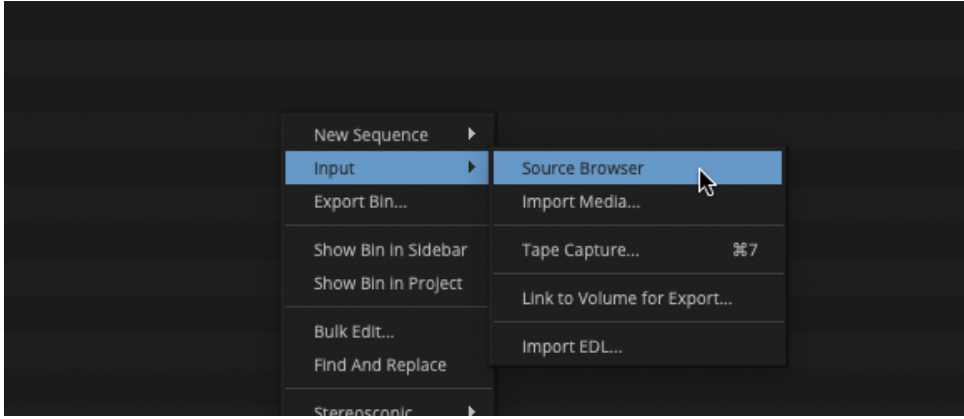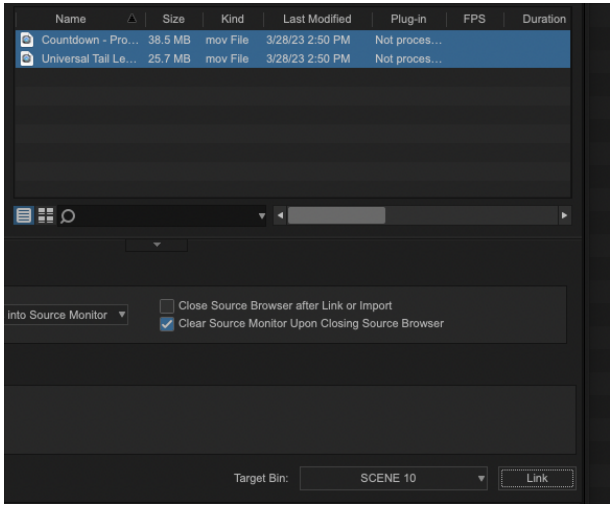# AVID - Prep and Export .AAF and QuickTime Movie to ProTools

Step One - AVID - Prep the sequence with a Countdown at beginning and End Of Picture tail pop at the end

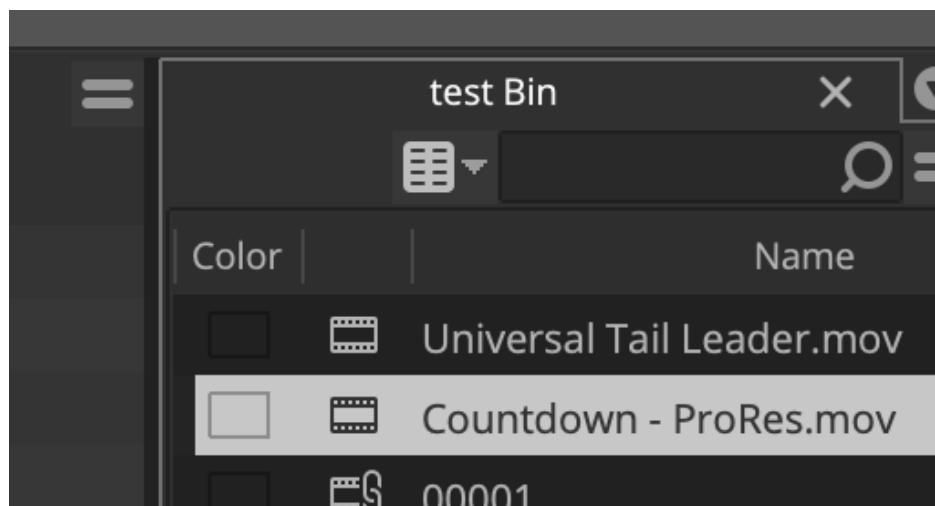|	
Download these two files Countdown and Universal Tail Leader Move these two files to your Hard Drive from the downloads folder	Countdown - ProRes.mov Universal Tail Leader.mov
Open your AVID Project and Link to the two Quicktimes you just downloaded. Open a Bin and right click and choose>Input>Source Browser	
Navigate to the files Choose Link to the two files	

Select your picture locked timeline and duplicate it.

Then make a new bin and copy the timeline into the new bin.

You can do this by holding down alt/option and dragging the timelne over to the new bin.

- Load the COPY of the final sequence in the timeline
- Delete anything that is before first picture such as slug or extraneous media. First PICTURE IS EXACTLY WHAT IT MEANS THE FIRST IMAGE OR SOUND OF YOUR MOVIE!!!
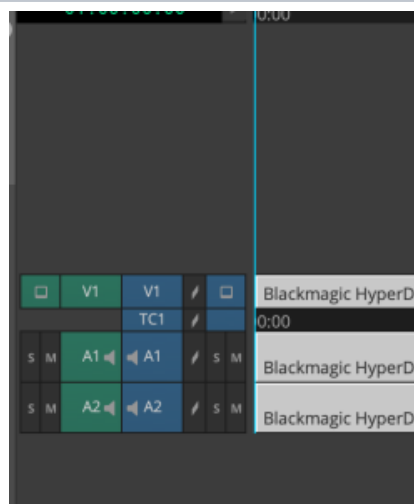
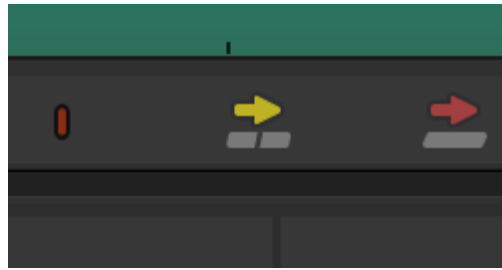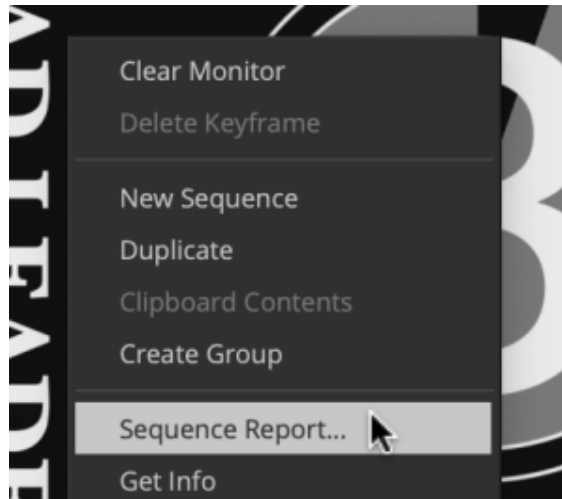|	
Double click on the Countdown - ProRes.mov to load it into your source window	
Press the "T" key or mark the entire clip so that the duration = 8 seconds	
Place the timeline indicator at the head of the timeline. Make sure no in or out marks are in the timeline. Make sure all tracks are enabled.	

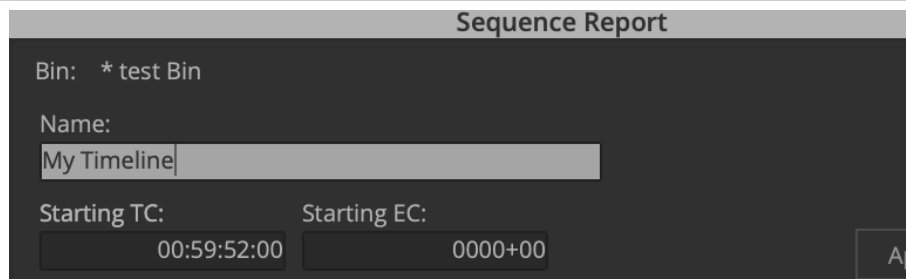|	
Edit the countdown into the timeline using the Yellow - splice in tool.	
Then right click in the record side of the composer window. Choose Sequence Report.	Clear Monitor Delete Keyframe New Sequence Duplicate Clipboard Contents Create Group Sequence Report... Get Info
Change the Starting TC: to 59:52:00 Click Apply Changes> Then click on "Cancel" to close the window.	**Sequence Report** Bin: * test Bin Name: My Timeline Starting TC: Starting EC: 00:59:52:00 0000+00 Ap
Check the timeline and make sure that the popping sound "2 Pop" happens at 59:58:00 timecode, as shown here. First Picture of your film should start at the 1:00:00:00 timecode.	nposer 5:01	Mas TC1 00:59:58:00 ▼ 3F 48 2
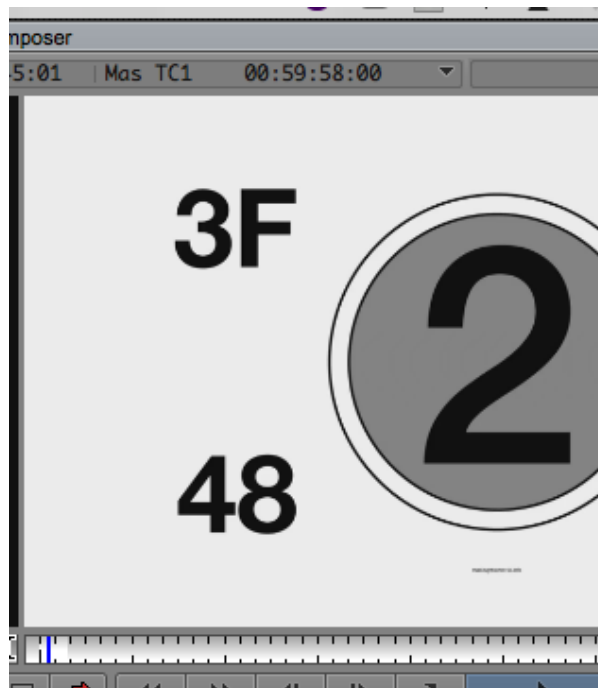
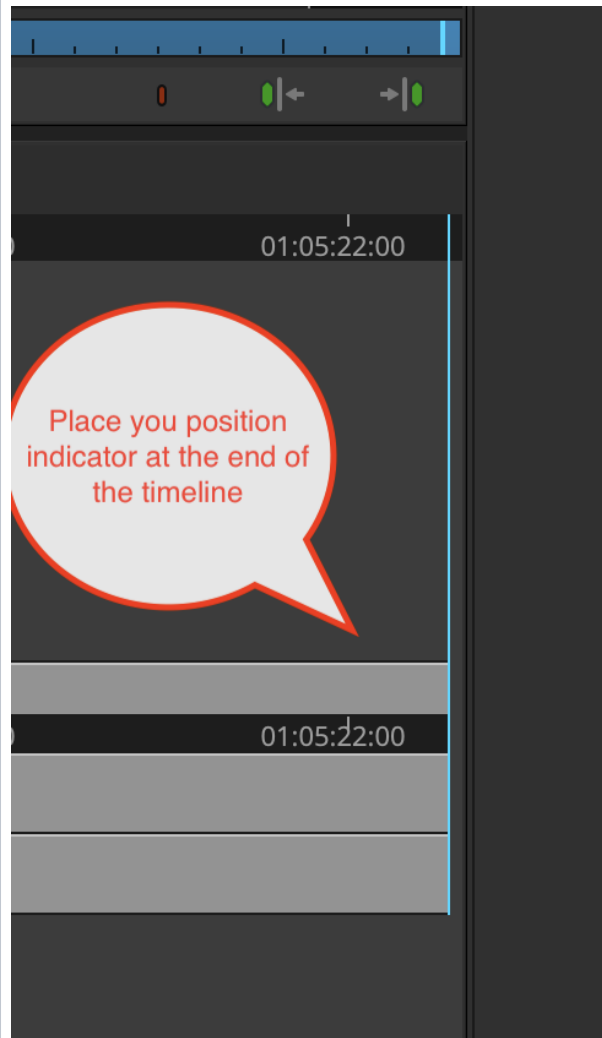Next go to the end of the timeline and put the "Tail Leader" at the end. Put the blue position indicator at the end of the timeline.

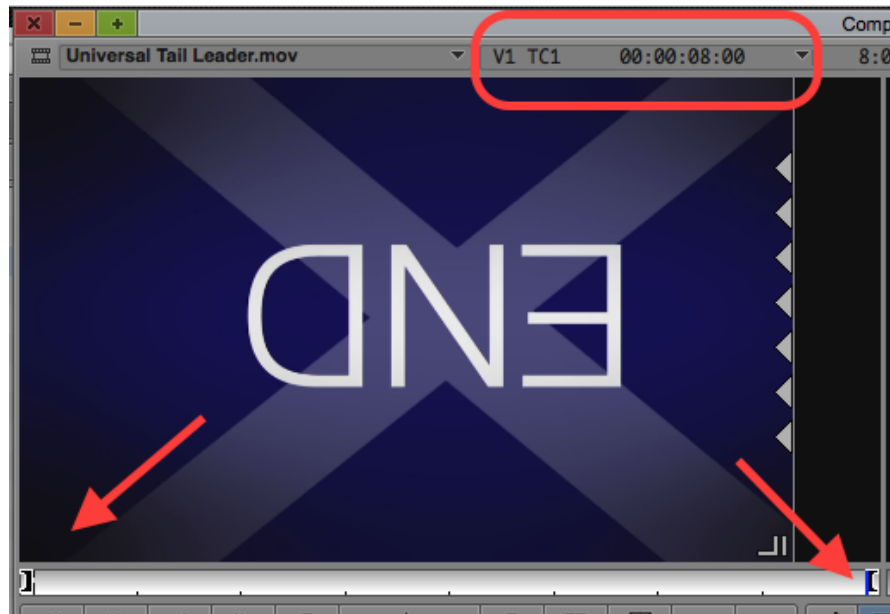Make sure there are not any In or Out marks in the timeline and all the tracks are selected.


Place you position indicator at the end of the timeline

Load the Universal Tail Leader into the Source side window.

Universal Tail Leader.mov

Countdown - ProRes.mov
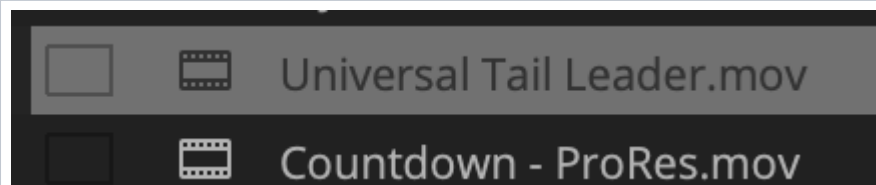
Mark the entire clip by clicking the "T" key or mark an in and an out on the whole clip. Duration should be 8:00 seconds	
Edit the tail leader into the timeline using the RED Overwrite Tool. Save your project in AVID.	
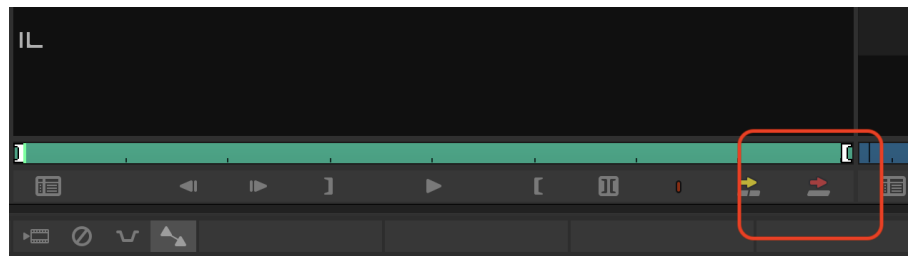
Step Two – Export an .AAF of the audio to import into ProTools
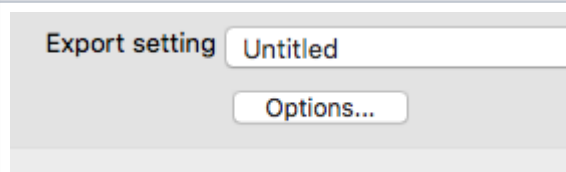
- Open sequence in timeline and select the video and audio tracks to export. Mark an in point at the beginning of the portion of the timeline to export and an out point at the end of the portion of the timeline to export. If the whole timeline is to be exported mark an in point at the beginning and an out at the end.
- Example of how timeline should look before exporting.

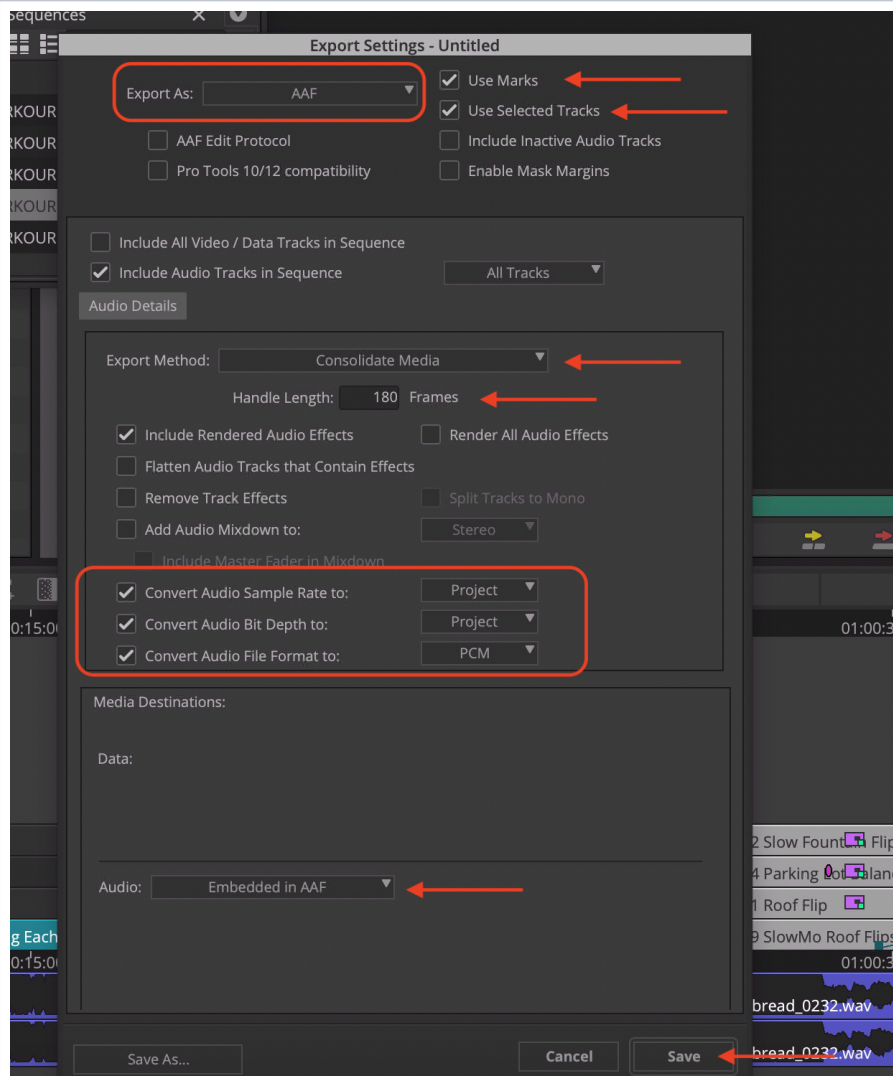|	
Choose File>Output>Export to File	**File** Edit Bin Clip Timeline Composer Tools Wi New ▶ Open Bin... ⌘O Close ⌘W Save All Bins ⌘S Save a Copy as... Page Setup... Print Timeline... ⌘P Input ▶ Output ▶ Media ▶ Reveal File Digital Cut... AMA File Export... Export to File... Export To Device
Click on Export Setting > Options	**Export setting** Untitled Options...
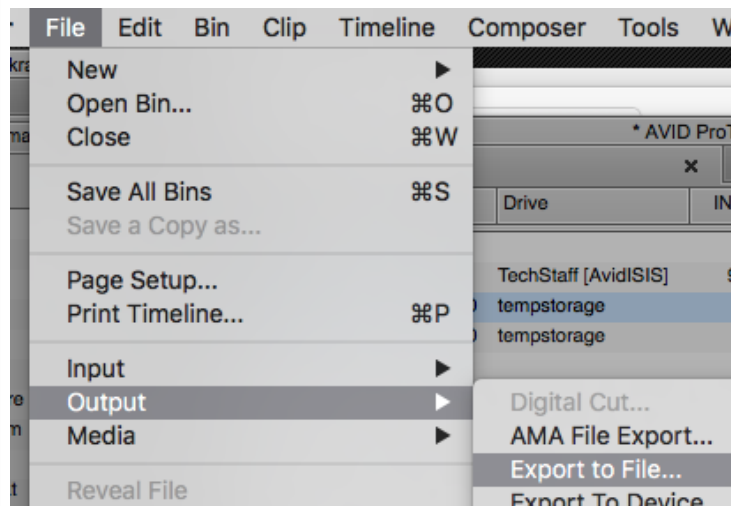
Choose the following:
 	
Export As: AAF
 	
Use marks and enabled tracks
 	
Make sure that include all Video / Data Tracks in Sequence is not checked
 	
Include All Audio
 	
Consolidate Media
 	
Handle Length 180 frames
 	
Convert Audio to Sample Rate to Project
 	
Convert Bit Depth to Project
 	
Convert Audio File to Project
 	
Choose Embedded in AAF if you have only a few tracks like less than
 	
20 tracks and your project is less than 10 or 15 minutes
	Export Settings - Untitled
	
	Export As: AAF ▼ ☑ Use Marks
	                        ☑ Use Selected Tracks
	☐ AAF Edit Protocol ☐ Include Inactive Audio Tracks
	☐ Pro Tools 10/12 compatibility ☐ Enable Mask Margins
	
	☐ Include All Video / Data Tracks in Sequence
	☑ Include Audio Tracks in Sequence All Tracks ▼
	Audio Details
	
	Export Method: Consolidate Media ▼
	        Handle Length: 180 Frames
	☑ Include Rendered Audio Effects ☐ Render All Audio Effects
	☐ Flatten Audio Tracks that Contain Effects
	☐ Remove Track Effects ☐ Split Tracks to Mono
	☐ Add Audio Mixdown to: Stereo ▼
	  ☐ Include Master Fader in Mixdown
	☑ Convert Audio Sample Rate to: Project ▼
	☑ Convert Audio Bit Depth to: Project ▼
	☑ Convert Audio File Format to: PCM ▼
	
	Media Destinations:
	
	Data:
	
	Audio: Embedded in AAF ▼
	
	Save As... Cancel Save

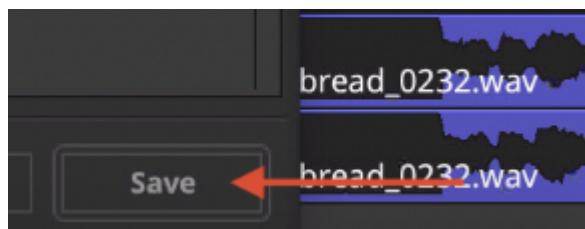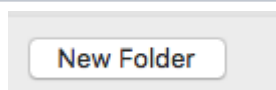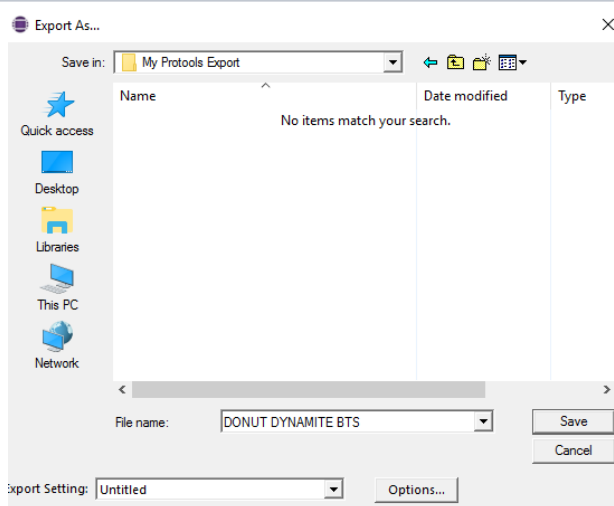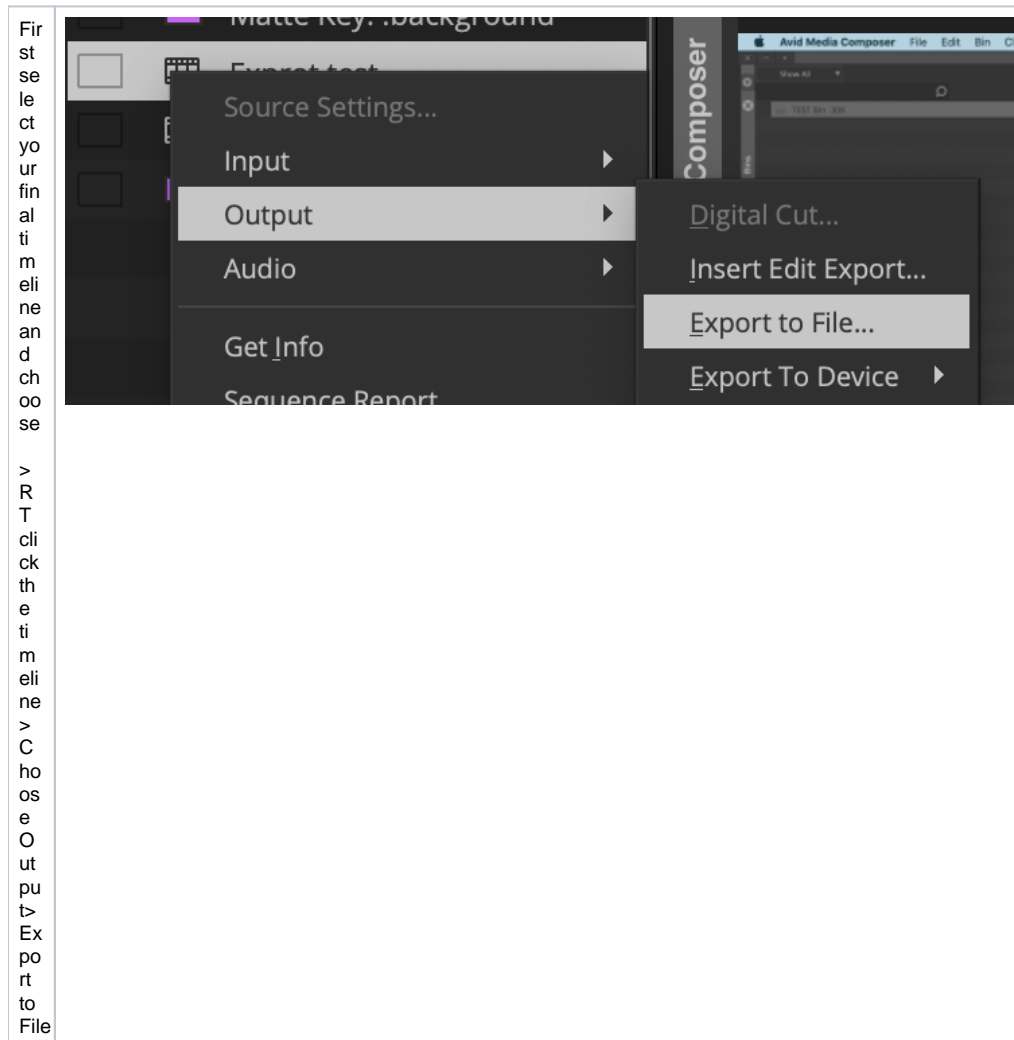|	
If you have a long project and alot of audio tracks then choose >Folder and choose to save the AAF in the same folder	Media Destinations: Video: **Folder** ▼ ☑ Use Same Folder As AAF File Data: 　　　　Media Drive 　　✓ Folder 　　　　Embedded in AAF
Then click on Save	bread_0232.wav **Save** ← bread_0232.wav
Navigate to a folder on your hard drive and Click New Folder	New Folder
Make a Folder on the destination hard drive to hold both the .aaf and the consolidated Audio Files.	Export As... ✕ Save in: My Protools Export ▼ ← 🗀 🗀 🖽▼ Name	Date modified	Type ★ Quick access　　No items match your search. 🖥 Desktop 📁 Libraries 💻 This PC 🌐 Network File name: DONUT DYNAMITE BTS ▼ Save 　　　　　　　　　　　　　　　　Cancel Export Setting: Untitled ▼ Options...
Navigate to the hard drive and folder to save the .aaf and the Consolidated Media Click On Save	Save As: Rough cut for STEVE.Copy.01.aaf ▲ ◀ ▶	88 ☰ ▥ ▥	🖽 ▼	📁 Noon_Protools	Q 🖥 All...　　　　　　　　　　　　　　Date Modified DEVICES 💾 Storage 🗄 SAN01 ⏏ 🗄 SAN02 ⏏ 🗄 **SAN03** ⏏　　**Choose a place** 🗄 SAN04 ⏏　　　**to save the .aaf** 🗄 SEAGA... ⏏ 🗄 ACTIO... ⏏
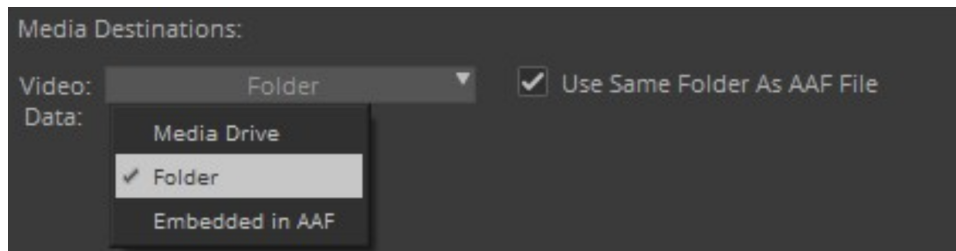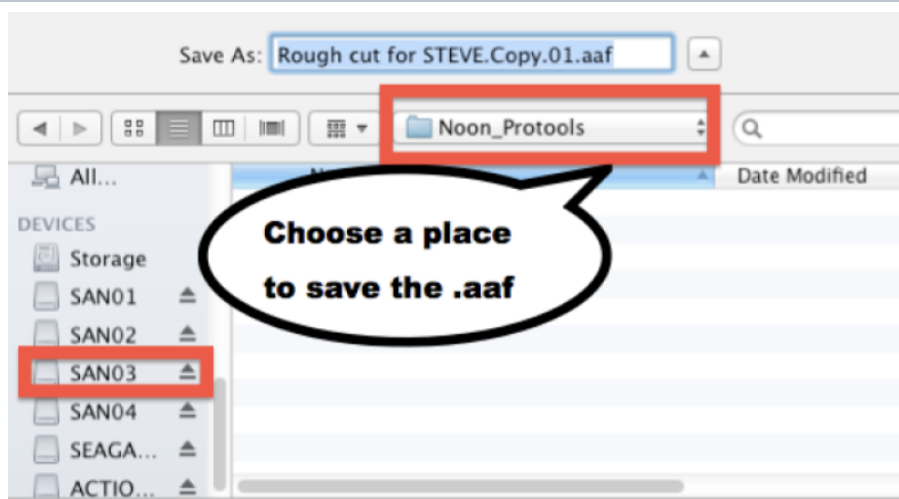
Step Three - Export the .mxf "Chase" Movie to use in your ProTools Session

!! If you are working in an Ultra High Definition resolution (ie 2K, UHD, or 4K) We will be making a 1920 x 1080 file

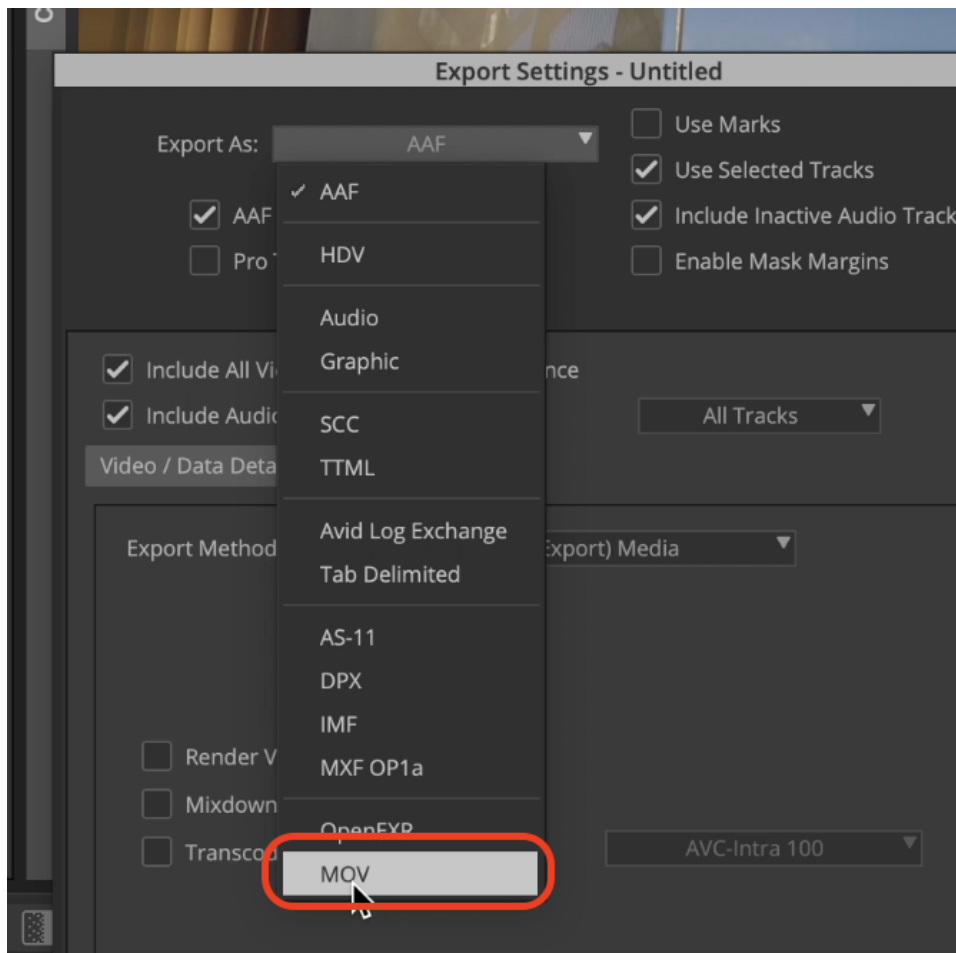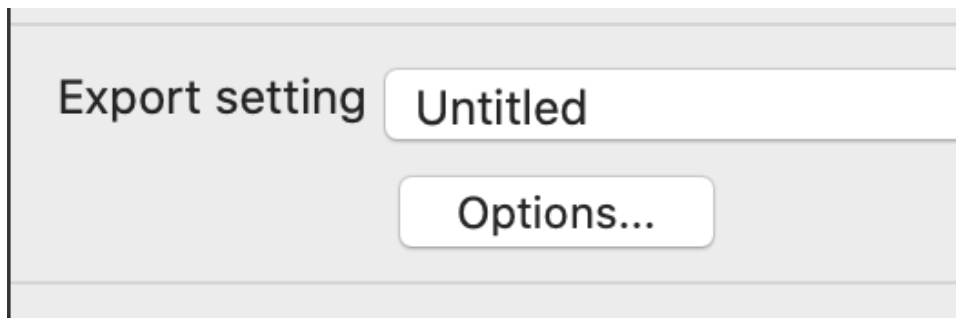**This is necessary because our mixing workstations do not support UHD resolutions very well.**

First select your final timeline and choose

> RT click the timeline > Choose Output > Export to File

|	
The next window that opens choose Options (Mac)	**Export setting** **Untitled** **Options...**
Choose MOV	**Export Settings - Untitled** Export As: AAF ▾ ☐ Use Marks ✔ Use Selected Tracks ✔ Include Inactive Audio Tracks ☐ Enable Mask Margins ✔ AAF ✔ HDV ☐ Pro Audio Graphic ✔ Include All Vi... nce ✔ Include Audio SCC TTML All Tracks ▾ Video / Data Deta Avid Log Exchange Tab Delimited Export Method AS-11 Export) Media ▾ DPX IMF MXF OP1a OpenEXR ☐ Render V ☐ Mixdown ☐ Transco MOV AVC-Intra 100 ▾

Uncheck use Marks and Selected tracks to make sure the entire timeline gets exported.

But if you don't want certain tracks or only a portion of
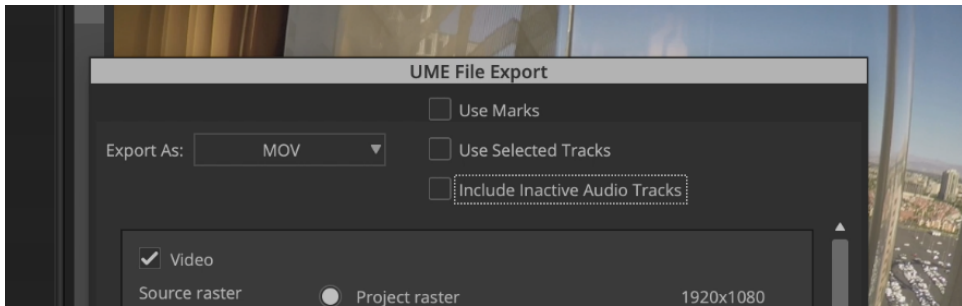
the timeline you can put in and out points on the timeline and choose Use Marks and Use Selected Tracks	
Choose HD 1920x1080	

Frame Rate 23.976p UNLESS YOUR PROJECT IS 24 THEN SET TO 24

Color Space choose Rec 709

Frame Rate

Project: 23.976p

Output Frame Rate: 23.976p

Color Space

Project: Rec.709

Output Color Space: Rec.709

Video Levels: ● Keep as Legal Range
○ Scale from Legal to Full Range

"Keep at Legal Range"	
Choose DNxHD as your codec Compression DNxHD LB Color Depth 8Bit	Compression Codec Family: DNxHD ▼ Compression: DNxHD LB ▼ Color Depth: 8 bit ▼
Scroll down the window and you will see the audio settings	

Make sure Audio is checked and choose

Format - PCM

Choose Stereo

Sampling Rate 48000 Hz

Bits per Sample 24

Review 1920x1080 file

UME File Export

Use Marks

Export As: **MOV**

Use Selected Tracks

Include Inactive Audio Tracks

☑ Video

Source Raster

◉ Project Raster 3840x2160

☐ Enable Mask Margins

◯ Crop to Mask Margins 3840x2160

Image

Preset: HD 1920x1080

Image Size: W: 1920 🔒 H: 1080

Display Raster: 1920x1080

Aspect Ratio: 16:9

Pixel Aspect Ratio: 1.000:1

Source Scaling: Stretch

Frame Rate

Project: 23.976p

Output Frame Rate: 23.976p

Color Space

Project: Rec.709

Output Color Space: Rec.709

Video Levels: ◉ Keep as Legal Range

◯ Scale from Legal to Full Range

Compression

Codec Family: DNxHD

Compression: DNxHD LB

Color Depth: 8 bit

☑ Audio

Format: PCM

Mix: Stereo

Sampling Rate: 48000 Hz
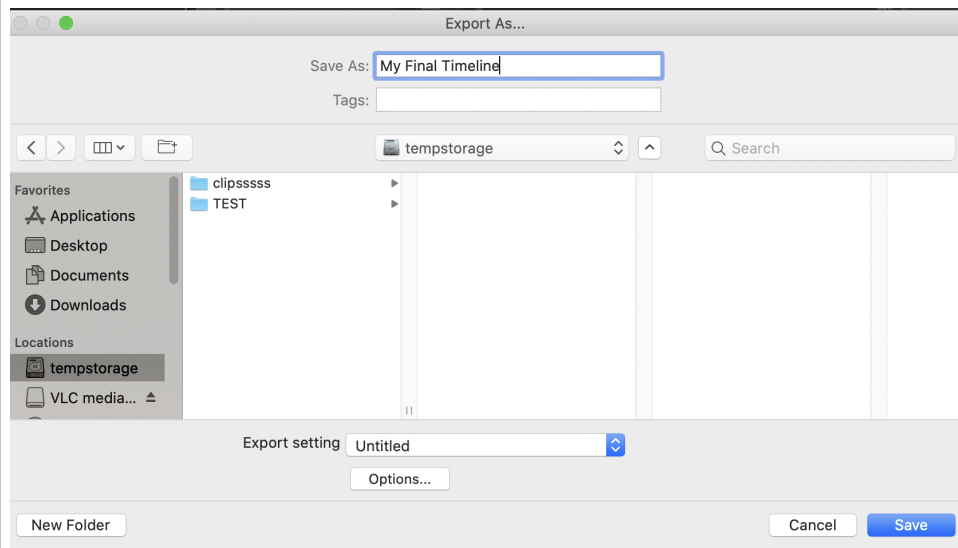
Bits per Sample: 24

Save As...   Cancel   Save

Color Space Keep at Legal Range

Compression should be set to DNxHD LB

Click on Save

Choose a place to save the file and Name it

Then Click Save

Here is the exported file example