Overcrank, Transcode with After Effects, edit with Avid

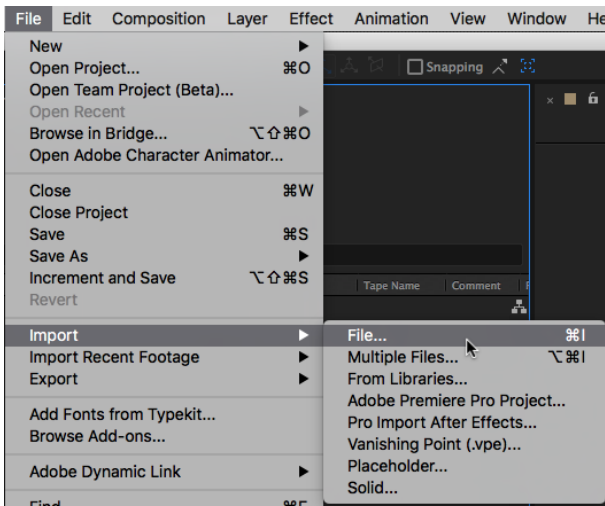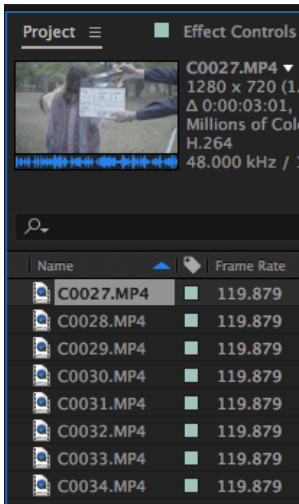|	
Identify your over cranked clips. Open Resolve or Premiere and check the FPS column of your source footage. (It's weird that Resolve thinks our example is 120 fps and Premiere thinks they are 119.88 fps)	**File Name** / **FPS** C0032.MP4 — 120.000 C0029.MP4 — 120.000 C0033.MP4 — 120.000 C0034.MP4 — 120.000 C0028.MP4 — 120.000 C0030.MP4 — 120.000 C0027.MP4 — 120.000 C0031.MP4 — 120.000 or **Name** / **Frame Rate** C0027.MP4 — 119.88 fps C0028.MP4 — 119.88 fps C0029.MP4 — 119.88 fps C0030.MP4 — 119.88 fps C0031.MP4 — 119.88 fps C0032.MP4 — 119.88 fps C0033.MP4 — 119.88 fps C0034.MP4 — 119.88 fps
Open After Effects (we're using v14.0.1.5 here, but I could do this in version 4.1)	Ae Adobe After Effects CC 2017.0 Release Version 14.0.1.5

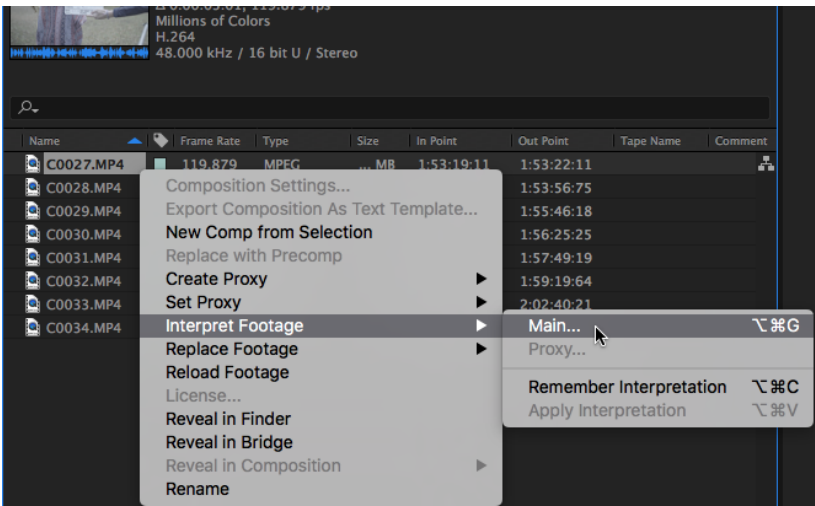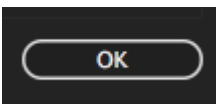|	

File > Import your over cranked files	File menu open showing:
	
	File Edit Composition Layer Effect Animation View Window He
	
	New ▶
	Open Project... ⌘O
	Open Team Project (Beta)...
	Open Recent ▶
	Browse in Bridge... ⌥⇧⌘O
	Open Adobe Character Animator...
	
	Close ⌘W
	Close Project
	Save ⌘S
	Save As ▶
	Increment and Save ⌥⇧⌘S
	Revert
	
	Import ▶ File... ⌘I
	Import Recent Footage ▶ Multiple Files... ⌥⌘I
	Export ▶ From Libraries...
	                          Adobe Premiere Pro Project...
	Add Fonts from Typekit... Pro Import After Effects...
	Browse Add-ons... Vanishing Point (.vpe)...
	                          Placeholder...
	Adobe Dynamic Link ▶ Solid...

Your clips should show up in your project window. Notice they should also have a high frame rate (119.879 fps in our example)	Project window showing: C0027.MP4 ▾ 1280 x 720 (1. Δ 0:00:03:01, Millions of Col H.264 48.000 kHz / 1 **Name Frame Rate** C0027.MP4 119.879 C0028.MP4 119.879 C0029.MP4 119.879 C0030.MP4 119.879 C0031.MP4 119.879 C0032.MP4 119.879 C0033.MP4 119.879 C0034.MP4 119.879
Select one of your over cranked files. Make note of its duration. (3:01 in our example here) *(After Effects uses the Greek Symbol Delta for duration (yay college))*	Project window showing: Effect Controls (none) C0027.MP4 ▾ 1280 x 720 (1.00) Δ 0:00:03:01, 119.879 fps Millions of Colors H.264 48.000 kHz / 16 bit U / Stereo **Name Frame Rate Type Size** C0027.MP4 119.879 MPEG ... M C0028.MP4 119.879 MPEG ...M
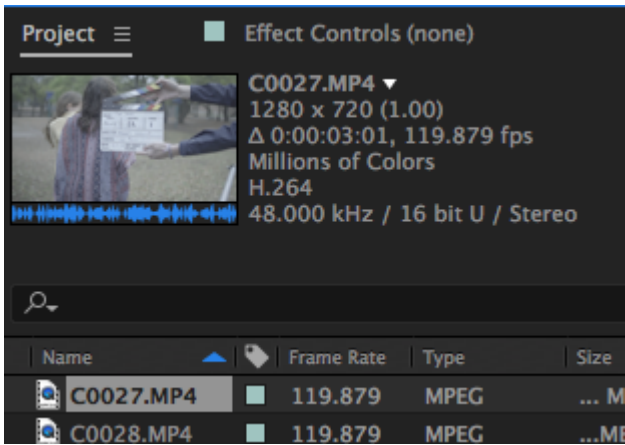
Right click on the selected clip and choose Interpret Footage > Main...	0:00:05.01, 119.879 fps Millions of Colors H.264 48.000 kHz / 16 bit U / Stereo Name △ Frame Rate Type Size In Point Out Point Tape Name Comment C0027.MP4 119.879 MPEG ... MB 1:53:19:11 1:53:22:11 C0028.MP4 Composition Settings... 1:53:56:75 C0029.MP4 Export Composition As Text Template... 1:55:46:18 C0030.MP4 New Comp from Selection 1:56:25:25 C0031.MP4 Replace with Precomp 1:57:49:19 C0032.MP4 Create Proxy ▶ 1:59:19:64 C0033.MP4 Set Proxy ▶ 2:02:40:21 C0034.MP4 Interpret Footage ▶ Main... ⌥⌘G Replace Footage ▶ Proxy... Reload Footage License... Remember Interpretation ⌥⌘C Reveal in Finder Apply Interpretation ⌥⌘V Reveal in Bridge Reveal in Composition ▶ Rename
Select the "Conform to frame rate:" radial button and type in the frame rate of your Avid project (we're 23.976 fps here)	**Frame Rate** ◯ Use frame rate from file: (119.879 fps) ◯ Conform to frame rate: 23.976 frames per second Drop Frame ⌄ Δ 0:00:15:00 WARNING: Audio may not synchronize.
Click OK	OK
Notice that your clip's duration is longer. (it was 3:01, now it's 15:00)	**Project** ≡ ■ Effect Controls (none) **C0027.MP4** ⌄ 1280 x 720 (1.00) Δ 0:00:15:00, 23.976 fps Millions of Colors H.264 48.000 kHz / 16 bit U / Stereo Name △ Frame Rate Type S C0027.MP4 ■ 23.976 MPEG .. C0028.MP4 ■ 119.879 MPEG
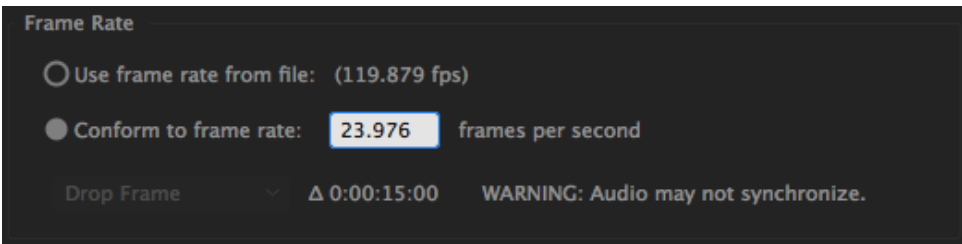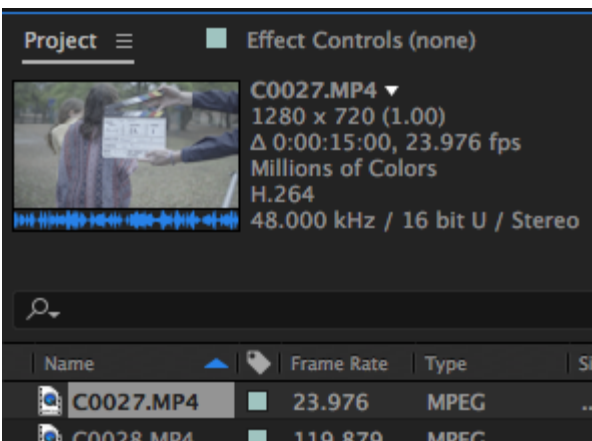
Right click on that same clip and choose Interpret Footage > Remember Interpretation	
Select the other clips in the project window	
Right click choose "Interpret Footage > Apply Interpretation" to the other selected clips in your project window	
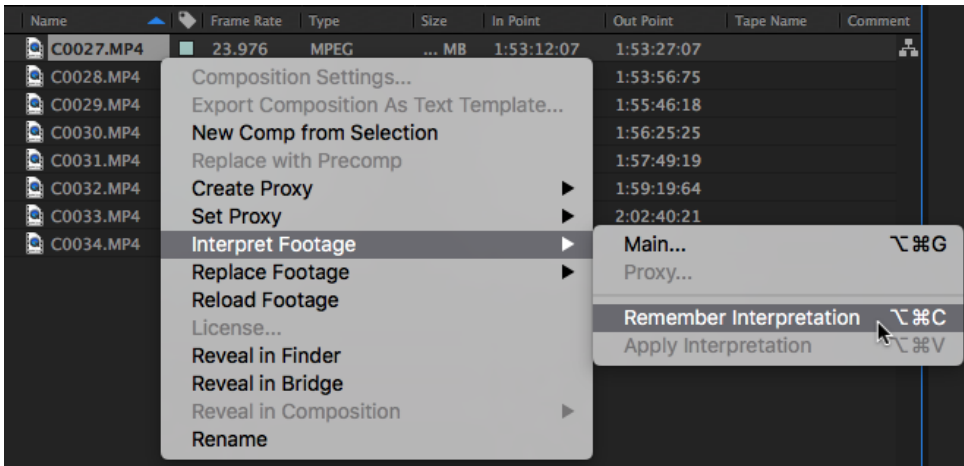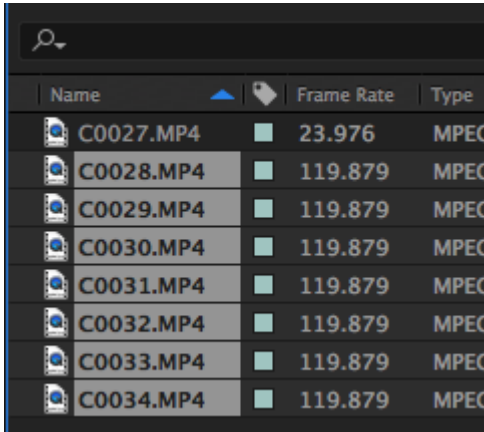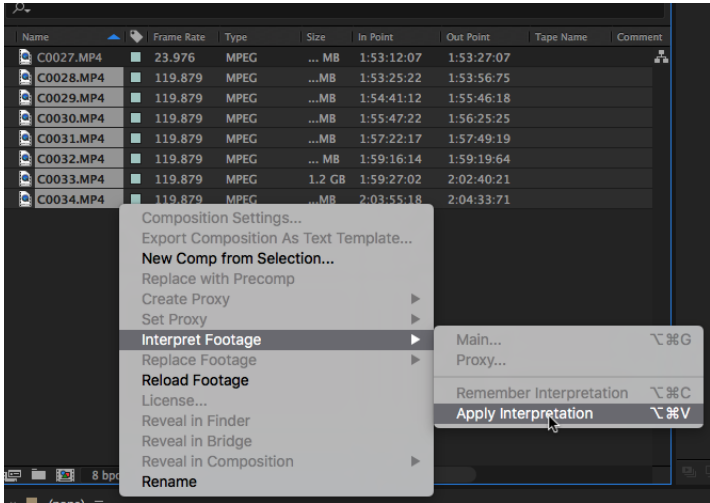
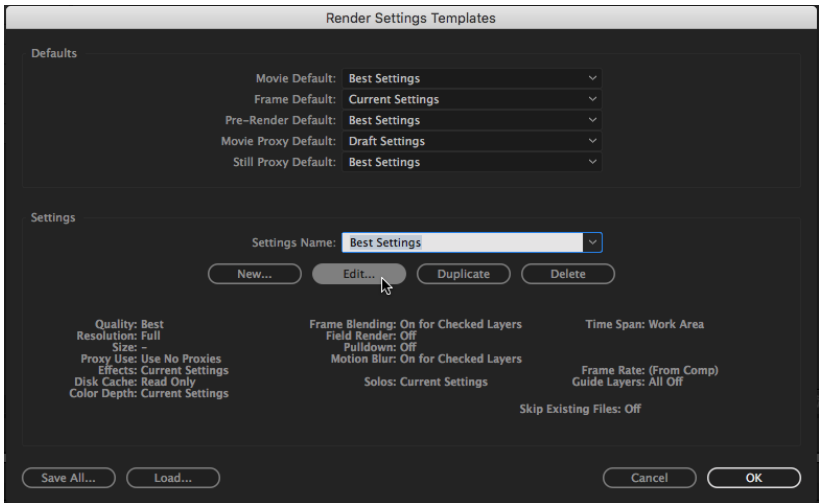|	
Notice that all of their frame rates have changed and their durations are longer.	
Now you need to set up Render Settings... and Output module... Templates	
Choose "Edit > Templates > Render Settings..."	
Click the "Edit..." button	
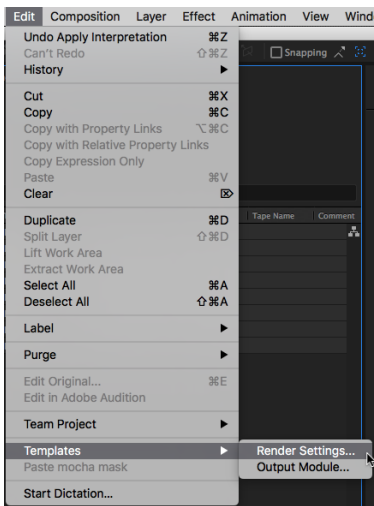
These settings are probably fine and probably don't need to be changed, but just make sure yours looks like this, unless you're doing interlaced or something weird. Click OK Click OK	
Choose "Edit > Templates > Output Module..."	
Click the "Edit..." button	
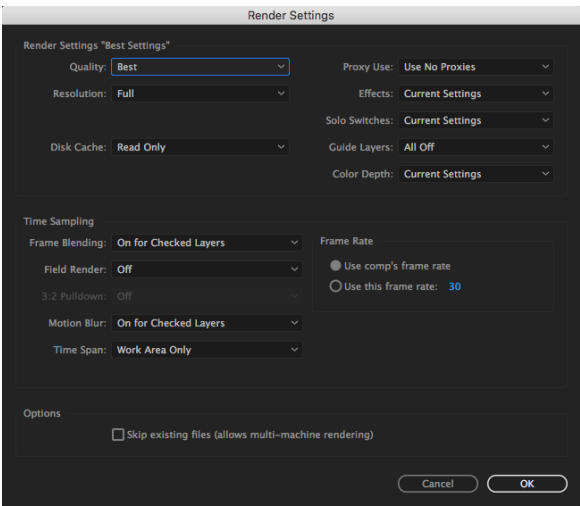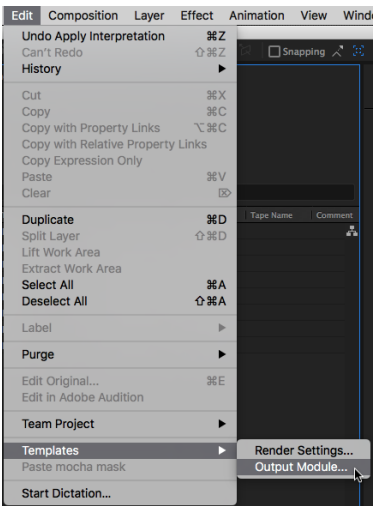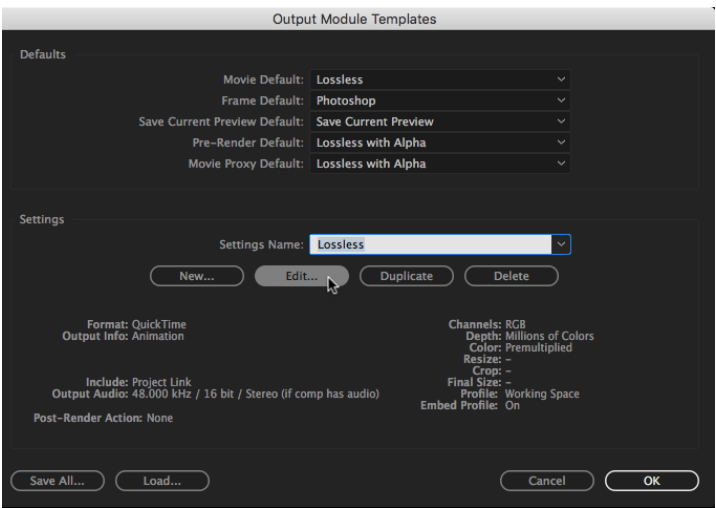
Click Format Options	
Choose a video codec like Apple ProRes 422 Click OK Click OK Click OK (Don't expect your audio to be in sync... this happens when you mess with the laws of physics)	
Choose "Window > Render Queue"	
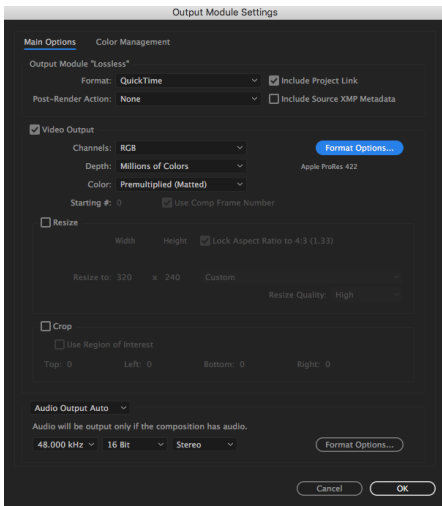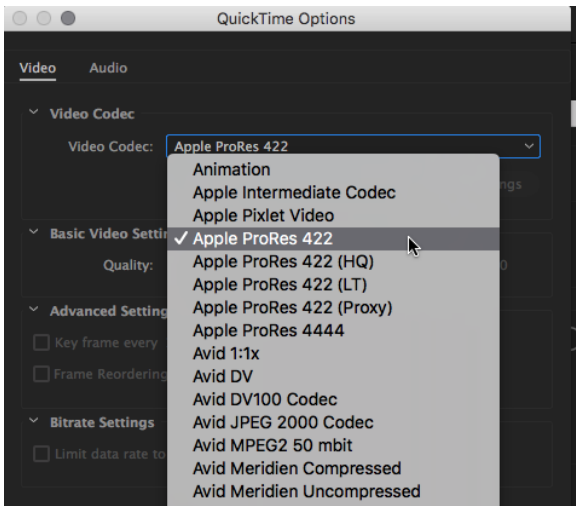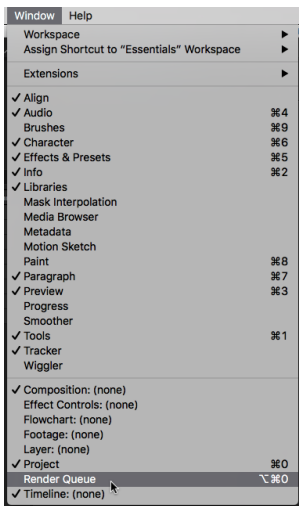
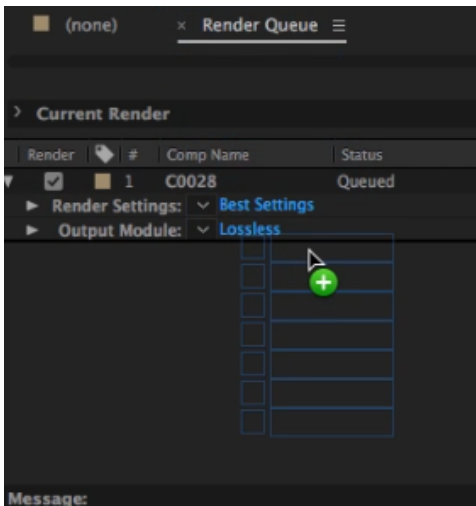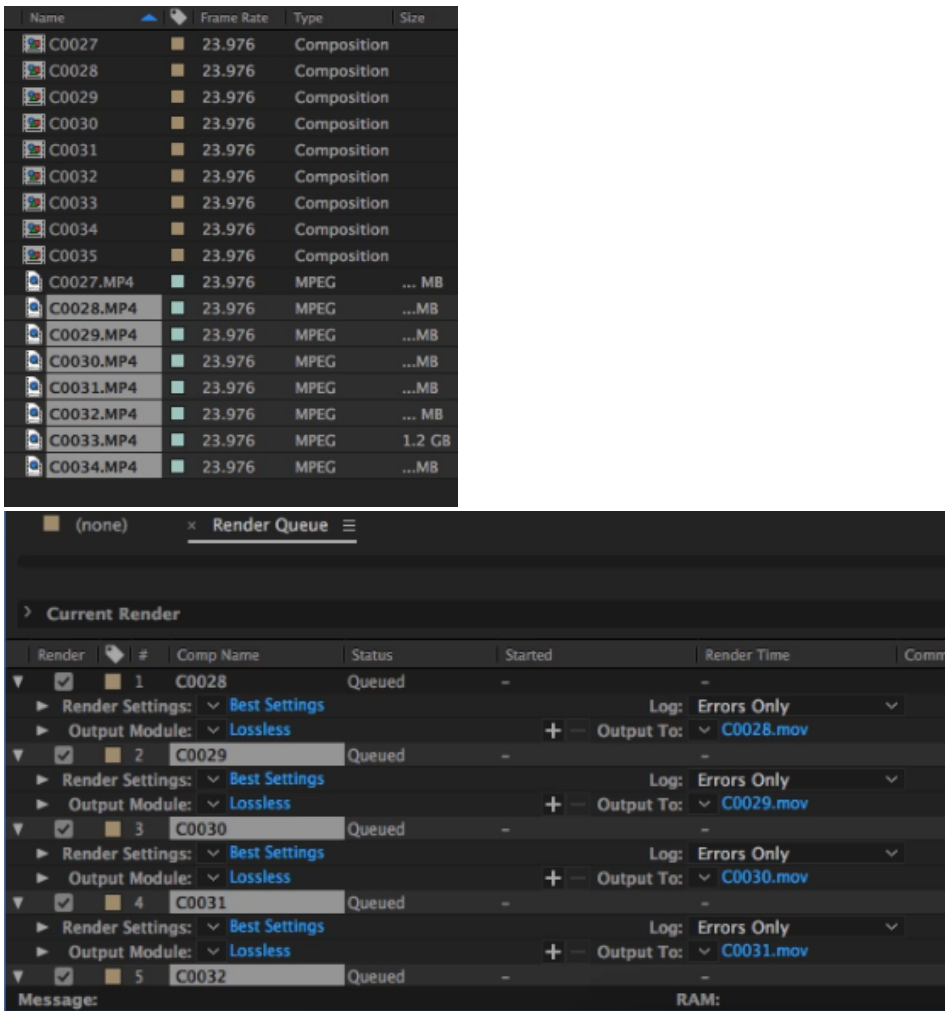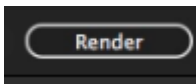|	
The Render Queue shows up where the timeline would be	
Drag one clip in your project window to the Render Queue	
Click "Not yet specified" next to Output To:	
Choose a Render destination folder Click Save	
Select the rest of your clips	
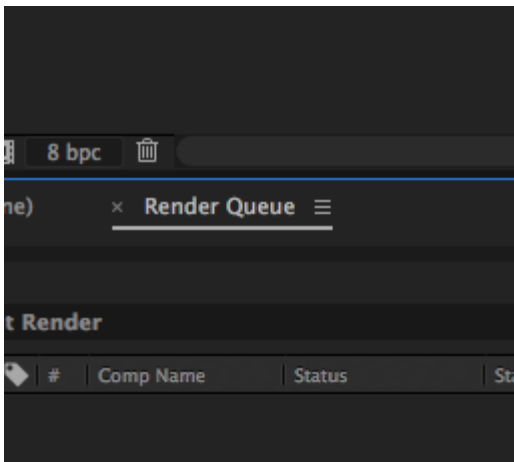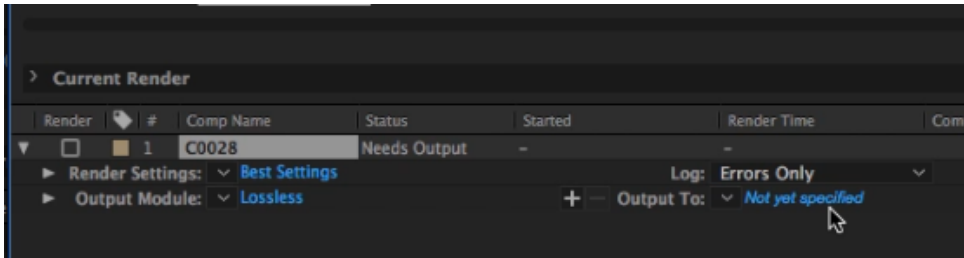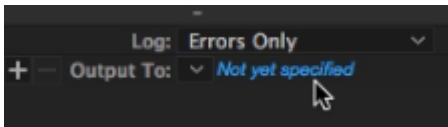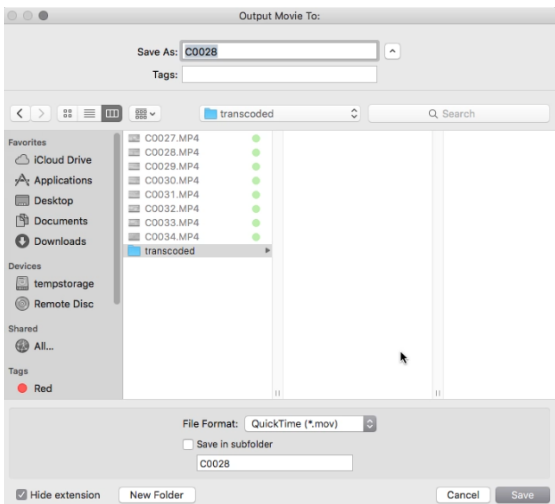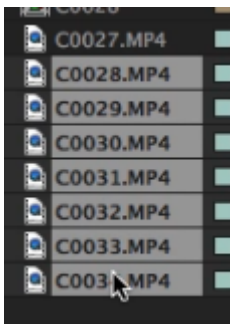
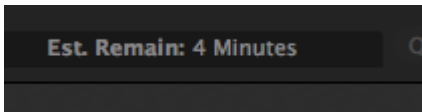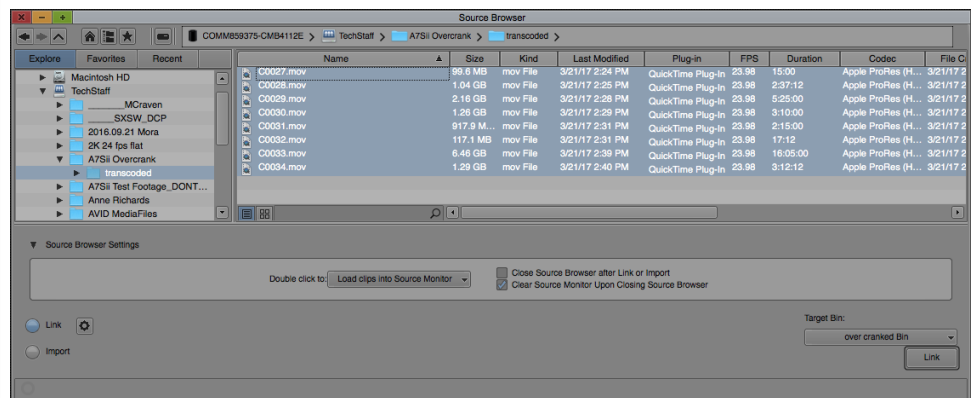|	
Drag them to the Render Queue	
Notice Compositions were made for every clip and added to the render Queue with the same destination	
Click Render	
Wait... After Effects will Estimate, but After Effects often lies when it comes to time estimation.	

Quit After Effects (save if you want)	
Launch Avid	
Open or create a project	
Use the Source Browser to locate your transcoded footage	
Select clip(s) and click Link	
Check you footage to make sure it's what you expect.

Then transcode or consolidate in Avid.

The Audio will most likely be unusable, but we can all hope. | |