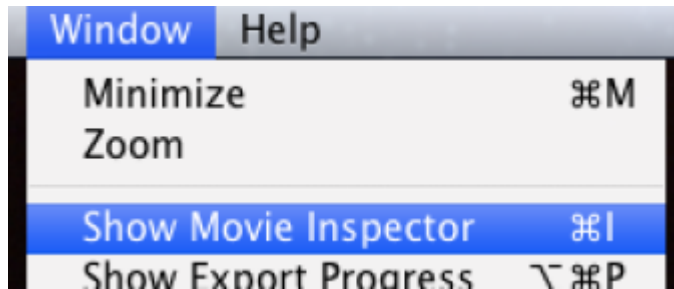


# AVID - Fast Import Apple ProRes .mov to AVID Pro Res . mxf Workflow

Before we get started it is imperative that you know what type of ProRes Quicktime .mov that we will be "Rewrapping" to an .mxf file that you will be working with in AVID.

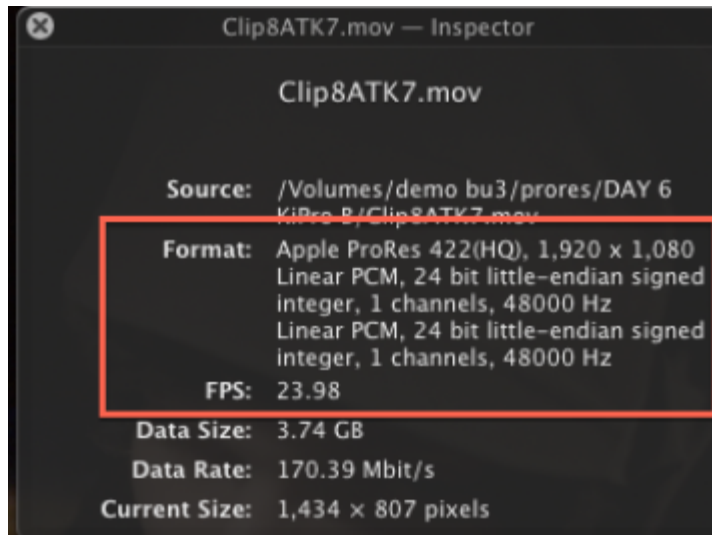
To find out open the QuickTime files in QuickTime Player then go to >Window>Show Movie Inspector



The two most important things to be aware of is the "Format" and the "FPS"

This file is AppleProRes 422(HQ) and is 1920 x 1080

Frames Per Second (FPS) is 23.98



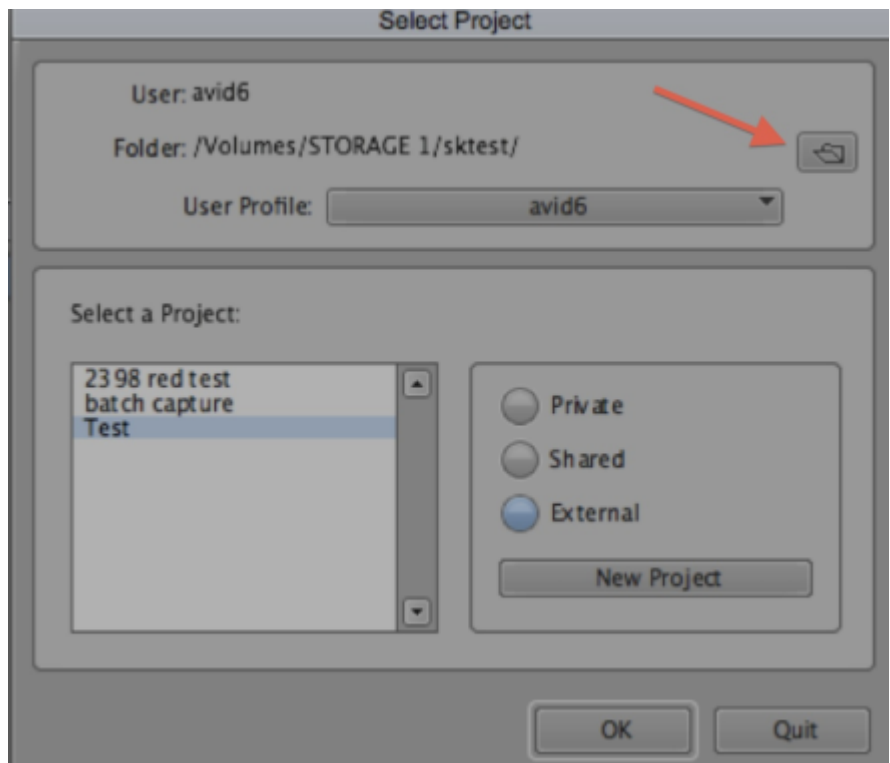
## Launch AVID Media Composer

Step one is to create a AVID Project

This window will allow you to set where you are setting the AVID project

Choose the folder icon to select where the project will go

Recommended - choose External and save to your external hard drive.



Create a "New Project"

Name the project

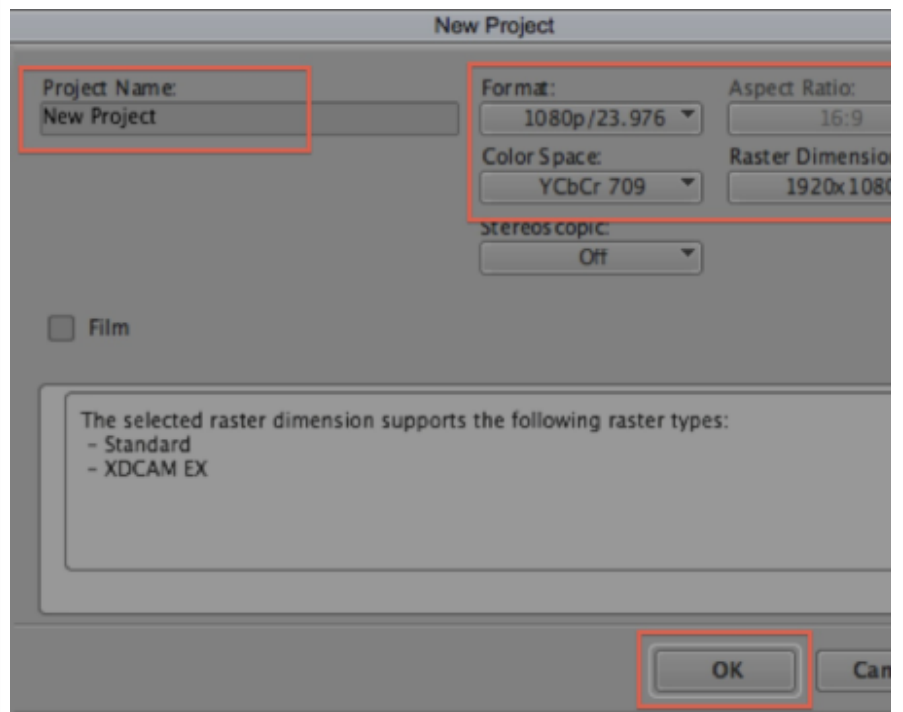
Choose the "Format"

This MUST match what you shot

If you shot 23.98 choose 23.98 if you shot 24 choose 24. If you shot 29.97 or 59.94 same thing.

**THIS IS THE INFORMATION THAT WE FOUND OUT LOOKING AT THE FILES IN QUICKTIME PLAYER OUR TEST FILES WERE 23.98 SO OUR PROJECT WILL BE SET AS 1080P/23.976 1920X1080**

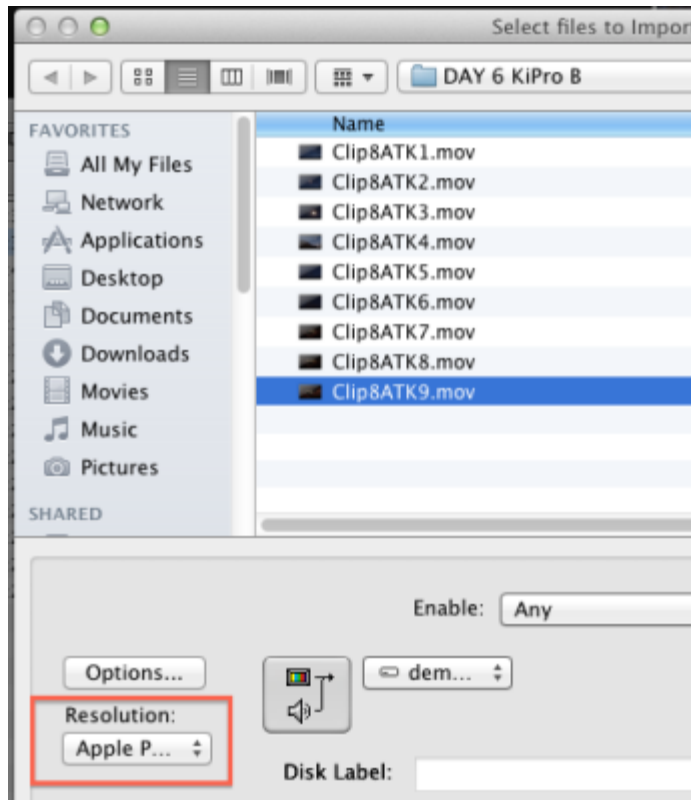
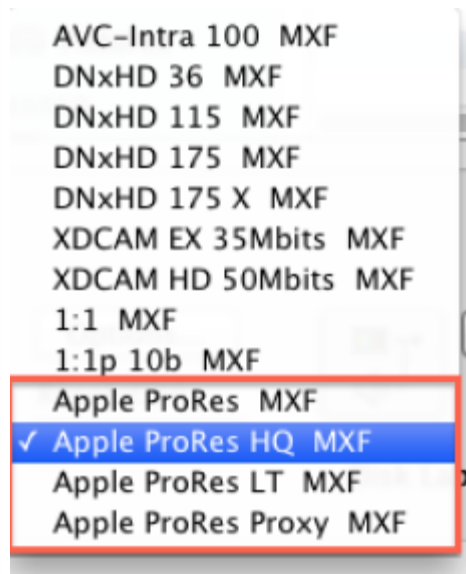
OUR COLOR SPACE WILL BE YCBCR709



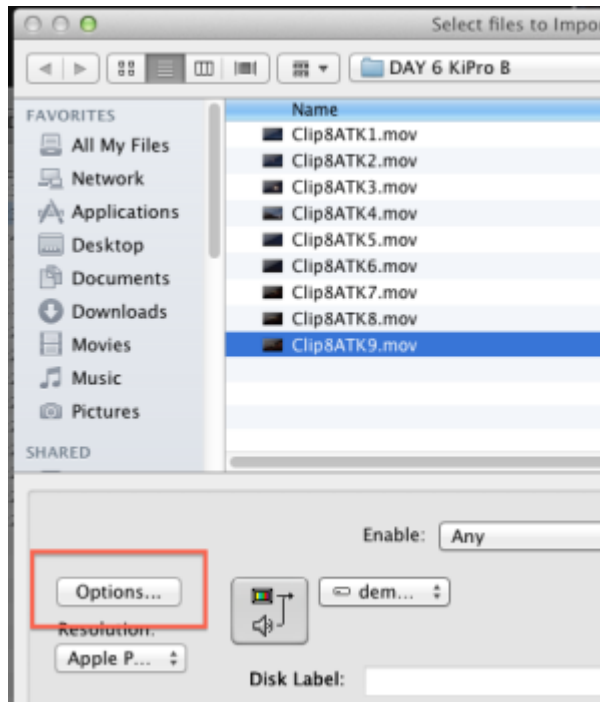
Next go to >File>Import



Select Files to Import >Click on Resolution Pulldown  
Make sure you select the "Exact" same ProRes codec as the ProRes.mov files (**REMEMBER WHAT YOU FOUND OUT IN QUICKTIME PLAYER**) (Apple ProRes HQ MXF matches our test .mov files)



Next click on "Options"

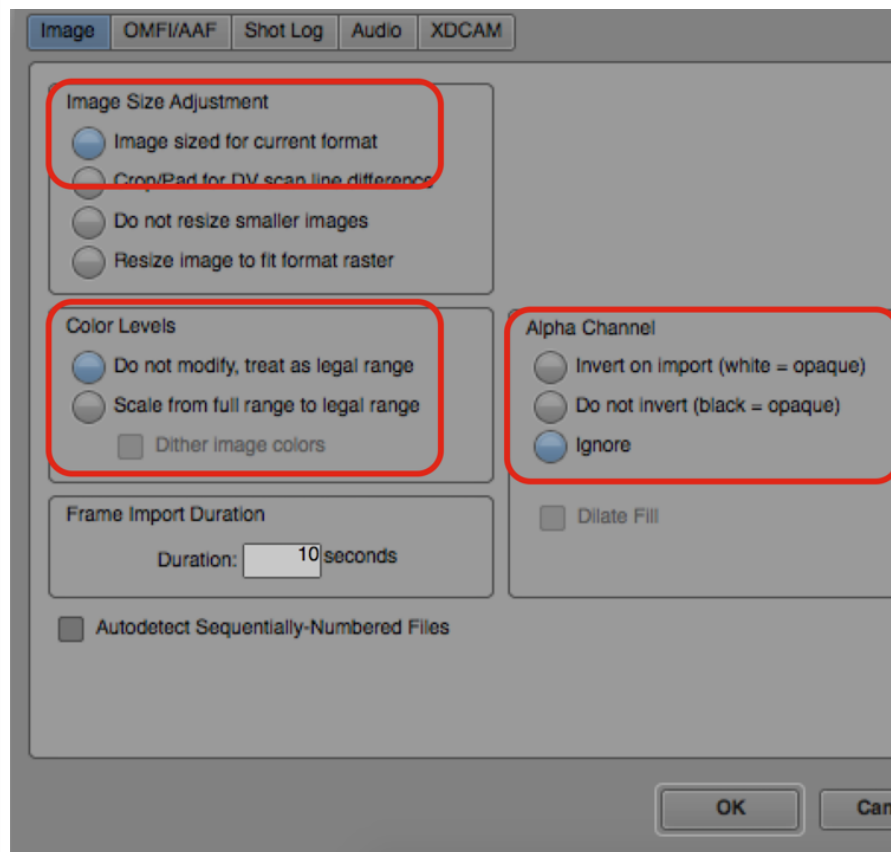


## Import Settings

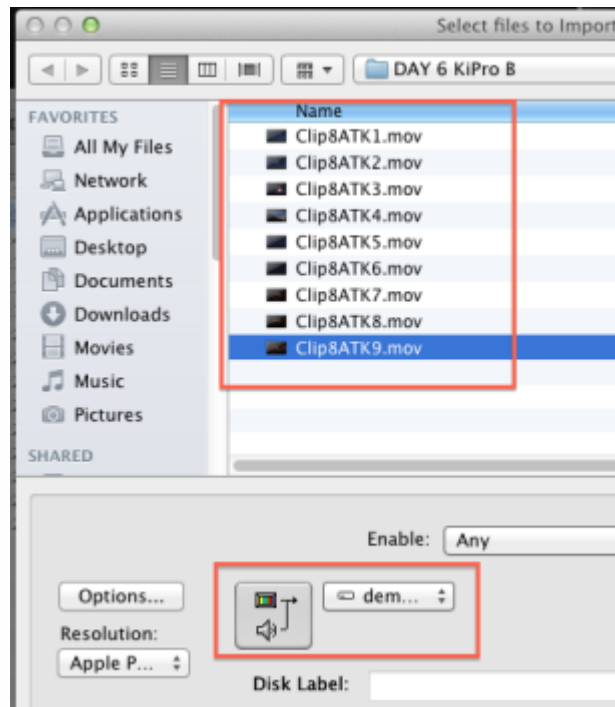
Choose the Image Tab

Color Levels - Choose Do not modify treat as legal range

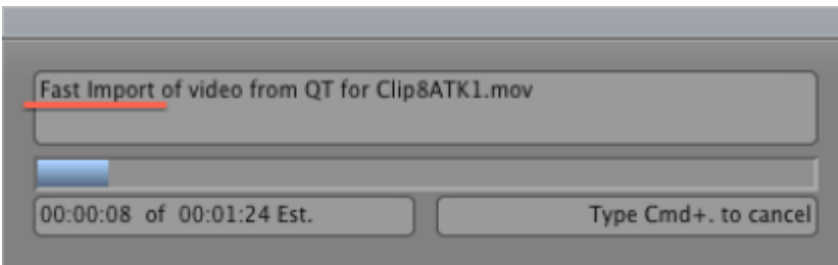
That is all that needs to change. Click OK



Select the clips to import and the hard drive that you want to save your files to and click "Open"



You will notice that the "Fast Import" of the clips will begin



When the clips finish importing the files should look like this in the AVID Bin  
Check the Video column and the codec should be the correct Apple ProRes setting and hard drive should be set to the correct destination selected in the import.

	Name	Duration	Drive	Video	IN-OUT	Mark IN	Format
<input type="checkbox"/>	Clip8ATK1.mov	1:28:21	demo bu3	Apple ProRes HQ (HD1080p)			HD 1080p
<input type="checkbox"/>	Clip8ATK9.mov	3:33:02	demo bu3	Apple ProRes HQ (HD1080p)			HD 1080p
<input type="checkbox"/>	Clip8ATK9.mov.02	3:33:02	demo bu3	Apple ProRes HQ (HD1080p)			HD 1080p

Edit the with transcoded .mxf ProRes footage.