resoundPOST

275 Vanderbilt Avenue · Brooklyn, NY 11205 · 718.288.4837

OMF export from Final Cut Pro

1)   select the sequence you want to export in your project bin
2)   from the **File** menu select **Export** then **Audio to OMF**
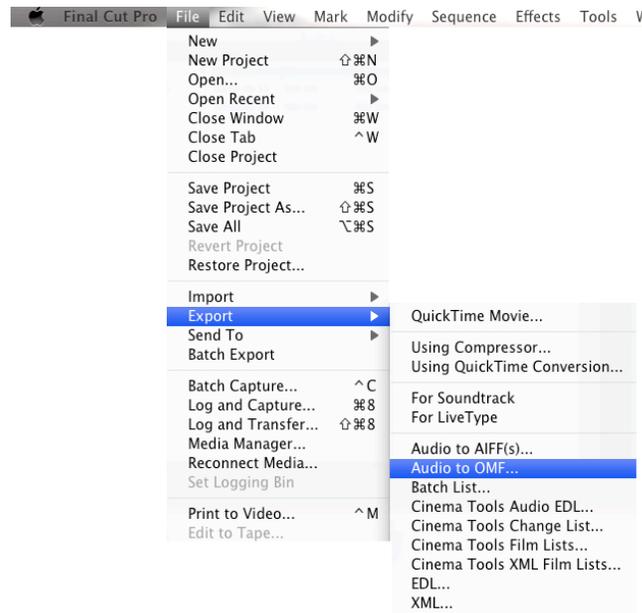
3)   in the **OMF Audio Export** dialog box select:
            48 kHz
            24-bit (if your sound sources are all 16-bit you can select a depth of 16)
            Handle Length 00:00:10:00
            ✓ Include Crossfade Transitions
            ✓ Include Levels
            ✓ Include Pan
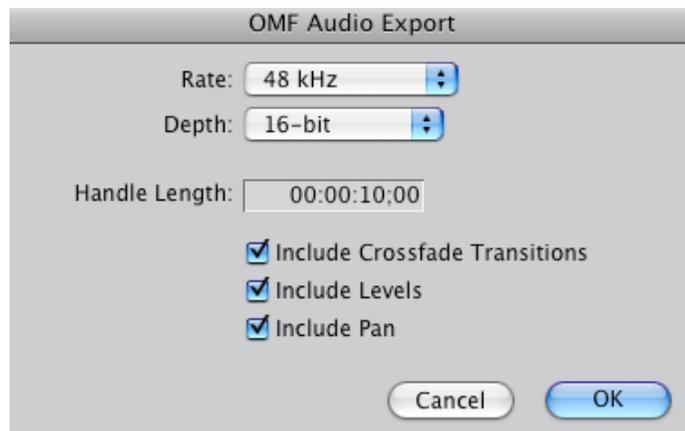
4)   **save file** to a local drive to be copied later, or directly to a portable drive.

        OMF files have a file size limit of 2GB. For projects that are not broken into film reels, you may
        need to split your sequence in other ways. If you have 16 tracks try splitting into groups (tracks
        1-8 in OMF A tracks 9-16 in OMF B)