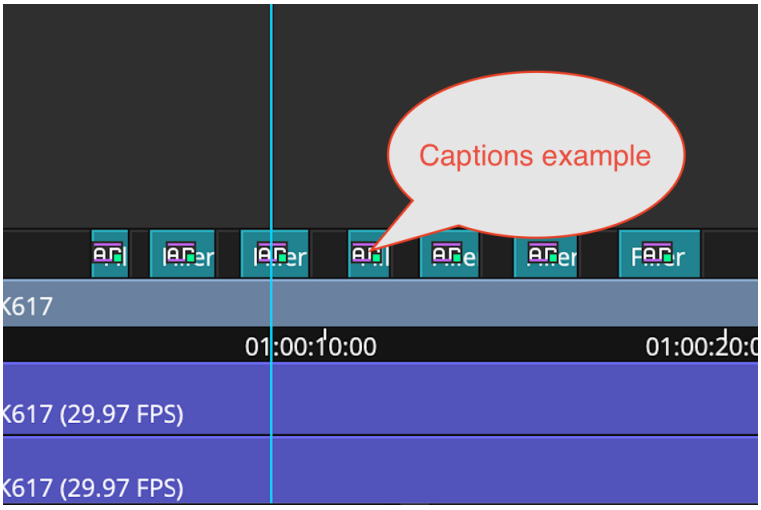
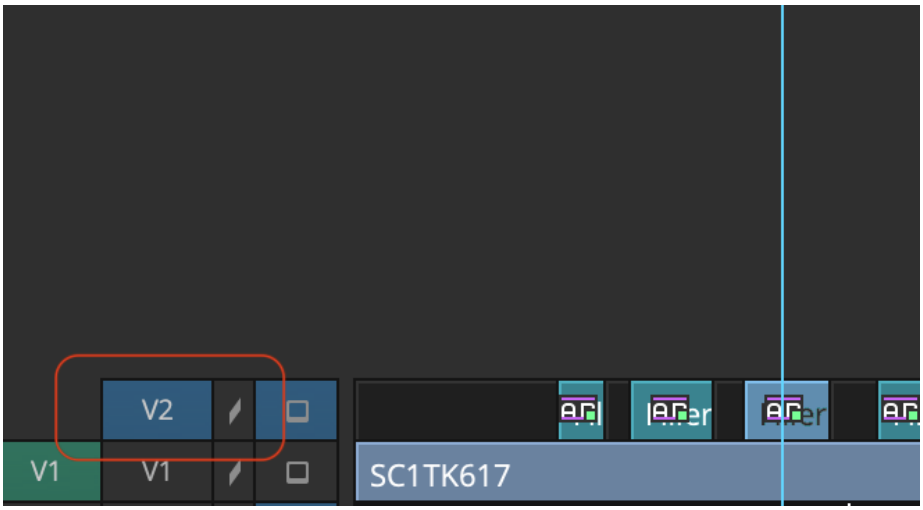
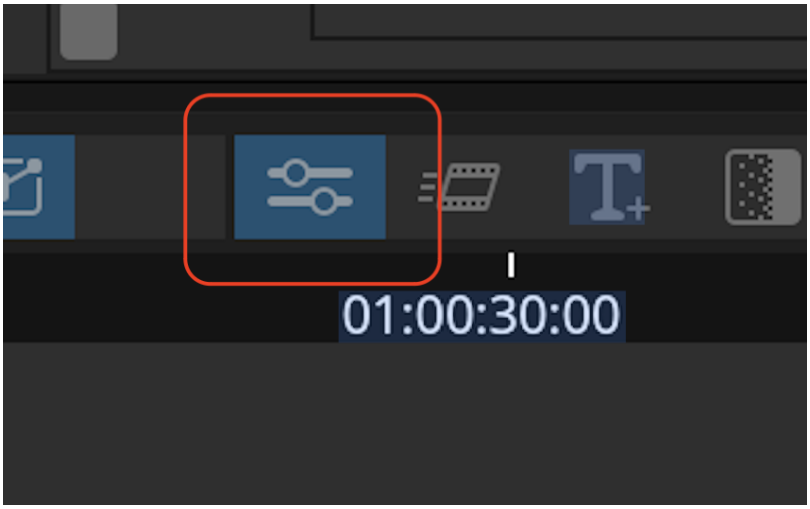
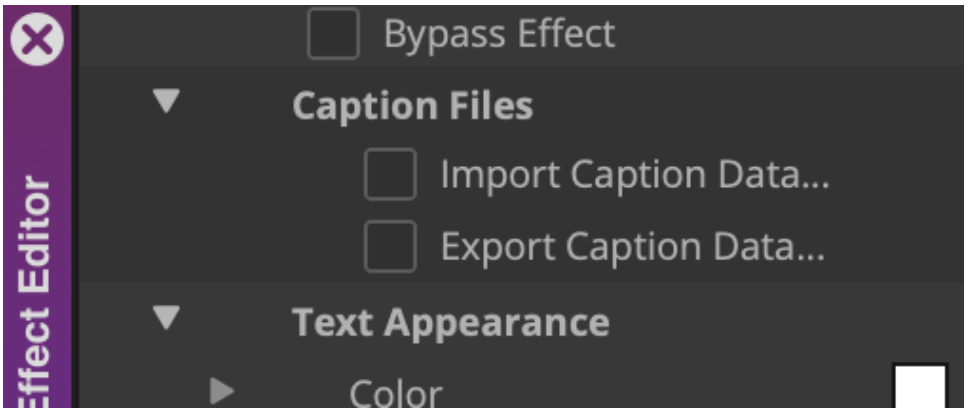
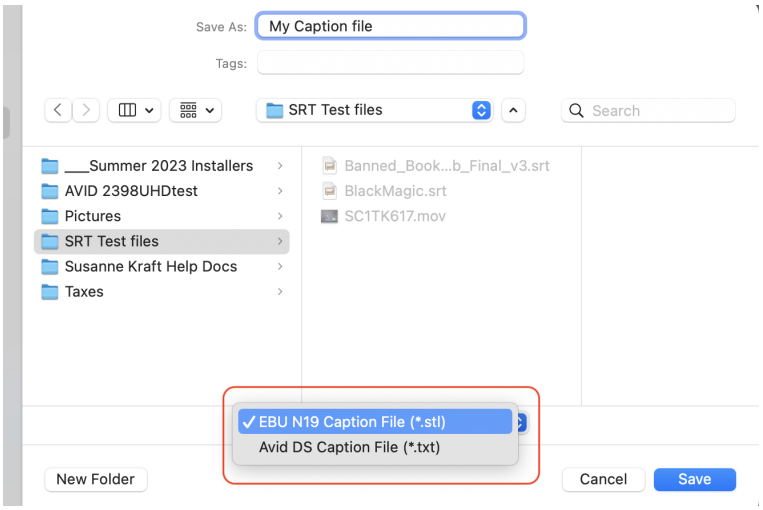
AVID - Captions - How to Export Out of SubCap Tool

Captions are set on the AVID timeline and you'd like to export Place the timeline indicator on a caption in the timeline	
Make sure that the Video Track is Selected	
Click Effect Mode	

Check the Box Export Caption Data	
The choices you will have are .stl or .txt Then you'll have to convert the .stl to a . srt Use this tool but instead of choosing .stl choose .srt How to convert a .srt to a .stl file that will import in AVID Media Composer as Closed or Open Captions