EXPORTING VIDEO and AUDIO FROM PREMIERE for PRO TOOLS

Make sure your timeline starts at 00:59:58:00 and your first picture or sound element starts at 01:00:00:00



With the Timeline active, select File - > Export -> Media...



Frame Rate

Avid DV Avid DV100 Codec

The **Export Settings** window will appear. There are several parameters that need to be set properly for your video export.



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Source Output	▼ Export Settings		
Source Scaling: Scale To Fit	Match Sequence Settings	 Basic Video Settings 	
	Format: QuickTime		Match Source
	Preset: NTSC DV Widescreen 24p 💌 📩 🛤 📋		
	Comments:	Quality:	100
	Output Name: May Sig car.mov	and the second	\frown
	▼ Summary	Width: 1,440	
	Output: /Volume680/Copied_Premiere export test/Mav Sig car.mov 720x480 (1.2121), 23.976 (ps, Progressive, Quality 100, DV Uncompressed, 48000 Hz, Stereo, 16 bit	Height: 1,080	/ * \
	Source: Sequence, May Sig car 1440x1080 (1.3333), 23.976 fps, Progressive, 00:02:04:15 48000 Hz, Stereo	Frame Rate: 23.976	× ×
	Effects Video Audio Captions Publish	Field Order: Progressive	- 2
	Video Codec: DV/NTSC 24p	Aspect: HD Anamorphic 1080 (1.333	
	Basic Video Settings Match Source	Render at Maximum Depth	\smile
	Quality: 100 Width: 720	Depth: • 24 bit	48 bit
	Height: 480 Frame Rate: 23.976	All four boxes (Width/Heigh	t, Frame Rate,
	Field Order: Progressive	Field Order, and Aspect) sl	hould be
	Aspect: D1/DV NTSC Widescreen 16:9 (1.121)		
	Render at Maximum Depth	checked so that the propert	ies of the
00:58:30:00 ≠ ⊾ Fit ▼ 😾 00:02:04:	Use Maximum kenoer Quality Use Previews 16 Use Frame Blending Import into project	exported video match the so	ource video
Source Range: Sequence In/Out	Metadata Queue Export Cancel	(Match Source).	
When everything is set, Export .			
	Queue Export	Cancel Encoding N	Nav Sig car
		Estimated Time Remaining: 31	Seconds
			46%
	You get a progres	ss window	
	got a progra		
			Cancel
i ne exported Q1 movie will be ir	n the 🛛 🗾 May Sig ca	ar.mov	Cancel

main project folder.

You have two options for exporting audio from Premiere -- OMF (Open Media Framework) and AAF (Advanced Authoring Format). Both allow exchange of media between video and audio software. There are advantages and disadvantages to both.

	OMF	AAF
Advantages	Retains clip names	No file size limit
Disadvantages	Clips must be manually relinked 2G file size limit	Does not retain clip names

If you export via **OMF**, you may wish to rename the audio clips in your Premiere timeline.

[V]	MVI_8933.MOV	MVI_893	😥 MVI_89	Double-click an audio clip in	Source: Mar Sig car; MAL, 9332. MOV - Merged: 01.00.15.13 🚊 Effect Controls 💿 Audio Clip Mover: Mar Sig car 🤅 Merad
	fx	fx	fx	the timeline and it appears in	
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	fx	fx	fx	name.	
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	<u>f</u> ∡	fx	∱x	Source: May Sig car: N	/VI 8932.MOV - Meraed: 01:0 +
					2

Copy Paste Attributes Clear Ripple Delete		Rename Clip Clip Name: MVI_8932.MOV - Merge
Edit Original Edit Clip In Adobe Audition Replace With After Effects Composition Render and Replace Restore Unrendered Link Media Make Offline	Right-click an audio clip to get the menu, select Rename to rename the clip.	Rename Clip
Rename Reveal in Project Reveal in Finder Properties		

With the **timeline** active, you can export either an **OMF** or **AAF**.



File	Edit	Clip	Sequence	Marker	
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Reveal in	Adobe	Bridge	
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Project S	ettings		•
Project N	lanager		

The **OMF Export Settings** window will appear.

The **AAF Export Settings** window will appear.

OK Cancel

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Cancel

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They are a couple of differences.

You can change the name of the **OMF** file.

OMF Export Settings					
OMF Title:	Mav Sig car		ОК		
Sample Rate:	48000	-	Cancel		
Bits per Sample:	24	-			
Files:	Separate Audio	-			
Format:	Broadcast Wave	-			
Render:	Copy Complete Audio	Files 🔻	ļ.		
	Han	dle Frames: 24			
	Include Pan				

The **AAF** file will have the sequence's name.

48000	•
24	
24	•
Separate Audio	•
Broadcast Wave	Ŧ
Copy Complete Audio Files	
Handle Frames:	
Cancel OK	
	Separate Audio Broadcast Wave Copy Complete Audio Files Handle Frames: Cancel OK

You should not **Include Pan**.

ок 🕞

Cancel

There are several pull-down menus where you set parameters for your OMF or AAF export.

It is imperative that these parameters be set correctly. Otherwise your OMF or AAF may not work when imported into Pro Tools.



When all of the parameters are set properly, click **OK**.



Select a destination.

Save Sequence As OMF	Save Converted Sequence As – AAF
Save As: Max Sig car.omf	Save As: May Sig car.aaf
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Image: Security of CalArts 3 Athens 15 Desktop Bahra 5 OM PVSound-A112a Channelstrip Macintosh HD Security Security Security Cabuk2 Sportsast js CalArts 3 m	J Music Image: Control of the second seco
File Format: OMF (*.omf) +	File Format: AAF (*.aaf) 🛟
Hide extension New Folder Cancel Save	Hide extension New Folder Cancel Save

A progress window will appear.





There's also an info window for OMF.



This will be saved as a text (.txt) file in the same destination as the **OMF**.