



## Instructions for export from Premiere Pro

If you have a DV or an HDV project, consult the “168 Film Project” specs for tape leader and format. If you do not have a tape deck, then you can export file as per the instructions in a supported file format.

It is always best to use the native frame rate and image size of your project and camera system.

Note: Europe and other countries are ok to use PAL & 25fps. HD.

**Please note on a read me document and or a sheet of paper what format you are using from the list below.**

Supported file formats in order of preference:

QuickTime HD 1920x1080 aspect Square Pixels, 23.98[fps] or 29.97 [fps], Progressive w/ DNxHD codec (must be installed. See instructions below)

1280x720 aspect Square Pixels , 23.98[fps] or 29.97 [fps], Progressive w/ DNxHD codec

1920x1080 aspect Square Pixels, 23.98[fps] or 29.97 [fps], Progressive w/ 8-bit uncompressed YUV 4:2:2 codec

1280x720 aspect Square Pixels, 23.98[fps] or 29.97 [fps], Progressive w/ 8-bit uncompressed YUV 4:2:2 codec

QuickTime SD (NTSC or PAL Widescreen use preset & Native frame rate of source 23.98,25,29.97)

720x480, 23.98 [fps] or 29.97 [fps], Lower field first, Aspect: D1/DV NTSC,

PAL- 720x576, 25 [fps], Lower field first, Aspect: D1/DV PAL

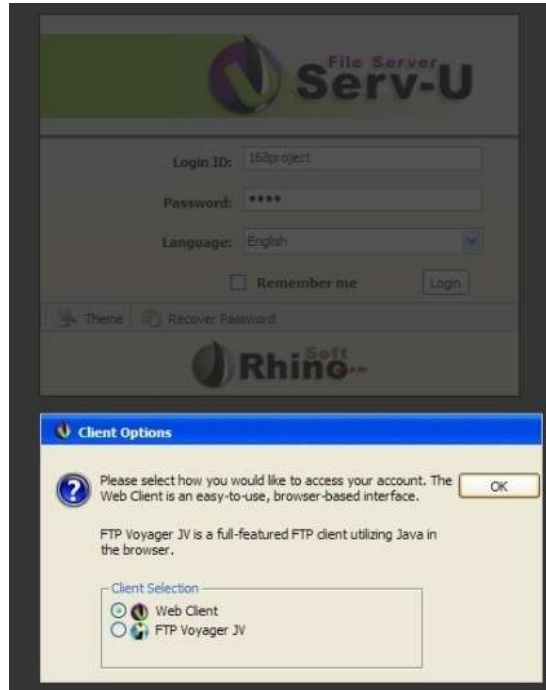
Microsoft AVI (NTSC or PAL Widescreen use preset & Native frame rate of source 23.98,25,29.97)

720x480, 23.98 [fps] or 29.97 [fps], Lower field first, Aspect: D1/DV NTSC,

PAL- 720x576, 25 [fps], Lower field first, Aspect: D1/DV PAL

1. Log on to our client file server to get your software for the DNxHD Codec and presets if you need them. Download the Codec, install it. For your convenience, Roush Media has created some preset setting for you to use in Premiere pro cs4. These are all the .epr files in the folder “premiere pro cs4 presets” more on this is below.

- i. To Log on In your web browser go to <http://clients.roush-media.com>
- ii. Enter “168project” as the Login ID, and “2010” as the Password.
- iii. When asked how you would like to access your account, select Web Client.



- iv. Download the PC AvidCodecs file.



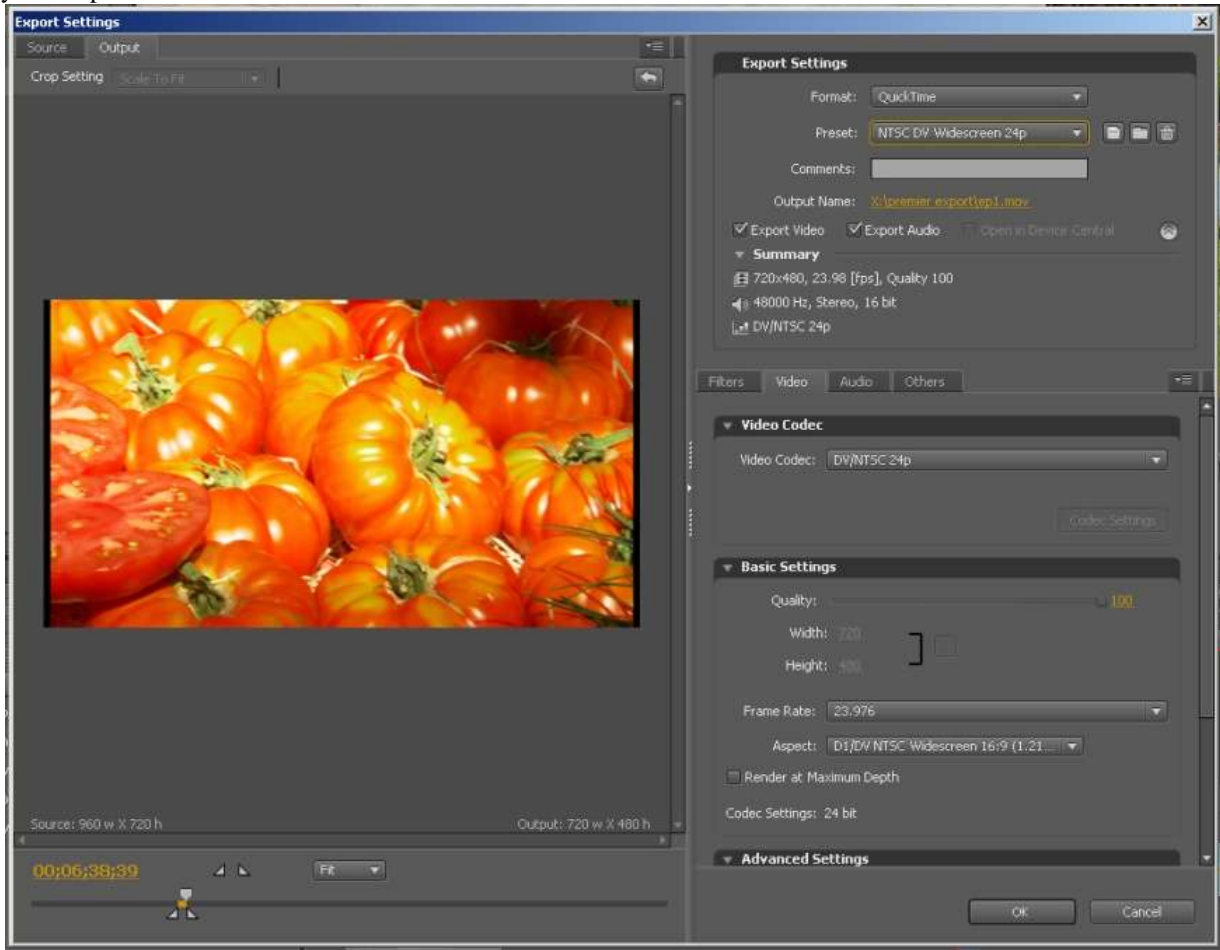
- v. Unzip the file and install it on your system.
2. With the new settings loaded, choose the appropriate setting in the Export Settings window.

3. Load your Premiere Pro project. Select the timeline you want to export and open it.
4. Under the **File** menu, choose **Export** then **Media...** to open the “Export Settings” window.



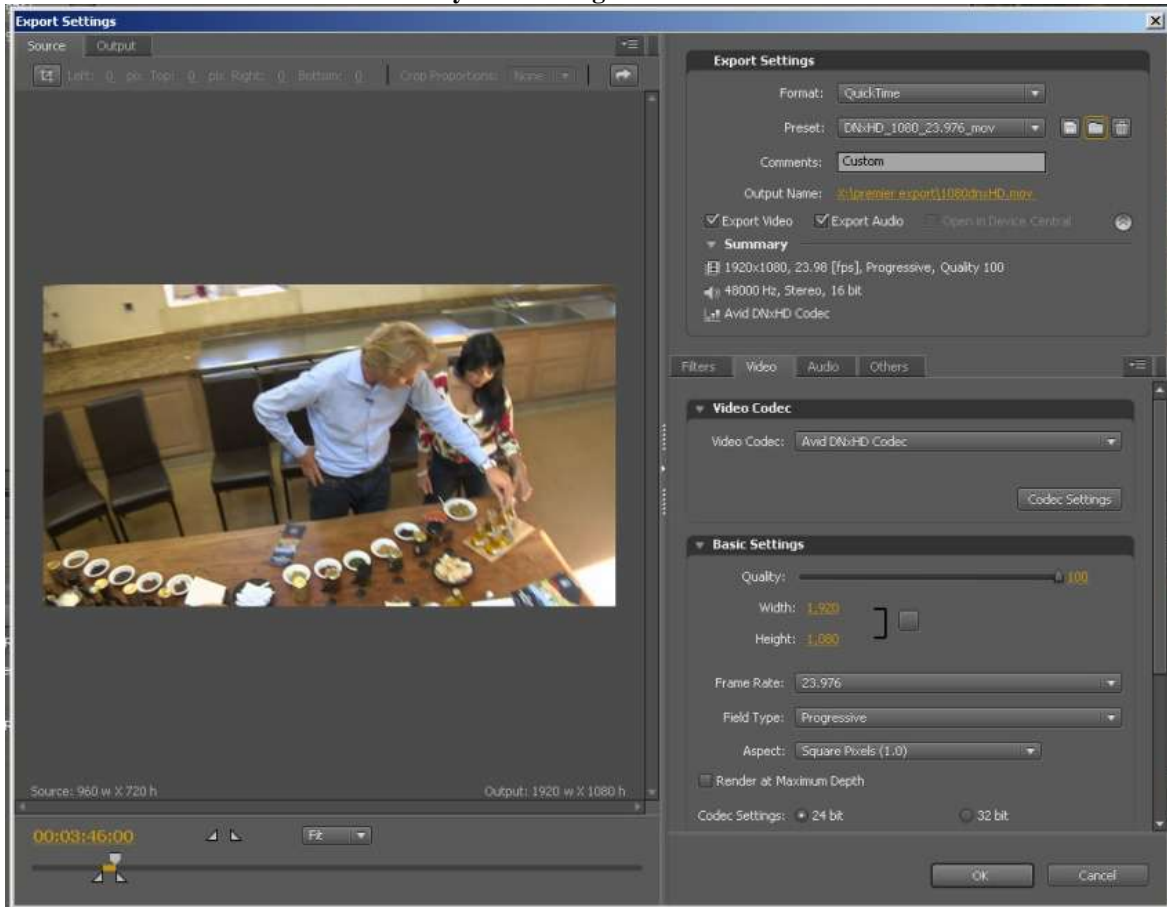
5. If you want to load the preset for your project click on the folder icon next the preset dropdown box and browse to the location where you saved the .epr and choose one.

- a. For choose the appropriate setting in the Export Settings window. Remember to name and give a location to your output name of the file.



(Standard Def, SD NTSC DV 24p export setting window.)

QuickTime HD DNxHD export with our preset. **Important** : you will need to click on codec settings and choose a bit rate for the frame rate you are using.



Choose from the **Resolutions** a setting that matches your project (size and frame rate). Select the highest 8-bit setting from that appropriate group.

- ✓ 1080i/59.94 DNxHD 220 10-bit
- 1080i/59.94 DNxHD 220 8-bit
- 1080i/59.94 DNxHD 145 8-bit
- 1080i/50 DNxHD 185 10-bit
- 1080i/50 DNxHD 185 8-bit
- 1080i/50 DNxHD 120 8-bit
- 1080p/25 DNxHD 185 10-bit
- 1080p/25 DNxHD 185 8-bit
- 1080p/25 DNxHD 120 8-bit
- 1080p/25 DNxHD 36 8-bit
- 1080p/23.976 DNxHD 175 10-bit
- 1080p/23.976 DNxHD 175 8-bit
- 1080p/23.976 DNxHD 115 8-bit
- 1080p/23.976 DNxHD 36 8-bit
- 1080p/24 DNxHD 175 10-bit
- 1080p/24 DNxHD 175 8-bit
- 1080p/24 DNxHD 115 8-bit
- 1080p/24 DNxHD 36 8-bit
- 720p/59.94 DNxHD 220 10-bit
- 720p/59.94 DNxHD 220 8-bit
- 720p/59.94 DNxHD 145 8-bit
- 720p/23.976 DNxHD 90 10-bit
- 720p/23.976 DNxHD 90 8-bit

6. Click OK and the run any batch queue to export the QuickTime file to a destination and file name of your choice.