## AVID - 3D - How to Export an Over/Under sequence in AVID as H264

How to Export an Over/Under sequence in AVID as H264 By Simon Quiroz

1. Set the Format 3D to Over/Under

Feb25th_3D - simonqu	uiroz 🗙	9
Bins Volumes Setti	ings 💽 Format Usage	In
Project Type: 1080p/23.976	Aspect Ratio:	
Color Space: YCbCr 709	Raster Dimension: 1920x1080	
Stereoscopic: Over/Under	Mask Margins	
Video		-
The selected raster dim following raster types: - Standard - XDCAM EX	nension supports the	

1. Make sure all your audio and video layers are selected



1. Mark In and Out points in your timeline, from beginning to end. Go to the beginning of your timeline and press I, then go to the end and press O

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- Go to File > Export
   Before naming your file, find the untitled setting and customize the settings by going to the options menu.



1. Customize the following settings

	Export Settings - Untitled	ĺ.
Export As: Quick	Time Movie	ise Marks ise Enabled Tracks
Same as Source	C	Format Options
Video and Audio	Video Only	Audio Only
Video Format Audio Fo	ormat	
Width x Height	x 1080 0	iize to fit Crop / Pad
Color Levels Color Levels RCB 601/709		
Create Preview	Display Aspect Ratio	s (1920 x 1080)
	4:3 square pixel	(1440 × 1080) (1920 × 1080)
Save As		Save Cancel

1. Inside the Format Options menu, we will change the output codec to H264 by going to the Settings menu.

Video	Movie Settings			
Settings	Compression: Avid DNxHD Codec			
Filter	Quality: Medium Format: 1080p/24 DNxHD 175 10-bit			
Size	Color Levels: 709			
Allow Tran	scoding			
Allow Tran Sound Settings	Scoding			
Allow Tran Sound Settings	Format: Integer (Little Endian) Sample rate: 48.000 kHz Sample size: 16-bit Channels: Stereo (L R)			
Allow Tran Sound Settings	scoding Format: Integer (Little Endian) Sample rate: 48.000 kHz Sample size: 16-bit Channels: Stereo (L R) nternet Streaming			

1. Choose the following settings

Motion	Data Kate
Frame Rate: Current t fps Key Frames: Automatic Every 24 frames All V Frame Reordering	Data Rate:  Automatic Restrict to kbits/see Optimized for: Download
Compressor Quality Least Low Medium High Best Encoding: Best quality (Multi-pass) Faster encode (Single-pass)	Preview

1. Press Ok, and you will return to the window to name your file. Name it and press save.

000	Export As	
C	Save As: My3DProject_OverUnder.mov	
	I	
FAVORITES Dropbox Applications Desktop Documents Downloads Movies Music		
Exp	rt setting Untitled   Options	
New Folder	Cancel	

Now you will have an H264 .mov file Over/Under ready.