Launch Media Composer project with the camera footage loaded into project

NOTE - THIS WORKFLOW REQUIRES THAT ALL THE CAMERAS WERE JAM SYNCED TO THE SAME TIMECODE GENERATOR AND ALL CAMERAS HAVE MATCHING TIMECODE

Change the Media Composer Settings
Double click on the Composer Settings and change the Data Display and Button Display at Bottom to Two Rows. Click OK.

Go to the Keyboard settings and double click on Keyboard. Keyboard settings will open. We want to map some commands to the keyboard as well as to the Composer Window.
Go to >Tools>Command Palette or click on Command 3 or Control 3 (win)

Command Palette opens
Make sure you have Button to Button Reassignment selected.

Then just drag whatever button you want to any open blank key or position on the composer window.

You can also overwrite the current command positioned on the keyboard or composer window.

Go to the MCam tab of the composer menu and choose to set the Quad Split function to the source side of the composer window.

Also set the Previous in Group and Next in Group keys to the Up and Down Arrows on the keyboard.
The keyboard should still be open and to bring it to the front of the application go to >Windows>Keyboard - MC

Then it is easy to drag the icon off the command palate and map it to the keyboard

Example of the keyboard mapping

CLOSE THE COMMAND PALETTE!! OR AVID WON'T WORK CORRECTLY

Open the bin containing the multi cam clips. Select the matching takes from the different cameras that shot the different angles of the scene.

Select all four matching camera angles

Then go to Clip>Group Clips
Choose Source Timecode since all our clips have matching timecode

Click OK

Will make a grouped clip with the following icon that looks like a quad split

Double click the grouped clip to load it into the source monitor

Click on the Quad Split icon that we just mapped to the composer window

This is the quad display that will display all 4 camera angles
The Quad split display will be grey when audio is not following video.

So we are taking Video from 0405E and audio from clip 0405Y

The green icon will toggle from grey to green when audio follows video is selected so which ever shot is selected for video editing the audio will follow

For our example we are only using audio from the wide shot Clip 0405Y
So select that as the starting shot with audio and video selected from that shot and mark in and out on the whole "Multiclip" clip and edit that into the timeline
Notice that there is a (G) after the clip name in the timeline showing "Grouped" clip
Next go to Composer>MultiCamera Mode

Click Play or spacebar- on the timeline and in the source window choose what camera to display. The green line underneath the camera angle shows what camera angle is shown in the timeline.

When the timeline finishes playing it will show all the edits applied by switching active camera angles in the source window.

If you want to change a clip in the timeline put the blue cursor on it and click the up and down arrows to change shots.