1. Export your show

Slate:

NO BARS & TONE!

NO SLATE! Your program content must start with a fade up from black, and end with a fade to black within the show's expected, frame-accurate duration (26:40.00 or 56:40.00)

Format: (see screen grab)

(These instructions are for Adobe Premiere Pro. Final Cut settings may differ.)

XDCAM, HD 25, NTSC (MXFOP1a), 60i

Size: 1440x1080

FPS: 29:97

Upper Field

Aspect 1.333

Bitrate 25Mbps

▼ **Export Settings**

☐ Match Sequence Settings

Format: MXF OP1a ▼

Preset: XDCAM HD 25 NTSC 60i ▼

Comments:

Output Name: Julie Speer.mxf

✓ Export Video   ✓ Export Audio

▼ **Summary**

Output: C:\User...er\Documents\Adobe\Premiere Pro\10.0\Julie Speer.mxf
1440x1080 (1.3333), 29.97 fps, Upper, 00;00;05;20
48000 Hz, Stereo, 16 bit

Source: Sequence, Julie Speer
642x815 (1.0), 29.97 fps, Progressive, 00;00;05;20
No Audio

Effects   Video   Audio   Captions   Publish

▼ **Video Codec**

Video Codec: XDCAMHD 25 NTSC ▼

▼ **Basic Video Settings**

Width: 1,440
Height: 1,080

Frame Rate: ● 23.976   ● 29.97

Field Order: ● Progressive   ● Upper First

Aspect: HD Anamorphic 1080 (1.333) ▼

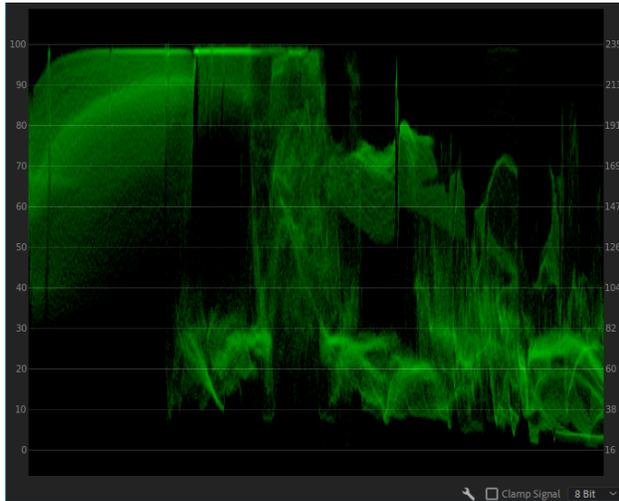☐ Render at Maximum Depth

✓ Enable Smart Rendering codec

▼ **Advanced MXF Settings**

Edit Units Per Partition: ● Default   ● Custom

Custom Value: 300

☐ Sony device compatibility

☐ Use Maximum Render Quality   ☐ Use Previews

☐ Import into project

☐ Set Start Timecode 00;00;00;00

Time Interpolation: Frame Sampling ▼

Metadata...   Queue   Export   Cancel

Color: "Broadcast Safe"

Blacks: not to extend below 0%

Whites: Not to exceed 100%

Audio:

Uncompressed
2 channel (Stereo)
48KHz, 16bit sample rate
Peaking no more than -12db

Closed-Captions

Make sure to import MCC caption files. (.scc files may also be used, but we've had better success by using .mcc)

Specify 608 captions (required). 708 captions are optional as a secondary track. If 708 are not present, they will be synthesized prior to ingest.

Make sure the captions do not interfere with your lower-thirds. If they do, just adjust the vertical position to not interfere with on screen graphics. When positioning captions, it is also recommended to avoid obscuring the mouth and eyes of any on-camera speakers.

When exporting, captions need to be **_embedded_**! *Not burned-in or sidecar.*

http://www.3playmedia.com/ is one possible source for the MCC file, www.rev.com is another.

For more information on adding captions in Adobe Premiere Pro, please visit;
https://helpx.adobe.com/premiere-pro/using/working-with-captions.html

2. Create a promo spot

NO SLATE REQUIRED
TRT   :30 seconds
If you can deliver a :30 promo of the best sound bytes, or a narrated spot, ie. "follow one man's journey..." etc, up to 25 seconds with 5 seconds of just music at the end, that would be fantastic! We may use this to promote the show's broadcast on RMPBS.

3. Upload full show and promo spot to Hightail.com

https://spaces.hightail.com/uplink/RMPBS

Please send us an email to let us know when and what you've uploaded.