and export your "PICTURE LOCKED!!" timeline for use in a ProTools Project.

Open your Final Premiere Pro Project and select your final Picture Locked Timeline.

| Download the set two files: Countdown - ProRes.mov | Universal Tail Leader.mov |
Duplicate your Timeline and you will be preparing for export to ProTools.

Rt. Click the timeline and Choose Duplicate
Select the timeline > Right Click it and choose > Duplicate

Rename the copy of the timeline so you can easily identify it.
Shift click the two files and choose to import them into your project.
Double click the Countdown .proRes. mov file to load it in the source monitor.
Mark the entire clip. Go to the head of the clip and mark an input point and go to the end of the clip and mark an output point.
The duration should be 800 seconds.

Place the timeline indicator at the head of the timeline.
Make sure there is not another input point in the model in.
Right click on the model in the rule and choose Clear.

In and Out
On the source side, click the Insert button on the "com" key, and use the keyboard to insert the...
Countdown and 2 Pop at the head of the timeline
<table>
<thead>
<tr>
<th>Choose Start Time</th>
</tr>
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<tbody>
<tr>
<td></td>
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<tr>
<td>Close Other Panels in Group</td>
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<tr>
<td>Close Other Timeline Panels</td>
</tr>
<tr>
<td>Panel Group Settings</td>
</tr>
<tr>
<td>Work Area Bar</td>
</tr>
<tr>
<td>Show Audio Time Units</td>
</tr>
<tr>
<td>✓ Audio Waveforms Use Label Colors</td>
</tr>
<tr>
<td>✓ Rectified Audio Waveforms</td>
</tr>
<tr>
<td>✓ Logarithmic Waveform Scaling</td>
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<tr>
<td>Logarithmic Keyframe Scaling</td>
</tr>
<tr>
<td>✓ Time Ruler Numbers</td>
</tr>
<tr>
<td>Start Time...</td>
</tr>
</tbody>
</table>
Type in 59:52:00 and select OK.

You don't have to type in the decimals, they will be added automatically.

Click OK.
Note that now the timer is 59:52:00. Make sure that first picture stars at 01:00:00:00.
Next load the Universal Tail Leader from the Media Browser.
Mark the entire clip. Go to the head of the clip and mark an in point and go to the end of the clip and mark an out point.
The durations should be 800 seconds.

Put the timeline indicator at the end of the timeline.
Make sure there are not any other in or out points in the timeline.

Right click on the timeline on the ruler and choose Clear In and Out.
Click the Overwrite or "period" shortcut key on the keyboard to place the tail leader at the end of the timeline.
Check the Box: Enable
Sample Rate: 48 and 24 Bits
Choose to Embed Audio
Change the Format to Broadcast Wave

AAF Export Settings
- Mixdown video: off
- Breakout to Mono: Enable
- Render audio clip effects: off
- Include clip copies without effects: off
- Sample Rate: 48000
- Bits per Sample: 24
- Files: Broadcast Wave
- Format: Embed Audio
- Render: Trim Audio Files
- Handle Frames: 196
Choose a place to save the file.

Click Save.
Next Export the QuickTime Chase Movie

Right click the timeline you want to export

Choose Export Media

Edit Original
Edit in Adobe Audition
Edit in Adobe Photoshop
Export Media...

Align to Grid
But in the meantime choose GoPro whatever we can modify it
Click on the Video tab and choose the Video Codec as DNxHR/DNxHD.
Choose 1080p DNxHD LB 8-bit
Go to Video > Basic Video Settings

- Quality: 90
- Width: 1920
- Height: 1080
- Frame Rate: 23.976
- Field Order: Progressive
- Aspect: Square Pixels (1.0)
- Render at Maximum Depth
- Depth: 24 bit
Click on Output Name, and choose where you want to save the file.

Navigate to your hard drive and title the file.

Click Save.
If you got errors exporting an .aaf then you should use this .omf file.