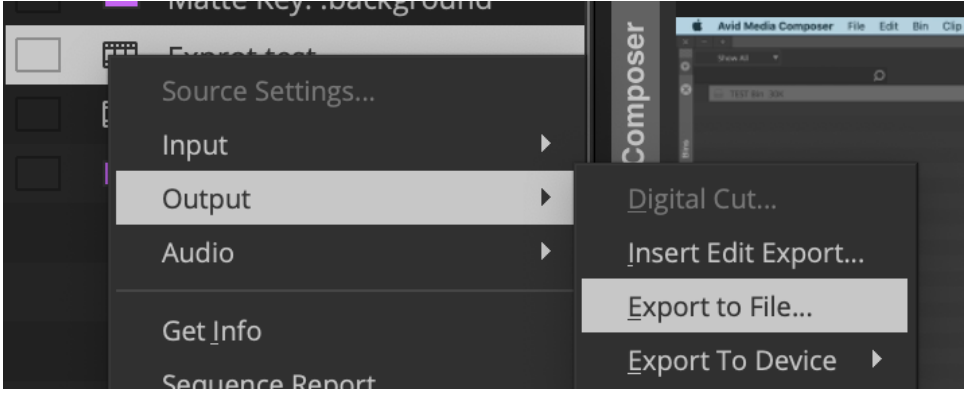
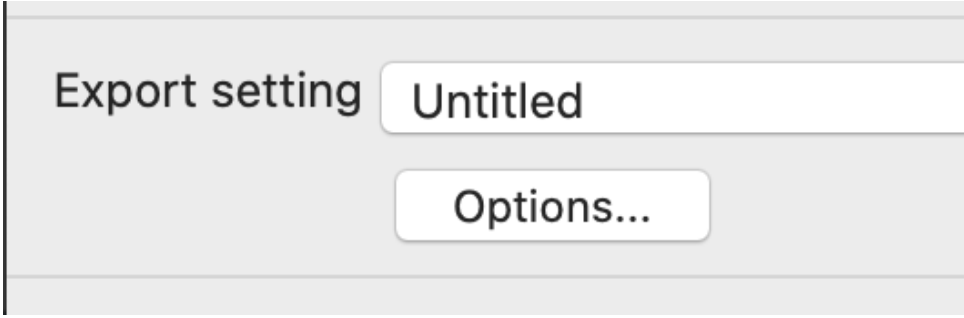

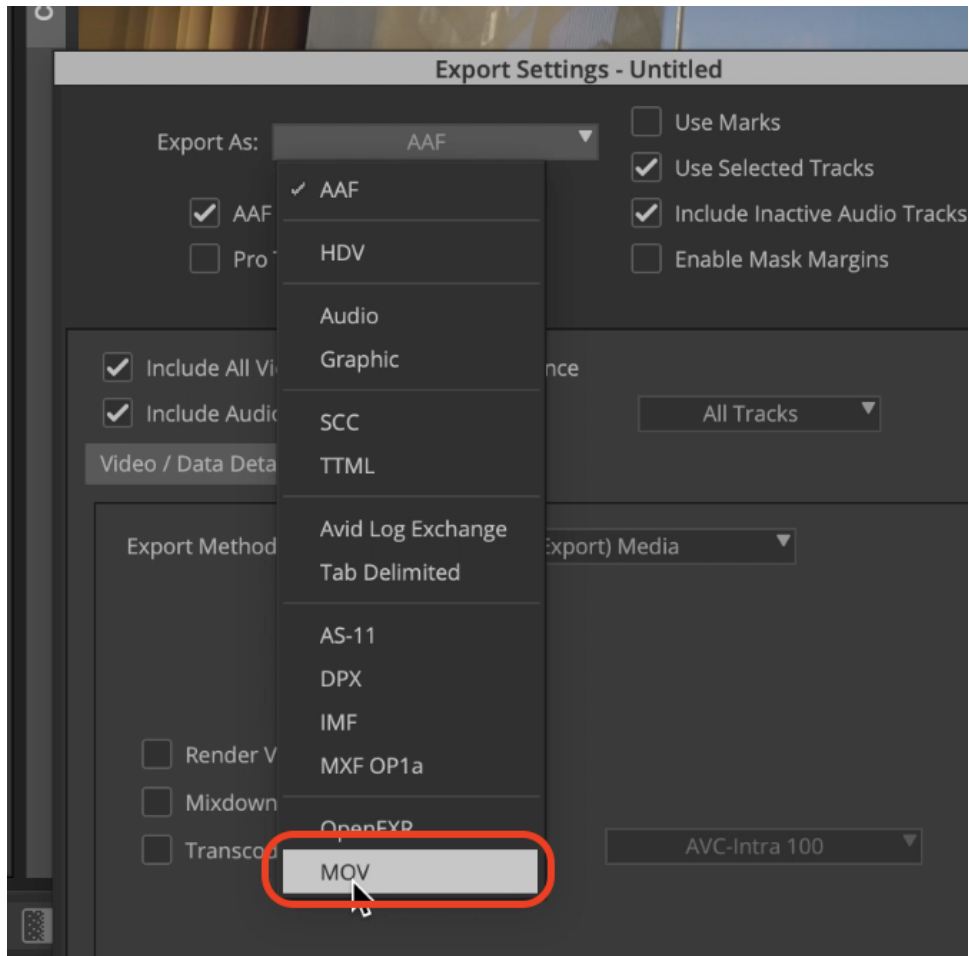


# AVID - Macintosh and Windows - Media Composer 2020 - How to export a H264 QuickTime

<p>Note the Format of the AVID Project so you choose the correct export settings see link to the left.</p>	<p><a href="#">AVID - How to Check the Format of Your AVID Project</a></p>
<p>To start Export &gt;RT click the timeline&gt;Choose Output&gt;Export to File</p>	
<p>The next window that opens choose Options</p> <p>(Mac)</p>	
<p>(Windows)</p> <p>choose Options</p>	

Choose MOV



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

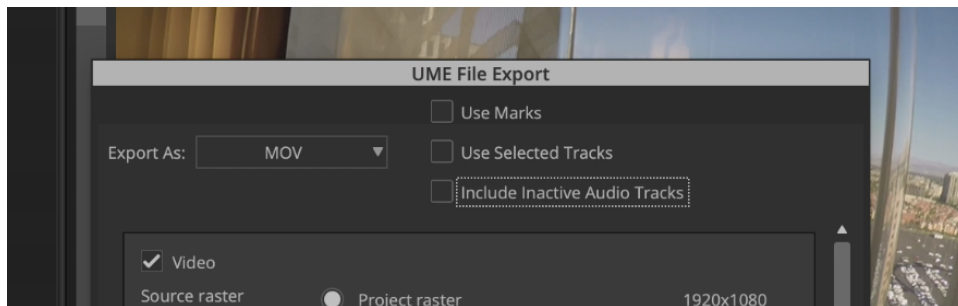
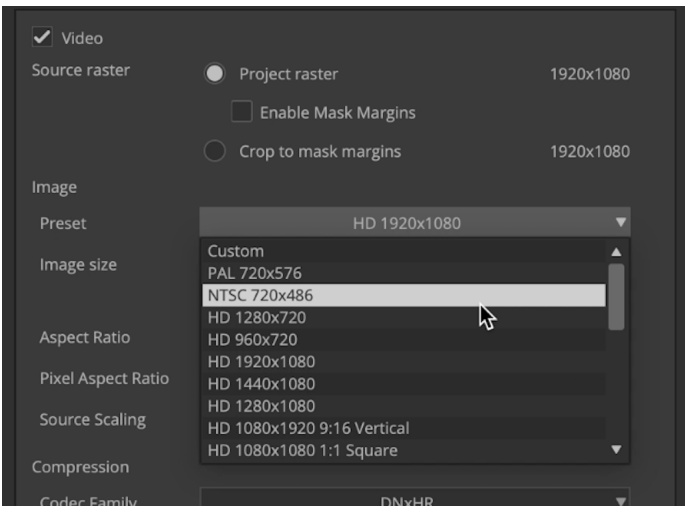


Image Size should be whatever your project format is

This is what you figured out at the beginning of this wiki

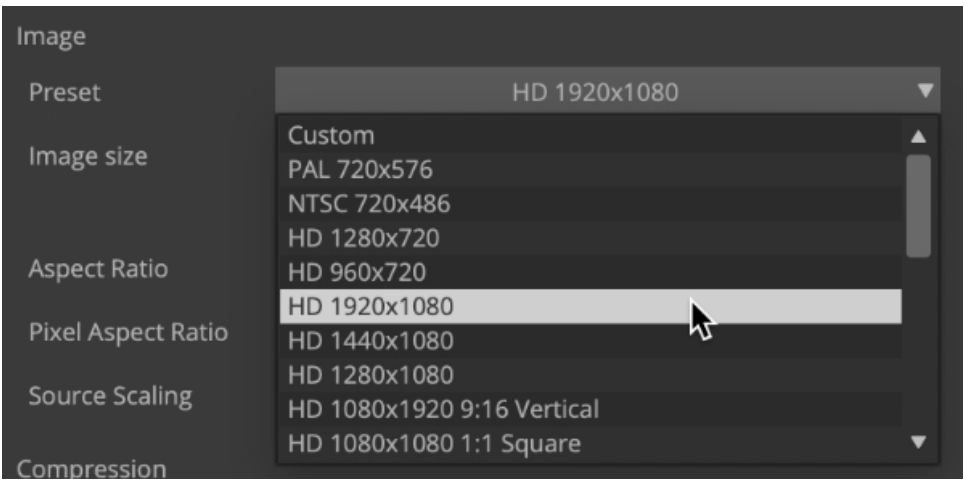
[AVID - How to Check the Format of Your AVID Project](#)

If you had a NTSC project choose 720 x 486 for example



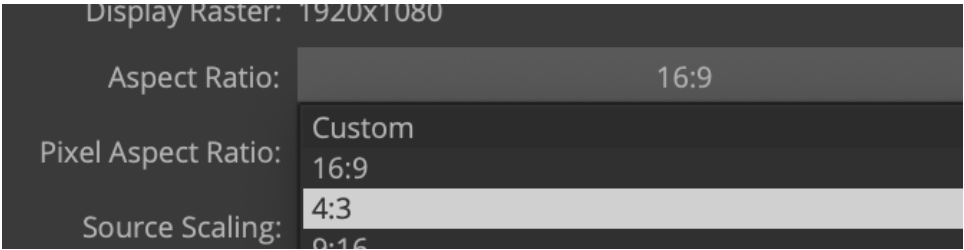
**Note**  
Vimeo / YouTube uploads use 1920 x 1080 HD settings

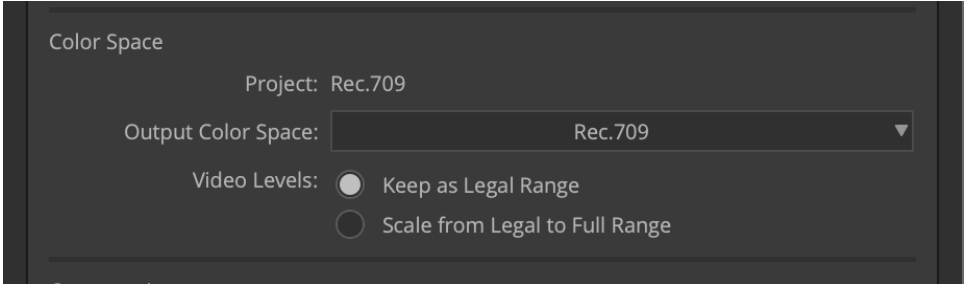
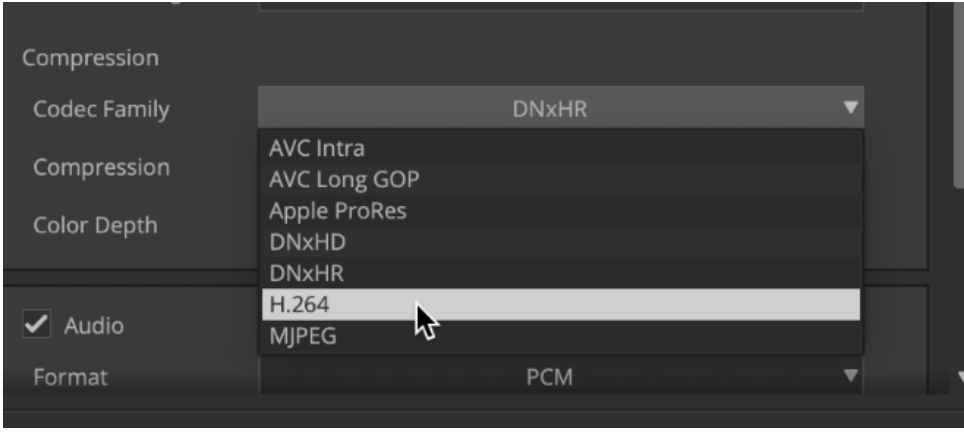
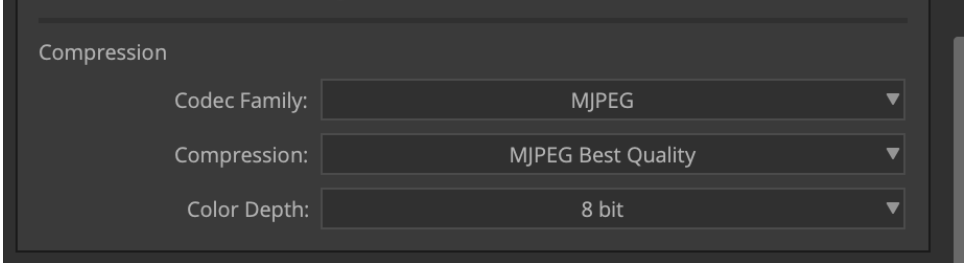
Even if you had a 2K or 4K project use the HD 1920 x 1080



**Note**  
NTSC non HD Projects you should also choose 4:3 as the aspect ratio

For everything else leave 16:9



<p>Color Space Choose Rec. 709</p> <p>Keep as Legal Range</p>	
<p>Choose H.264 as your codec unless you have a NTSC project (720 x 486)</p> <p>then keep reading</p>	
<p><b>Note</b> NTSC non HD projects you have to choose MJPEG</p> <p>Choose MJPEG if you want to be able to play on all computers</p> <p>Choose MJPEG Best Quality</p>	

Scroll down the window and you will see the audio settings

Make sure Audio is checked and choose

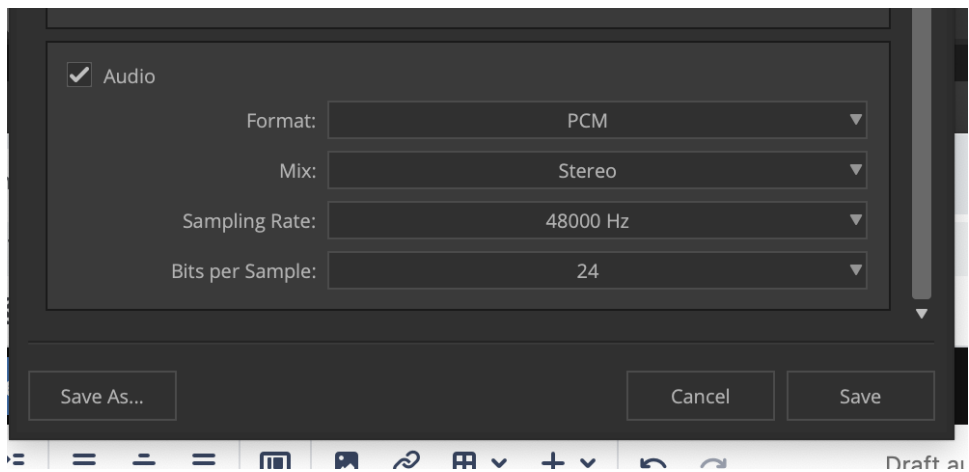
Format - PCM

Sampling Rate 48 Hz

Bits per Sample 24

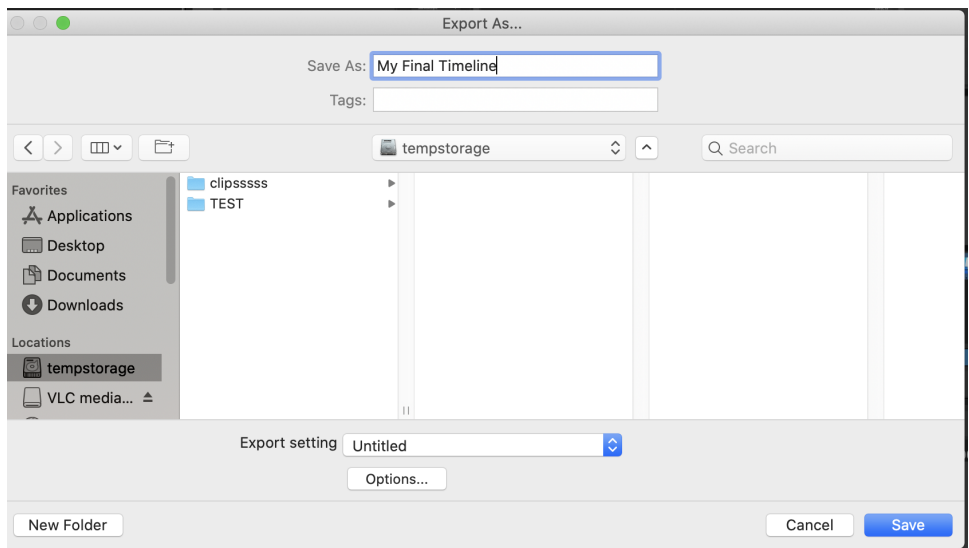
Choose Stereo

Click on Save



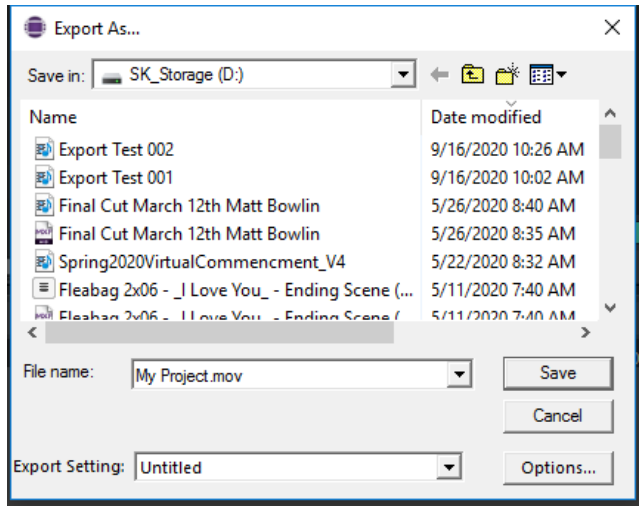
(Mac) Choose a place to save the file and Name it

Then Click Save



(Windows) Choose a place to save the file and Name it


Then Click Save




Here is the  
exported file  
example


NAME

▶

Avid Projects

My Final Timeline.mov

▶

Pro Tools