

AVID - Media Composer First - How To Export an .h264 QuickTime

G
o
t
o
y
o
u
r
S
e
q
u
e
n
c
e
s
B
i
n

S
e
l
e
c
t
t
h
e
s
e
q
u
e
n
c
e
i
n
t
h
e
b
i
n

t
h
a
t
y
o
u
w
o
u
l
d
l
i
k
e
t
o
e
x
p
o
r
t

AVID CAnon X15 TEST Sequences X

* AVID CAnon X15 TEST Clips X

Untitled

Color

Name

Start

End

Duration

Tracks

AVID CAnon X15 TEST

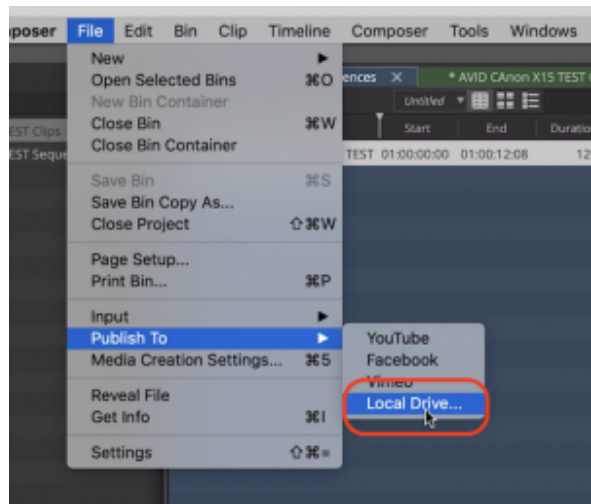
01:00:00:00

01:00:12:08

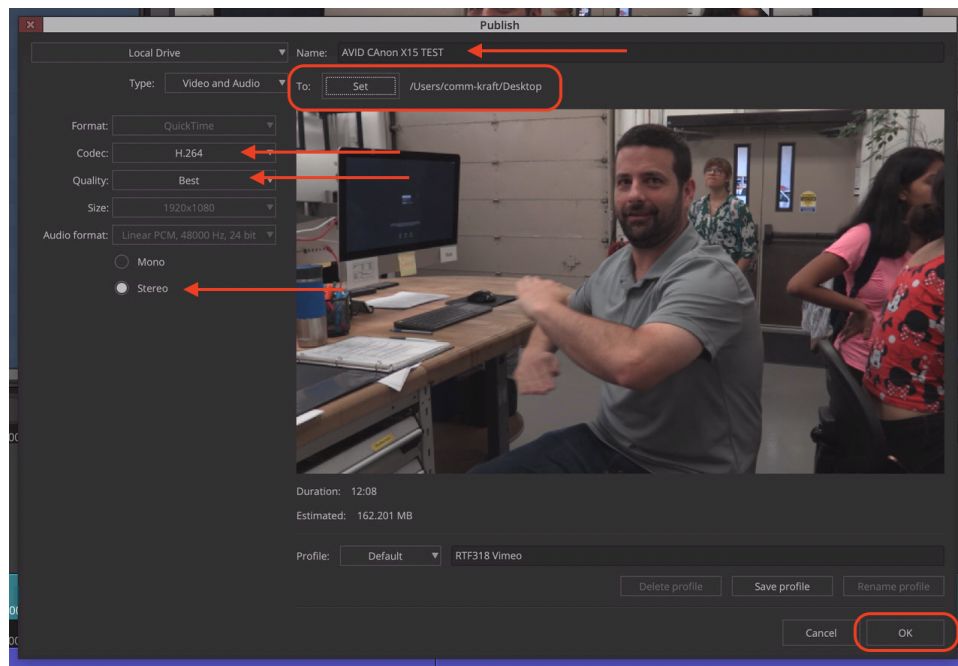
12:08

V1 A1-2 TC1

Go to File > Publish To > Vimeo > Local Drive...



Enter the QuickTime title where it says Name



Type - Video and Audio

C
o
d
e
c
H
.2
64

Q
u
a
l
i
t
y
-
B
e
s
t

A
u
d
i
o
-
S
t
e
r
e
o

C
h
o
o
s
e
S
E
T
t
o
s
e
t
t
h
e
d
e
s
t
i
n
a
t
i
o
n
f
o
r
t
h
e
s
a
v
e
d
file

Then choose OK

Quit Media Composer if you are finished.



R
T
F
3
1
8
S
t
u
d
e
n
t
s
h
e
r
e
i
s
t
h
e
l
i
n
k
f
o
r
t
h
e
w
i
k
i
e
x
p
l
a
i
n
i
n
g
h
o
w
t
o
u
p
l
o
a
d
t
o
V
i
m
e
o

[Upload a .h264 video to Vimeo](#)