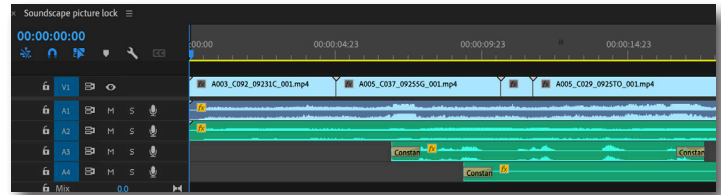


Exporting OMF Files from Premiere Pro

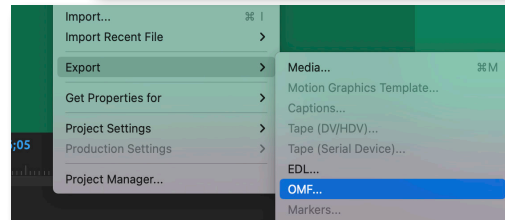
Exporting OMF (Open Media Framework) files

OMF files contain metadata about your media files such as clip length, handle length, timeline position, name of clip, and volume/pan information, as well as the actual audio and/or video.

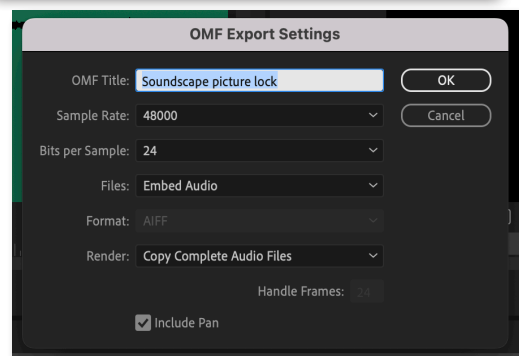
Place an *In Point* at the first frame of your media and *Out Point* at the last frame of media. Also, be sure that all desired tracks are selected and not muted.



From the top menu select
File > Export > OMF



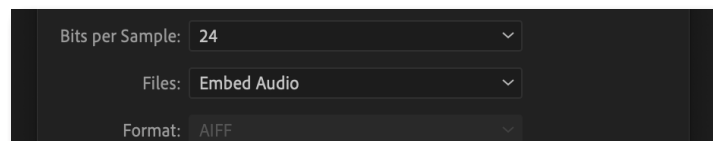
The *OMF Export Settings* window will open.



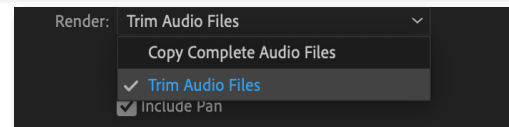
By default the **OMF Title** will match that of your sequence- give it a different name if needed.

The **Sample Rate** and **Bits per Sample** (Bit Depth) should match those in your project settings.

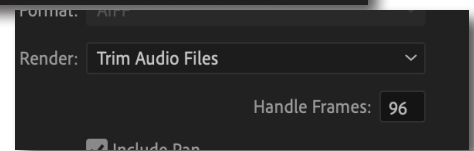
From the *Files* pulldown menu select **Embed Audio**.



From the *Render* pulldown menu, choose **Trim Audio Files**.



This will allow you to add 'handles' (in this case 96 frames) in case the audio files need to be extended later.



Click the **OK** button.

Navigate to the location you would like to export your OMF to, and click the blue **Save** button at the bottom right of the window.

