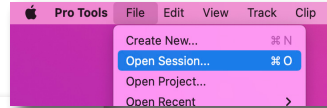


Working with OMF Files in Pro Tools

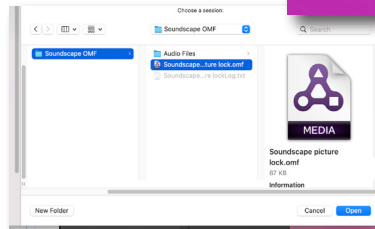
Importing OMF (Open Media Framework) files

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.

With Pro Tools open, go to File > Open Session,



and navigate to your OMF file.

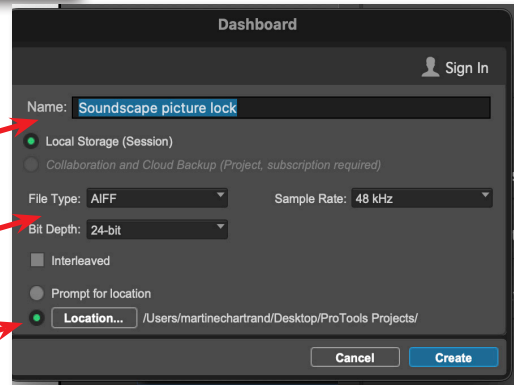


Select it, and click the blue **Open** button at the bottom right of the window.

A new window will open.

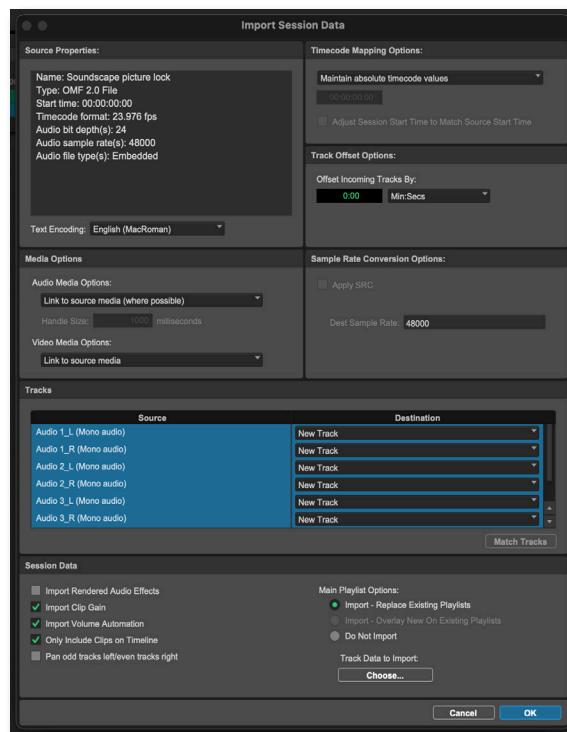
By default it will name your session with the same title you gave your OMF export; you can change it if you would like.

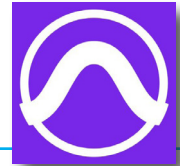
Below that are the settings your OMF file has. You can change them at this point if need be.



Finally, select the location for your Pro Tools session to be saved to, and click the blue **Create** button at the bottom right.

The Import Session Data window will open next, displaying all the data associated with your OMF file, and how it will be imported into your new Pro Tools session.

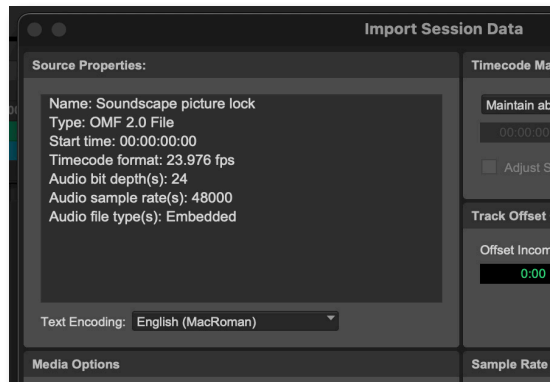




Working with OMF Files in Pro Tools

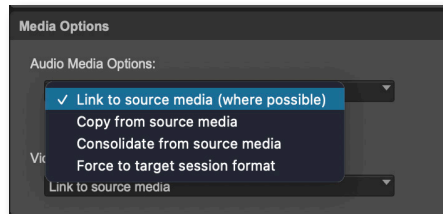
Importing OMF (Open Media Framework) files

In the top left, the properties of your media are listed, describing the timecode format, bit depth, sample rate and type of audio file. These properties were all set when the OMF file was first created (for example, exported from a Premiere Pro timeline).

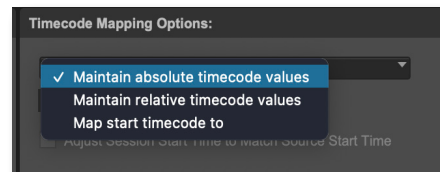


The *Media Options* are just below that.

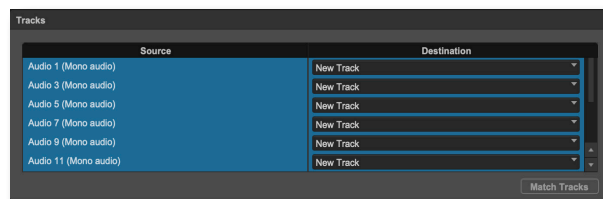
Usually you will want to link to the source media which was exported along with the OMF files.



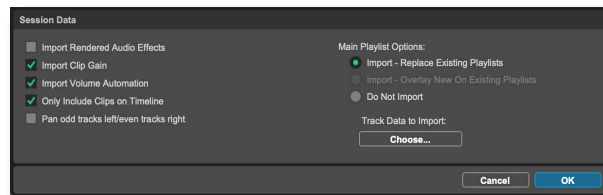
Selecting **Maintain absolute timecode values** will ensure that you are working with the same timecode information used in the project the OMF was exported from.



The *Tracks* window will allow you to modify the tracks in Pro Tools from the way they were in the project the OMF file came from. As this is a new session, leaving the *Destinations* as **New Track** will duplicate the tracks original layout.



The *Session Data* window lists a number of data elements you can import, such as clip gain, fades, and pans.



With those properties reviewed, click the blue OK button at the bottom right of the window.

Your new Pro Tools session will open.

