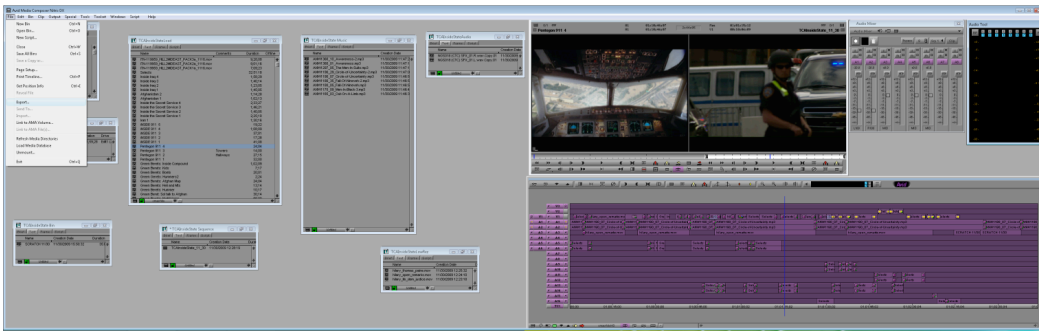


Entry Instructions & File Requirements for Exporting from Avid

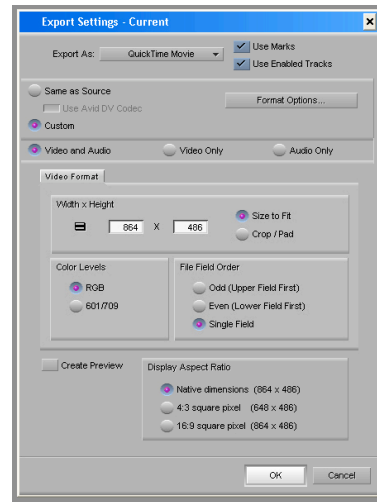
- The name of your entry file MUST follow this Naming Convention exactly:
- *Category type & number_name of entry_entrant initials.* For example, if Charlie MacDonald entered a piece named "Security" in the E-02 category the name of the Sequence and exported file would be: E02_Security_CM
- The total file name MUST be limited to 27 characters. Your story title can be longer in the Summary Sheets. Shorter titles work better.
- The file naming convention MUST be followed exactly.
- Load your story into a Sequence, your Audio Output must be Stereo.
- Highlight all of your tracks and set an In and Out for the entire sequence.
- Click on File and then on Export.



- An Export settings window will appear. At the top of the window you will see an "Export As" drop down menu. Click on it and select "QuickTime Movie".



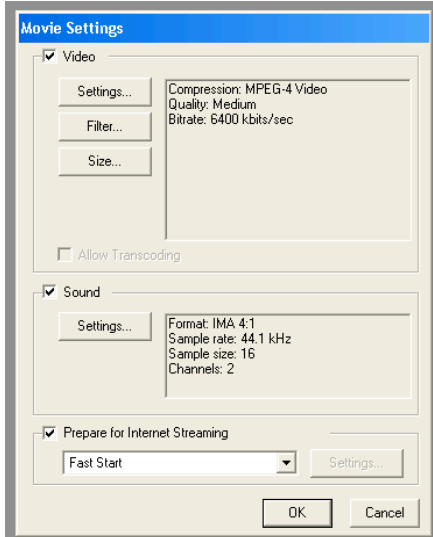
SD 4x3 Video Format



HD 16x9 Video Format

Entry Instructions & File Requirements for Exporting from Avid

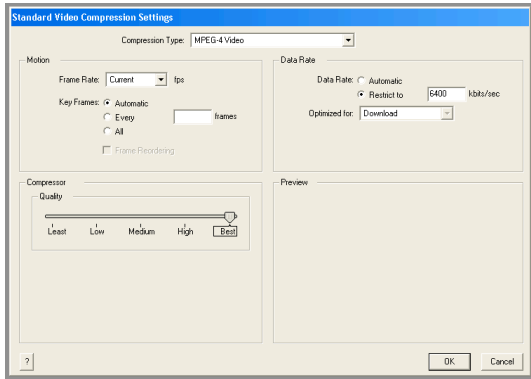
- Click on the two buttons next to the drop down menu labeled "Use Marks" and "Use Enabled Tracks"
- "Custom" should be highlighted as well as "Video and Audio."
- In the middle of the Export As window in the Video Formant section, set the drop down menu to Width x Height 720 x 540 and "Size to Fit" if you are exporting a 4x3 Standard Definition project.
- If you are exporting a 16x9 High Definition project, the Width x Height should be set to 864 x 486 and "Size to Fit."
- Color should be set to "RGB" and File Field Order should be "Single Field."
- Aspect Ratio should be "Native dimensions (720 X 540)" for 4x3 SD projects or "Native dimensions (864 x 486)" for 16x9 HD projects.
- Next click on the "Format Options" button on the upper right of the Export As window.
- A Movie Settings window will appear. Click on the check boxes for "Video", "Sound" and "Prepare for Internet Streaming." The drop down menu for Internet Streaming should be "Fast Start."



Movie Settings

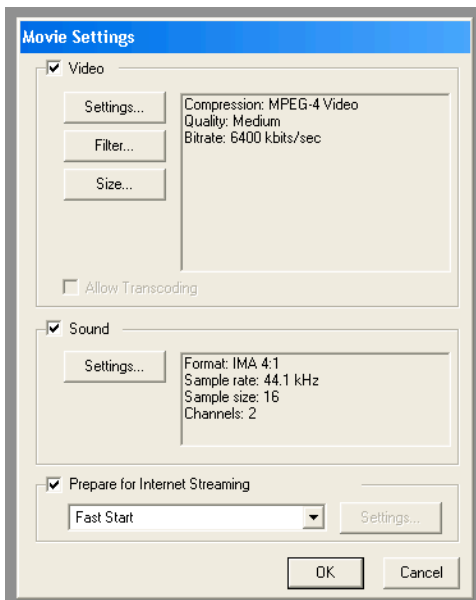
Entry Instructions & File Requirements for Exporting from Avid

- Next click on the Video Settings button and a "Standard Video Compression Settings" window will appear.



Standard Video Compression Settings

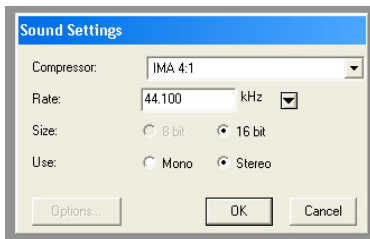
- Set the Compression Type drop down menu to "MPEG-4 Video."
- Frame Rate should be "Current" and Key Frames should be "Automatic."
- Data Rate should be set to "Restrict to 6400 Kbits/sec" and "Optimized for Download."
- Compressor Quality should be set to "Best."
- Click on "OK."



Movie Settings

Entry Instructions & File Requirements for Exporting from Avid

- Next from the Movie Settings box click on the "Sound Settings" button.



Sound Settings

- A Sound Settings window will appear.
- Compressor should be set to "IMA 4:1"
- Rate should be 44.100 KHz, Size to "16 bit" and Use to "Stereo."
- Click on "OK" and then from the Movie Settings box click "OK" again.

- You have now created your export settings to the proper file requirements for UPLOADING your file to the WHNPA TV Contest FTP Site.
- Click on the "Save as" button and name your export settings such as "WHNPA 2010 MPEG-4 SD" for exporting 4x3 SD projects or "WHNPA 2010 MPEG-4 HD" for exporting 16x9 HD projects.
- The SD and HD export settings are the same except for the "Video Format Width x Height" and the "Display Aspect Ratio" settings.
- Click "OK" then "Save."
- You are now ready to export your sequence and create your QuickTime MPEG-4 file to the proper specifications for uploading your entry to the 2010 TV Contest FTP site. All of your file names MUST follow the naming conventions explained above. Create a separate file for each entry. Choose a location to save your file, and Click "Save."
- Detailed instructions for uploading to the contest FTP site from both PC and Mac platforms are contained in separate PDF documents called "FTP Upload from PC." and "FTP Upload from Mac."
- Direct all questions and concerns to: tvcontestinfo@whnpa.org and a member of the contest committee will respond.