



Larson Studios

Embedded OMF (for file size under 2gb)

ONE

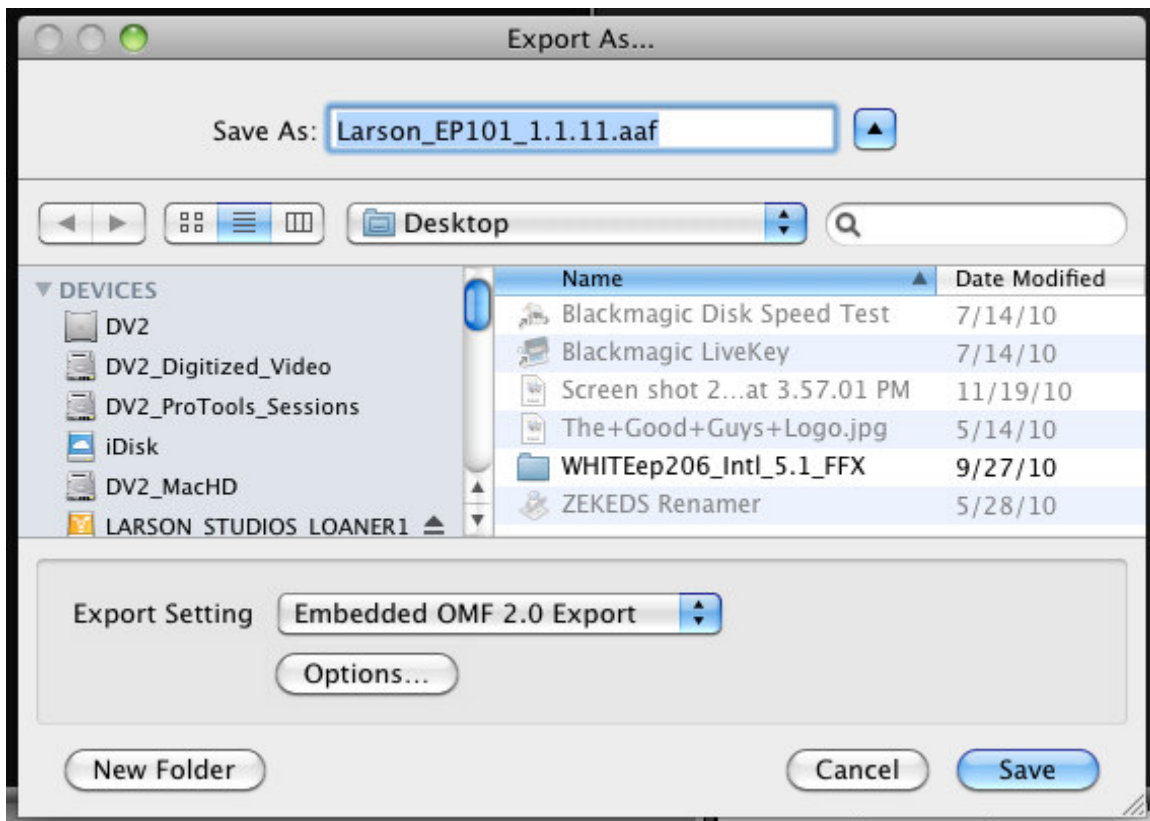
In Composer, create an OMF Export Bin, duplicate the sequence to export and move it into the OMF Bin.

TWO

Double click on the duplicate, loading it into Record Monitor. Delete the video tracks.

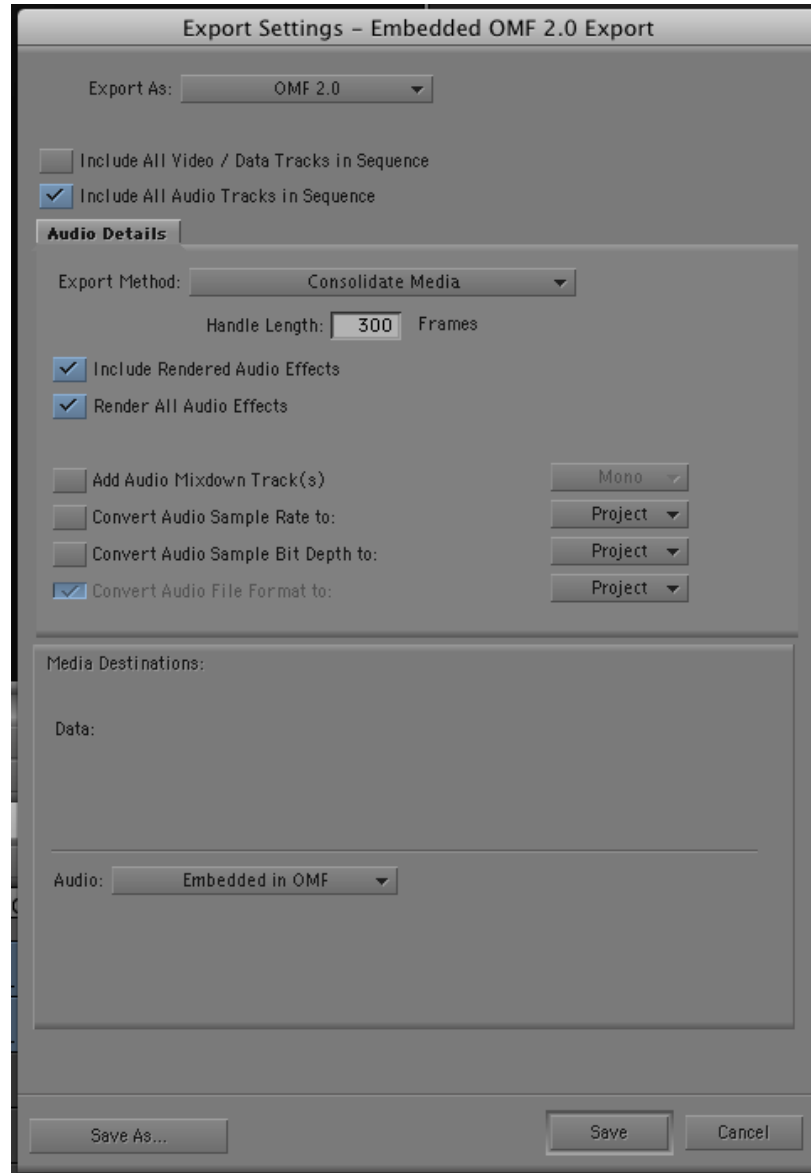
THREE

Click on Export from the edit drop down menu, and name the OMF sequence, "Episode (x) Date OMF" and set destination to Desktop.



FOUR

Click Options in the Export Dialog box. Adjust Export Settings to "Export As" OMF 2.0, select All Audio Tracks, set Export Method to Consolidate, adjust handle length to 300 frames, set Media Destination to Embedded in OMF.



FIVE

"Save As" to save Exported Settings and label as Embedded OMF 2.0 Export for later use. Click Save to begin the OMF export.

SIX

Burn the Embedded OMF to a CD/DVD depending on the size, or copy to a firewire.

Consolidate and Link OMF (file sizes larger than 2gb)

ONE

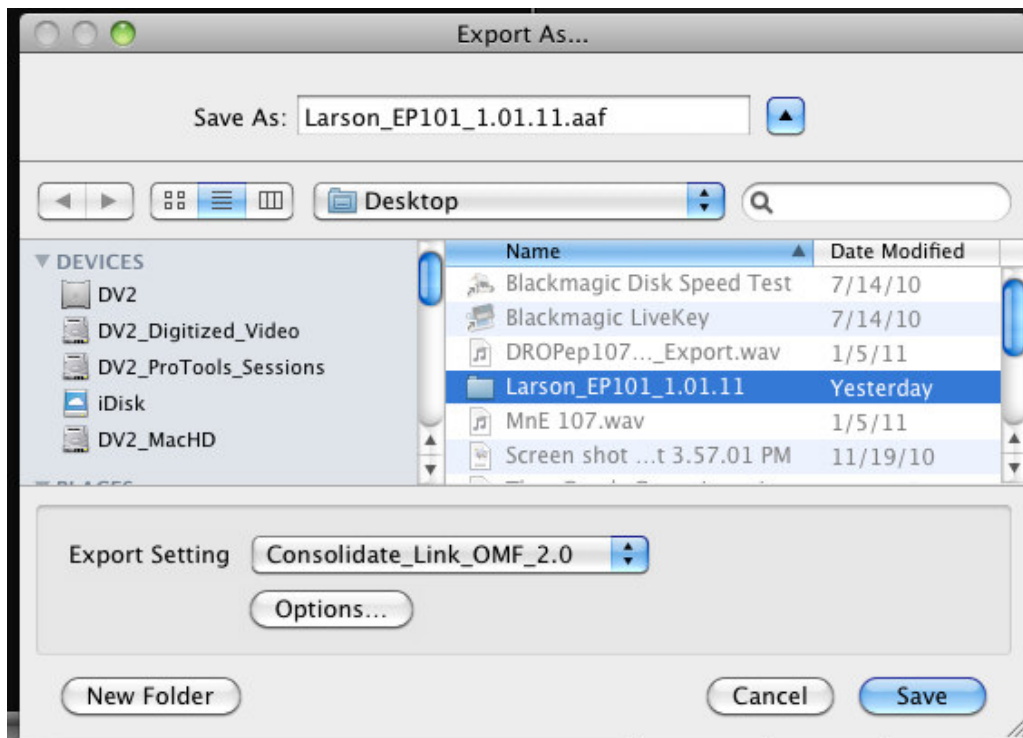
Create a folder named "Episode (X) OMF" on the Desktop at the finder level.

TWO

In Composer, create an OMF Export Bin, duplicate the sequence to export and move it into the OMF Bin. Double click on the duplicate, loading it into the Record Monitor. Delete the video tracks.

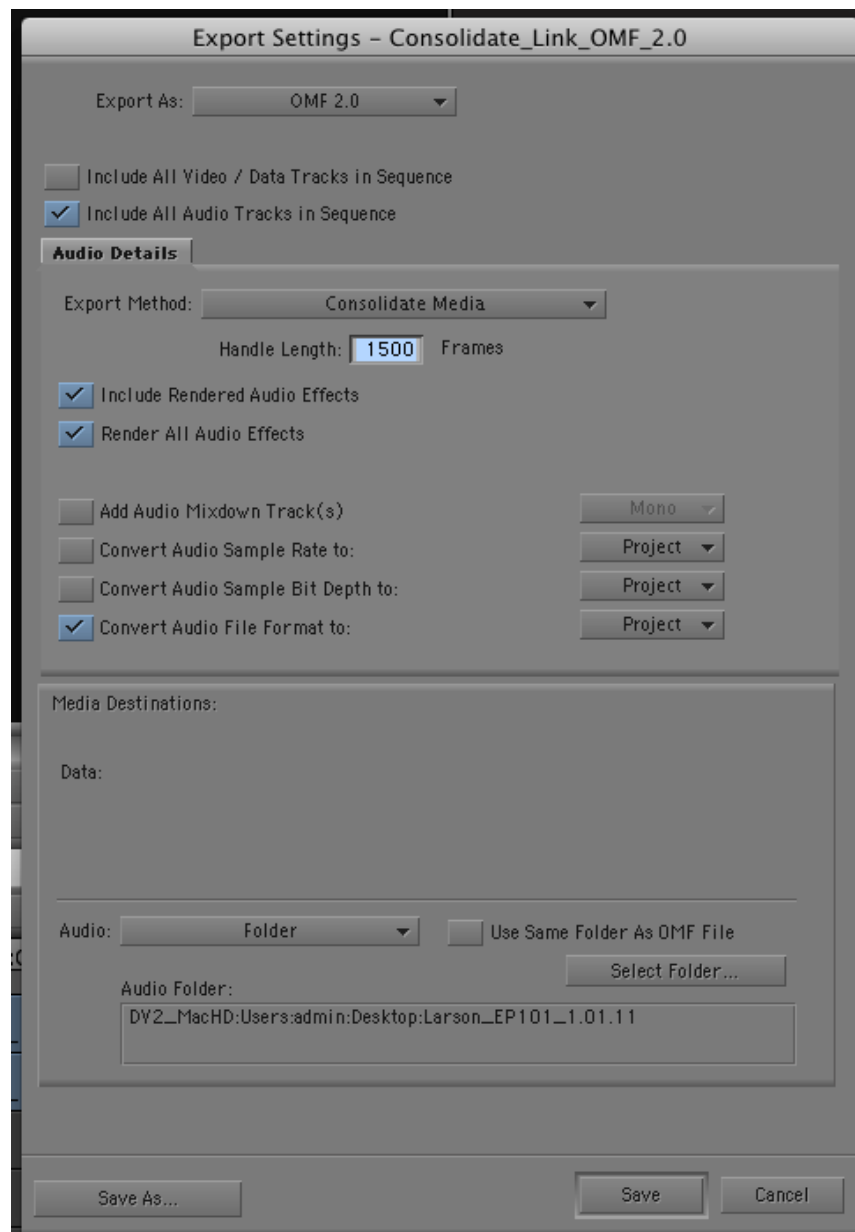
THREE

Click on Export from the edit drop down menu, and name the OMF sequence, "Episode (x) Date OMF" and set destination to the newly created folder on the Desktop.

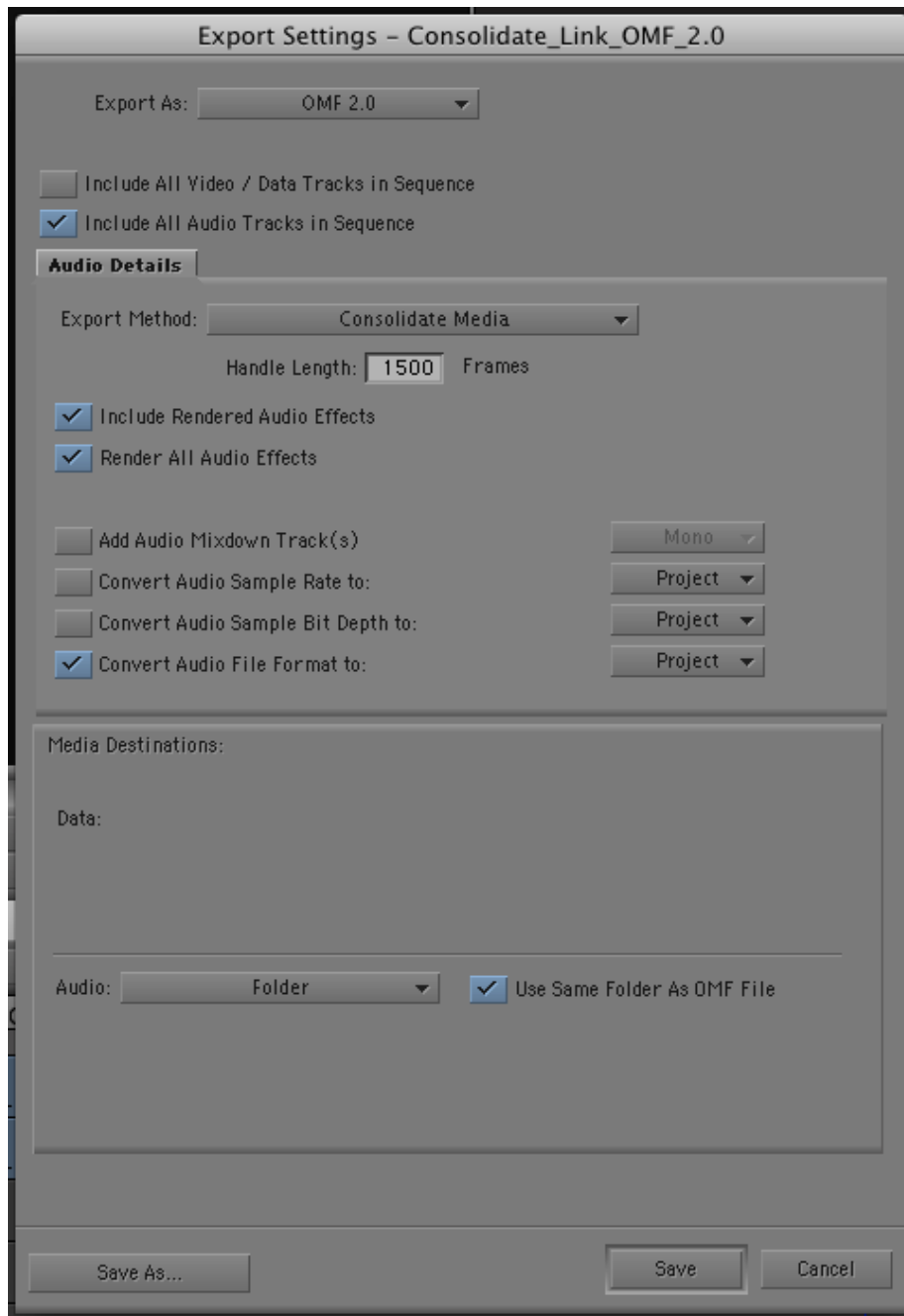


FOUR

Click Options in the Export Dialog box. Adjust Export Settings to "Export As" OMF 2.0, select All Audio Tracks, set Export Method to Consolidate, adjust handle length to 300 frames, set Media Destination to Consolidate and Link which will give you the options of choosing your folder destination. Select our newly created folder as the destination.



OR check the "Use Same Folder as OMF File" button.



FIVE

"Save As" to save Exported Settings and label as Consolidate and Link OMF 2.0 Export for later use. Click Save to begin the OMF export.

SIX

The newly created folder now contains the OMF exported, as well as the media folder containing media linked to our OMF. Burn the newly created folder to a CD/DVD, or copy to a firewire drive.

Embedded OMF for Final Cut

ONE

In Final Cut, duplicate the sequence to export and load it into the timeline.

TWO

Delete the video tracks.

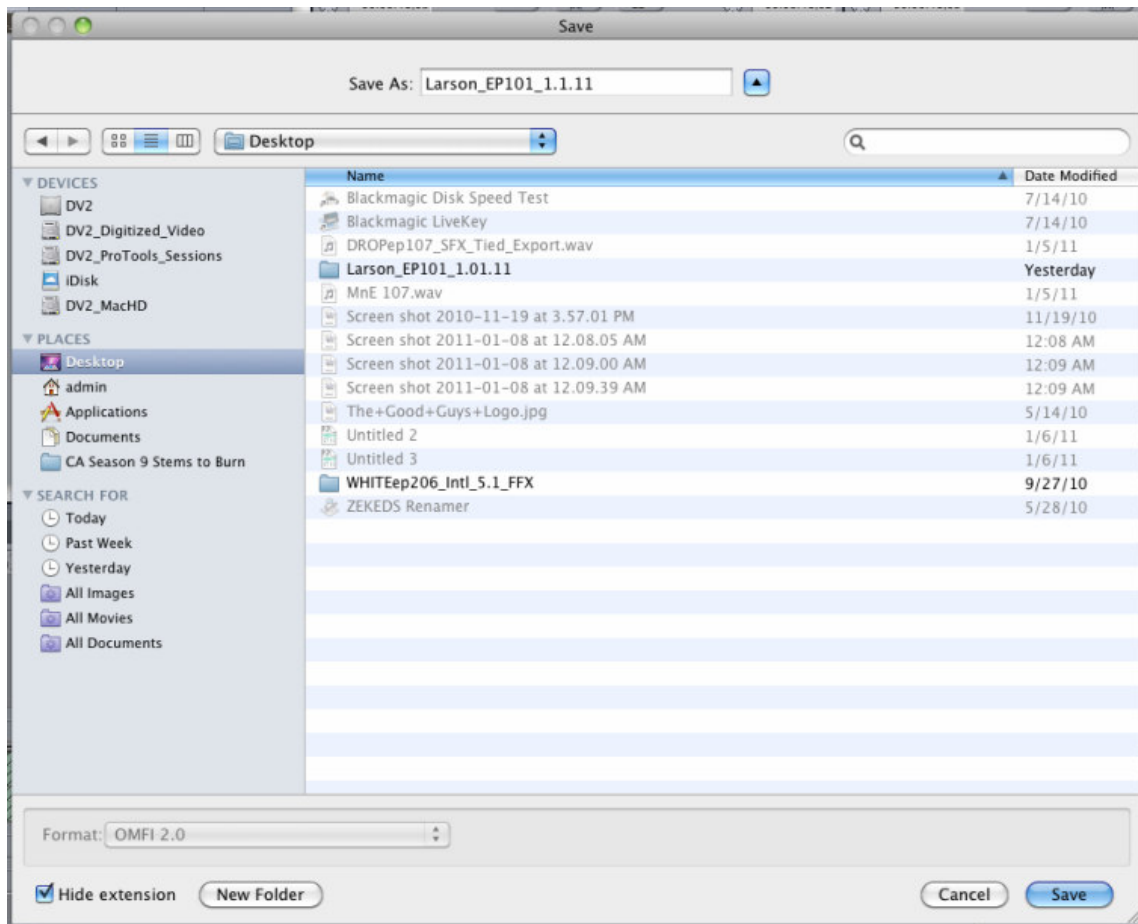
THREE

Click on Export from the edit drop down menu, adjust settings to 10-15 second handles, include Crossfade Transitions, and Include Levels. Click OK.



FOUR

Label the OMF "Episode (X) OMF" and choose the desktop as the OMF destination.



FIVE

Find the OMF on the desktop, burn the Embedded OMF to a CD/DVD depending on the size, or copy to a firewire drive.

