

# Adobe Premiere Pro - .omf 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.

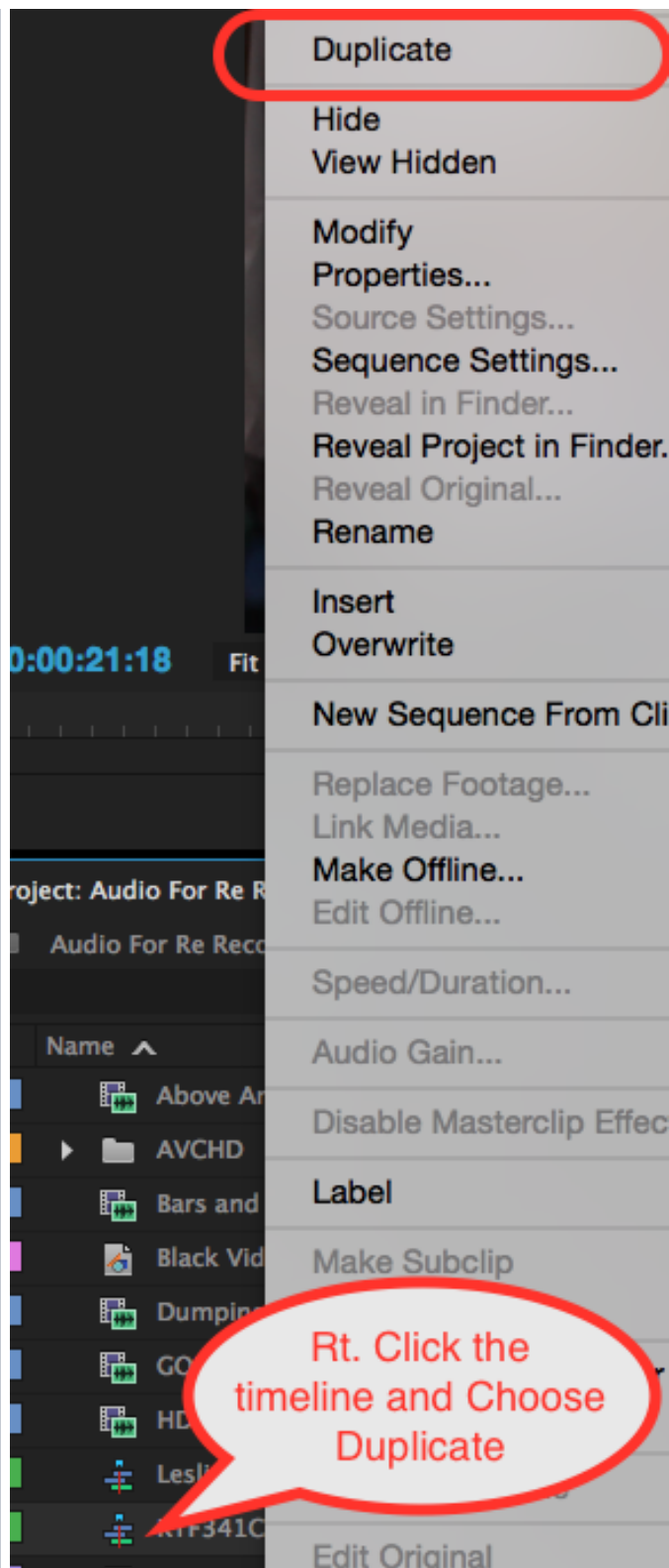
**\*\* NOTE: .OMF Files have a 2 gig file size limit\*\* For a larger project you will have to export smaller track counts to get this to work**

- Duplicate master timeline, delete video track in duplicate timeline
- Delete all tracks except 1-8 on first export
- Delete all tracks except 9-16 on next export
- Continue process until all tracks are exported

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

D o w n l o a d t h e s e t w o fil e s C o u n t d o w n a n d U n i v e r s a l T a i l L e a d e r	<a href="#">Countdown - ProRes.mov</a> <a href="#">Universal Tail Leader.mov</a>

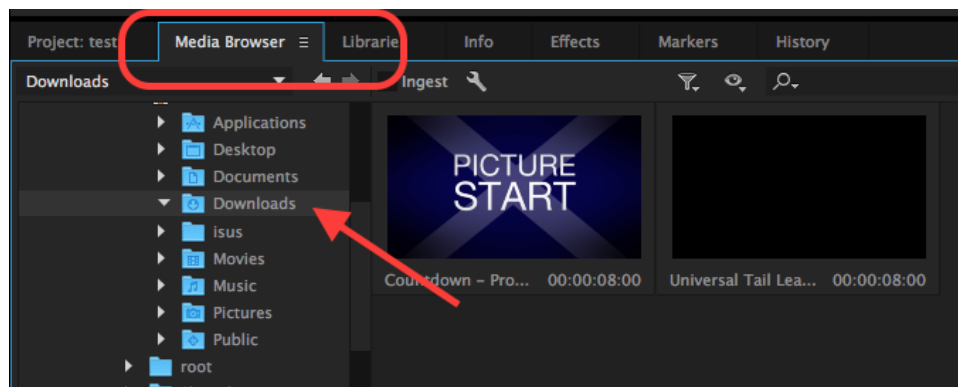
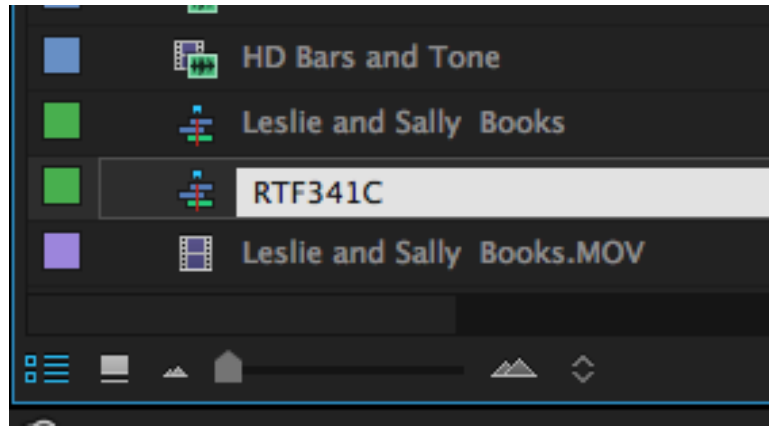
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Select the item in the > Right Click it and choose > Duplicate

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Renamethet copy of the timeline in the software you can easily identify it.

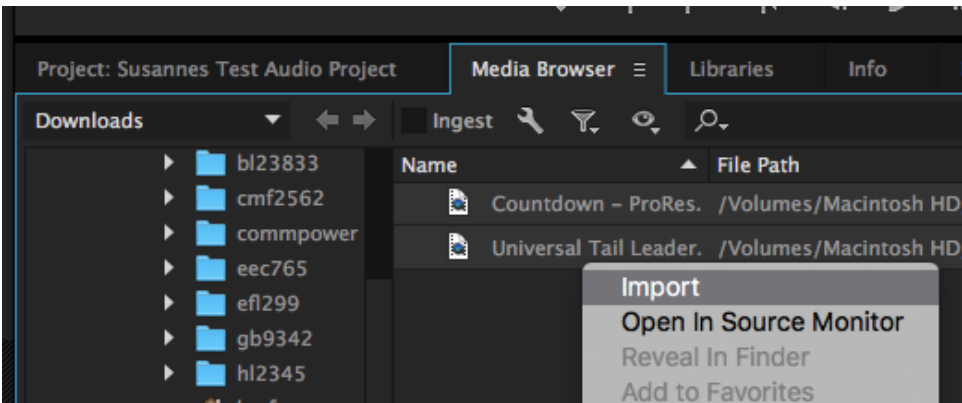




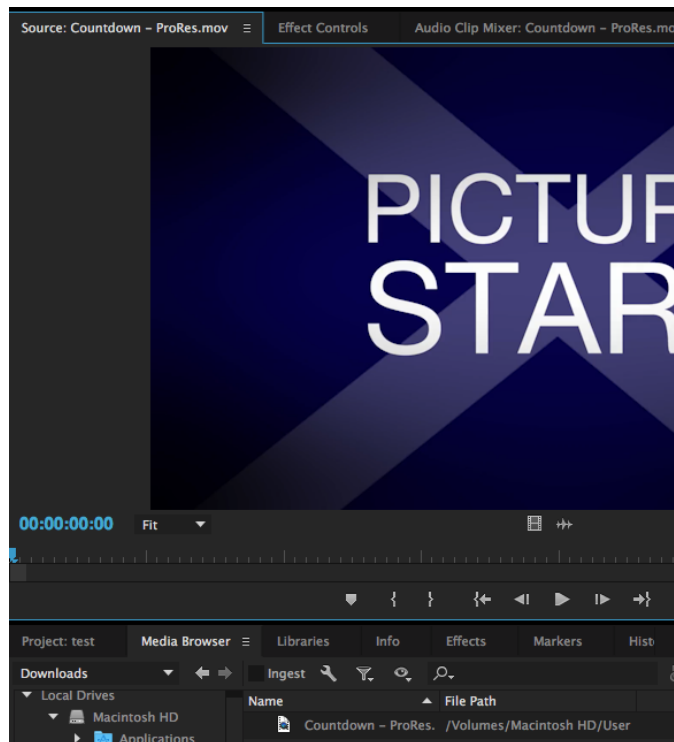
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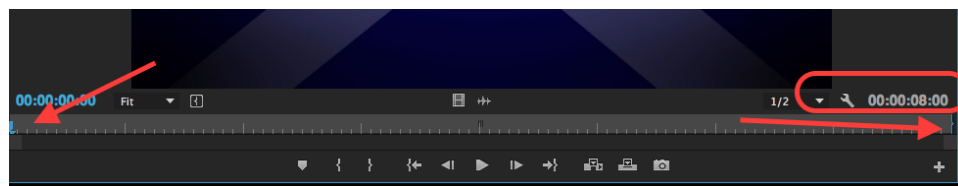
Shift-click the network files and choose to import them into your project



Double click the Countdown - ProRes.mov file to load it into the source monitor.



Mark the entire clip. Go to the

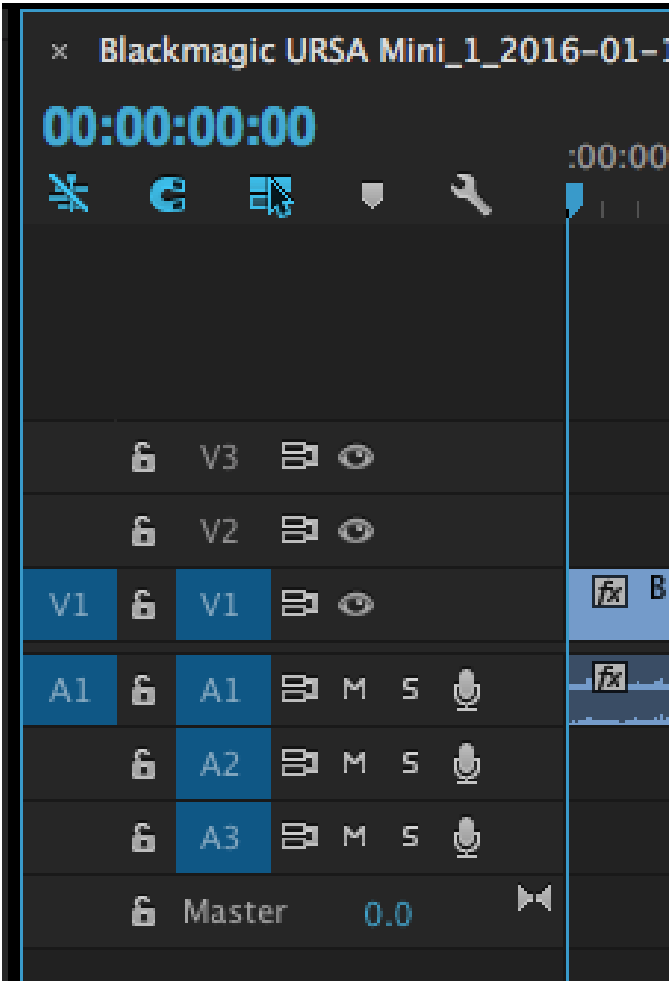




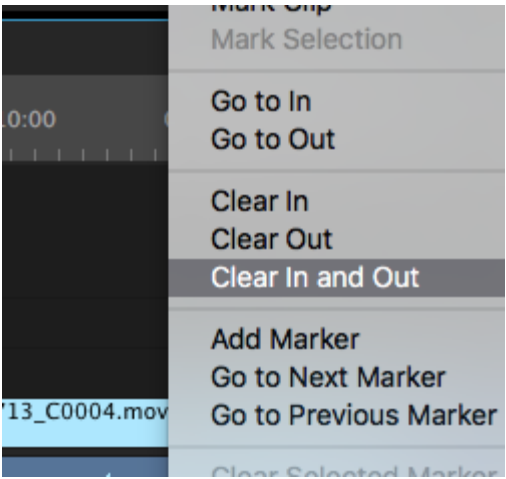
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The duration should be 8:00 seconds

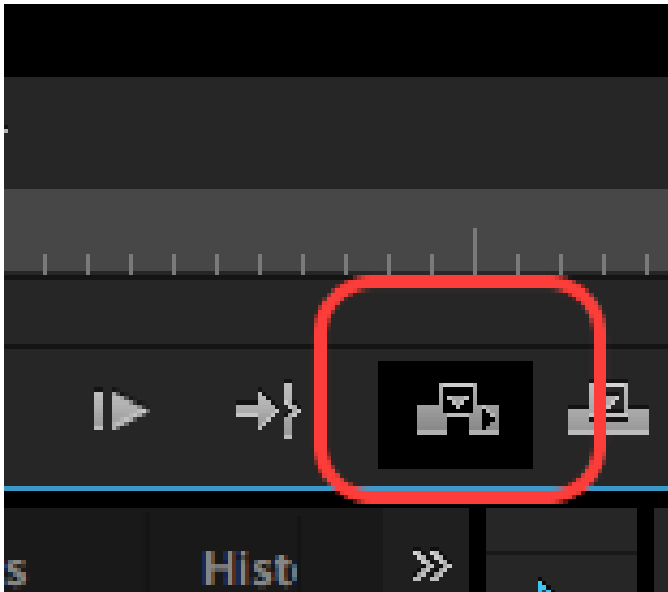
Place the timeline indicator at the head of the timeline



Makes sure whether there are not any other in our output points in the timeline.



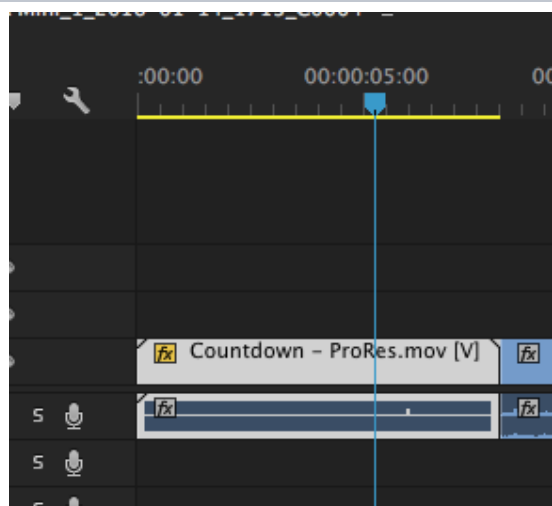
Right click on the timeline on the ruler and choose Clear and Out



On the source side click the insertion or the "comma" key on the keyboard to insert the

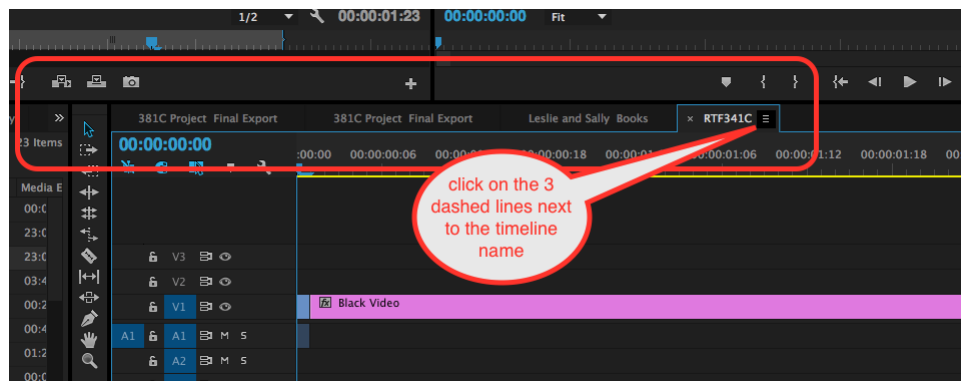
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Once the countdown is inserted into the timeline in the desired location, click on the clip to load it into the source monitor.



Select the timeline in the timeline window

click on the 3 dashed lines next to the timeline name





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UNDOCK Panel

Close Other Panels in Group

Close Other Timeline Panels

Panel Group Settings

Work Area Bar

Show Audio Time Units

✓ Audio Waveforms Use Label C

✓ Rectified Audio Waveforms

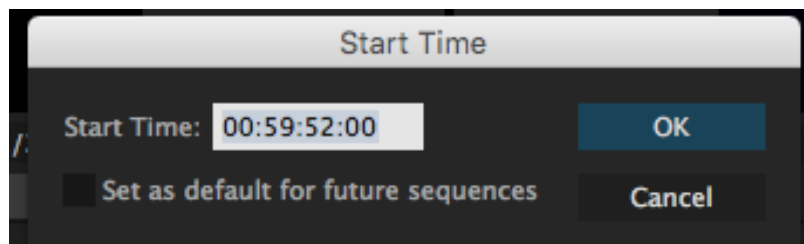
✓ Logarithmic Waveform Scaling

Logarithmic Keyframe Scaling

✓ Time Ruler Numbers

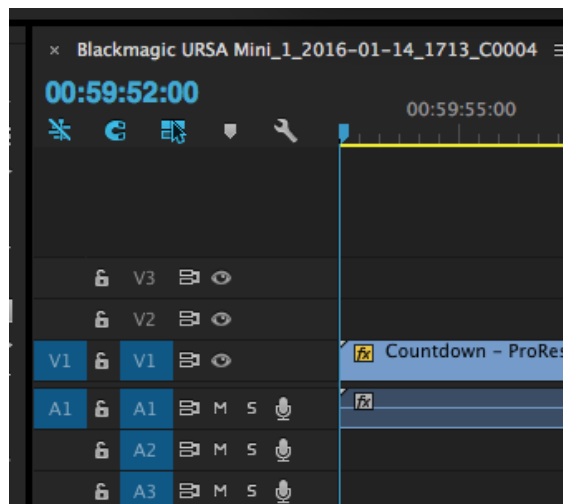
Start Time...

type in 5:52:00 and select OK

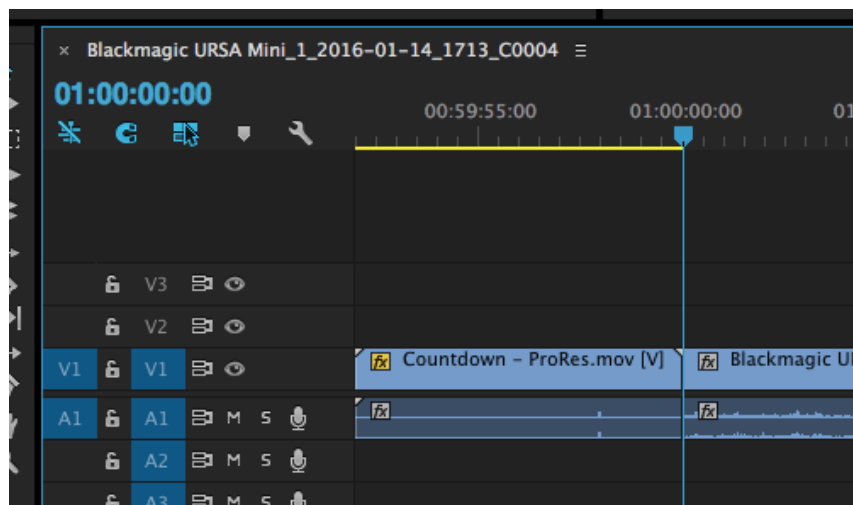


you don't have to type in the decimal, but they will be added automatically. Click OK

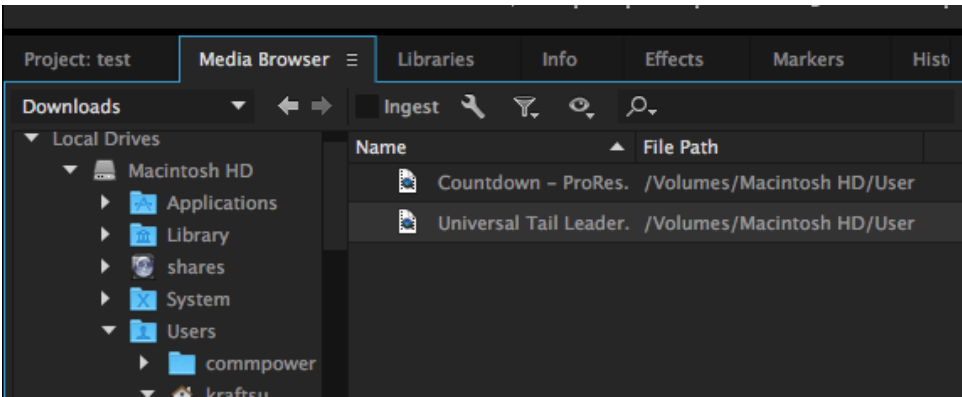
Notice that now the timeline starts at 00:59:52:00



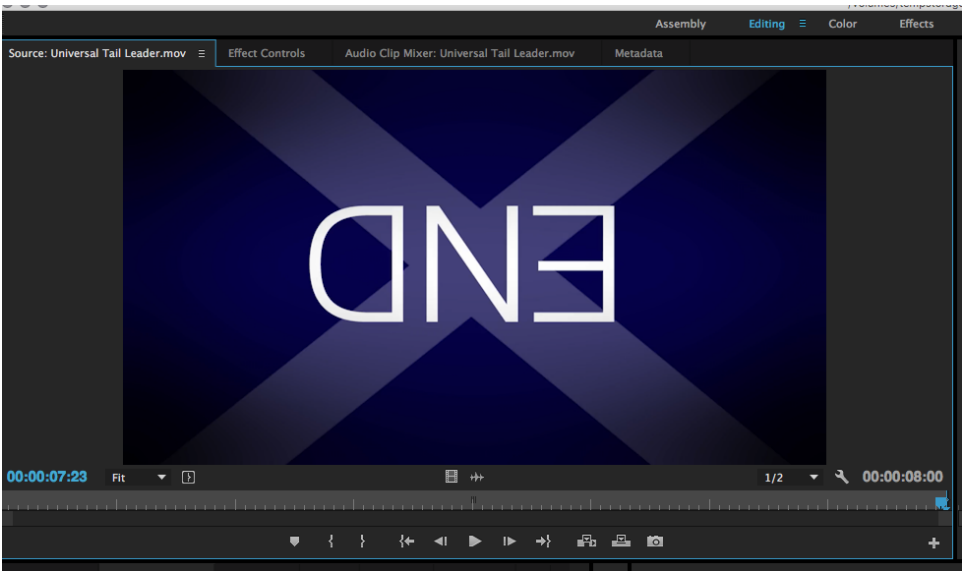
Makes sure that first picture starts at 01:00:00:00



Next load the Universal Tail Leader from the Media Browser



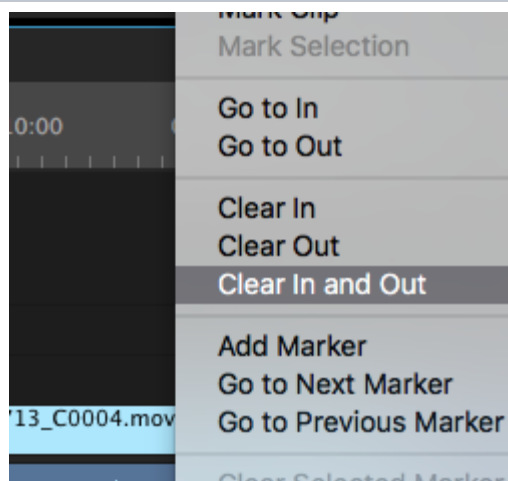
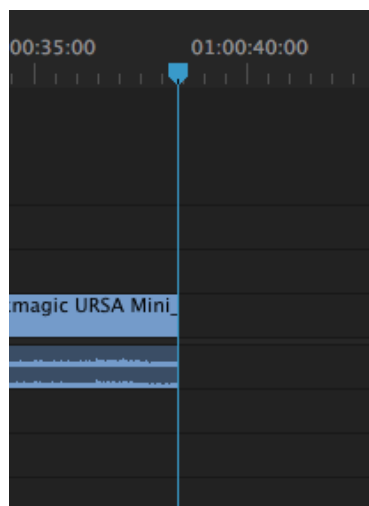
Mark the entire clip. Go to the head of the clip and mark



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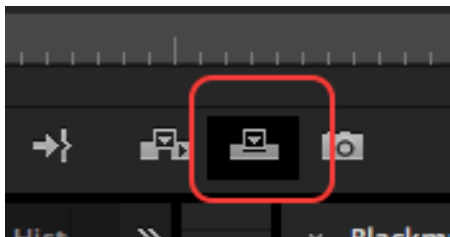
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Put the timeline in edit mode to indicate that the end of the timeline



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Right click on the timeline on the ruler and choose Clear and Out

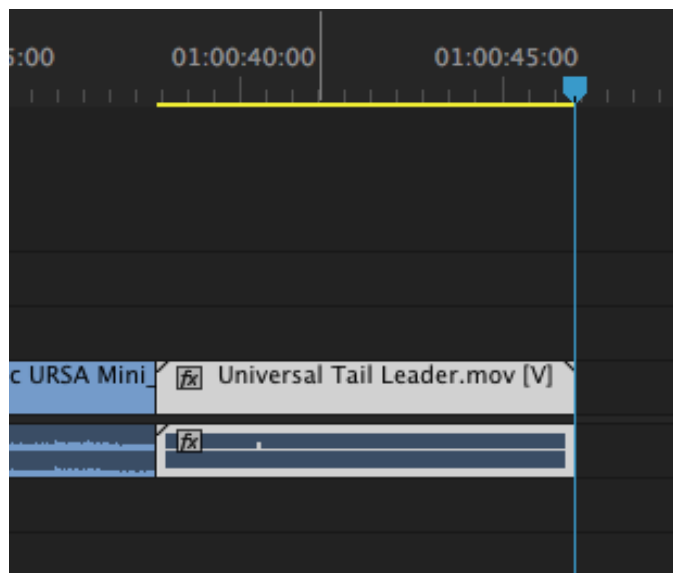




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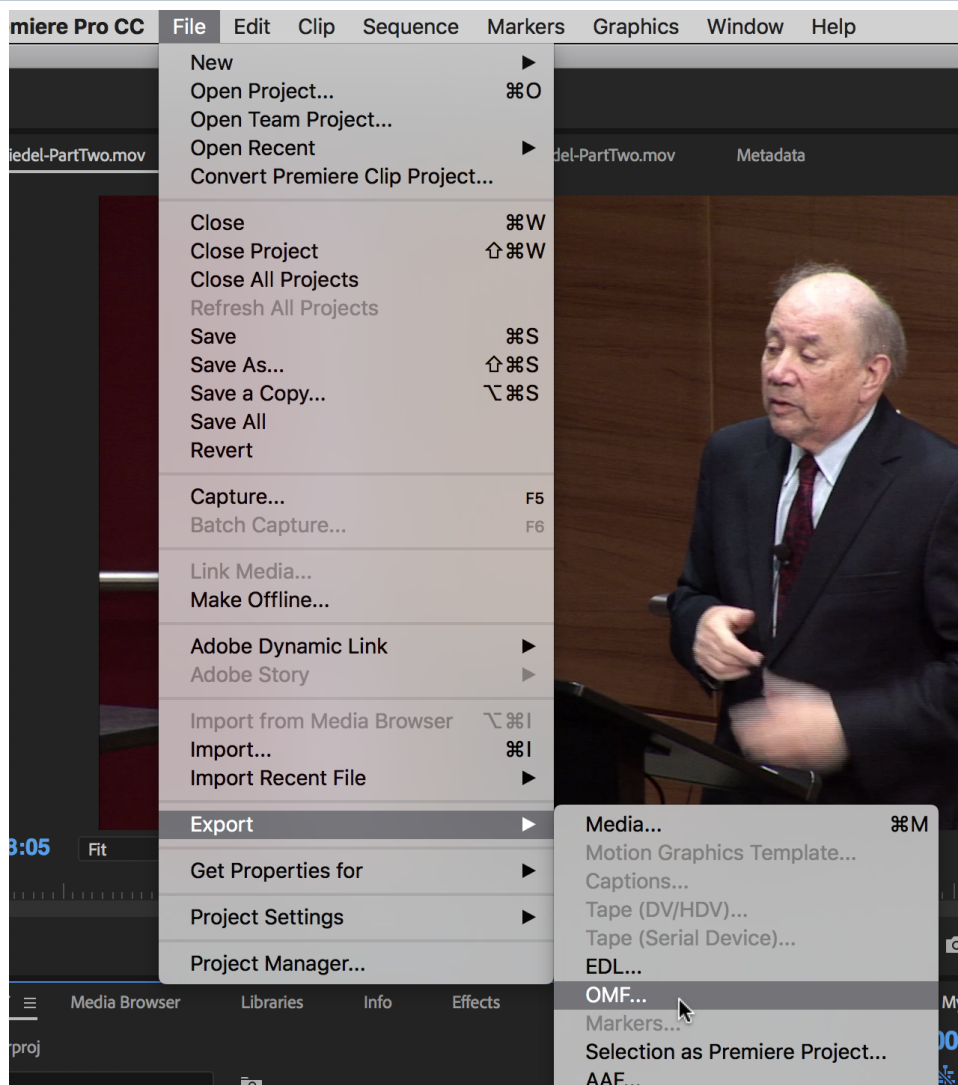
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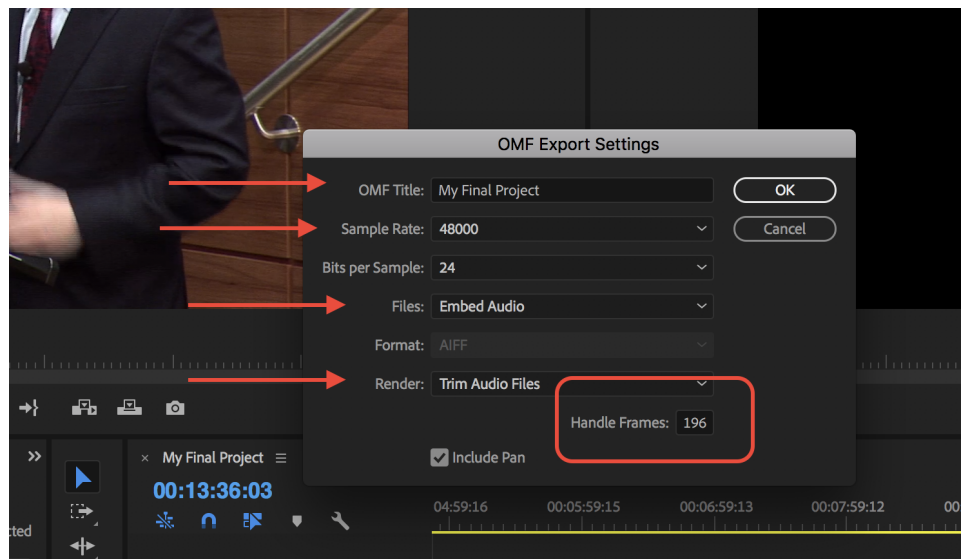


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Handles 196 Frame

Click OK


Choose a place to save the file.

Click Save

Save Sequence As OMF

Save As: My Final Project

Tags:

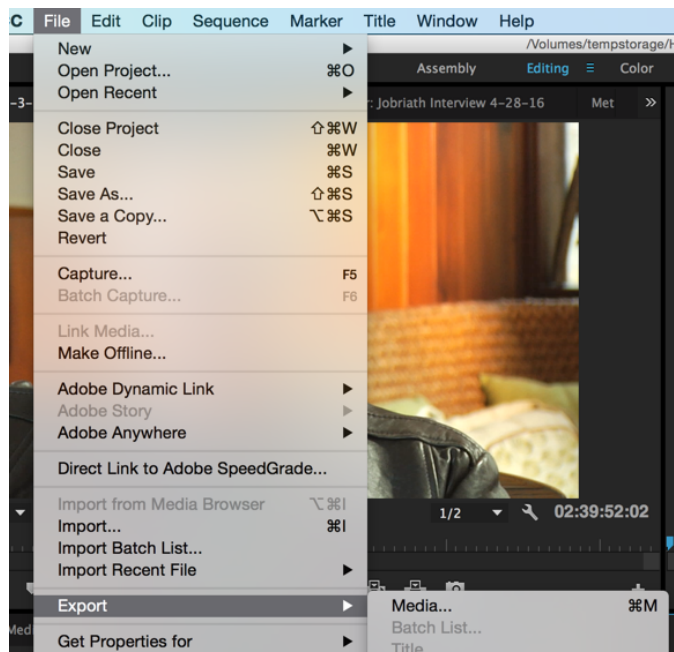
Where:  tempstorage

File Format: OMF (\*.omf)

Cancel

Save


Next Export the QuickTime "Chase" Movie  
  
Go to > File > Export > Media



Choose Format  
DNxHR / DNxHD  
MXF OP1a  
Video Codec  
1080p  
DNxHD LB 8-bit

Export

...

Settings:  Media File

File Name

My Movie Name Export to Protools.mxf

Location

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Preset

Custom

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Format

DNxHR/DNxHD MXF OP1a

VIDEO

Video Codec

Resolution

1080p DNxHD LB 8-bit

Basic Video Settings

Frame Size

Full HD (1920 x 1080)

Frame Rate

23.976

Field Order

No Fields (Progressive Scan)

Aspect

Square Pixels (1.0)

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Choose to Export Audio  
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Sample Rate

AUDIO

Basic Audio Settings

Audio Codec

Uncompressed

Sample Rate

48000 Hz

Channels

2 Channel

Sample Size

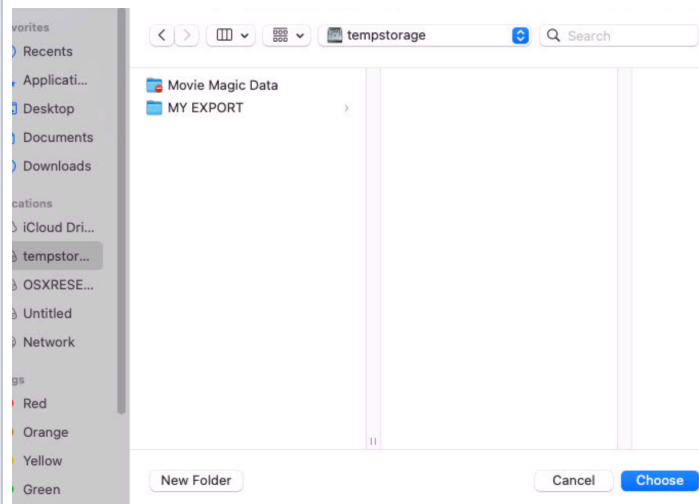
24 bit

☐

 Separate mono tracks

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Range

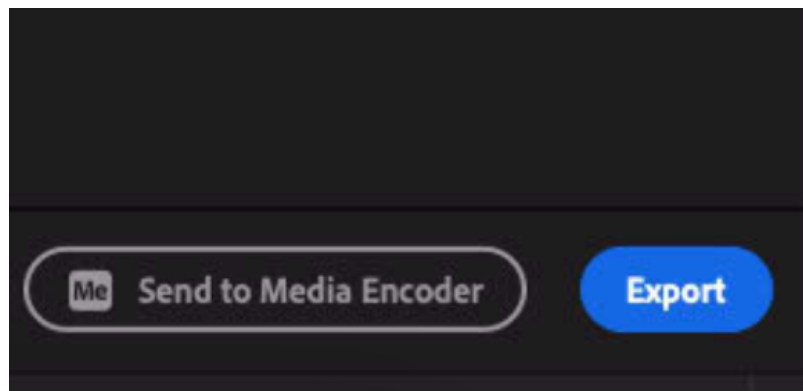
Entire Source

Source

Video: 1920x1080 (1.0) | 23.976 fps | Progressive | 00:00:44:21

Audio: 48000 Hz | Stereo

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**\*\* NOTE: If you are getting errors for 2GB limit on export, export your .OMF in chunks.**

- **Duplicate master timeline, delete video track in duplicate timeline**
- **Delete all tracks except 1-8 on first export**
- **Delete all tracks except 9-16 on next export**
- **Continue process until all tracks are exported**