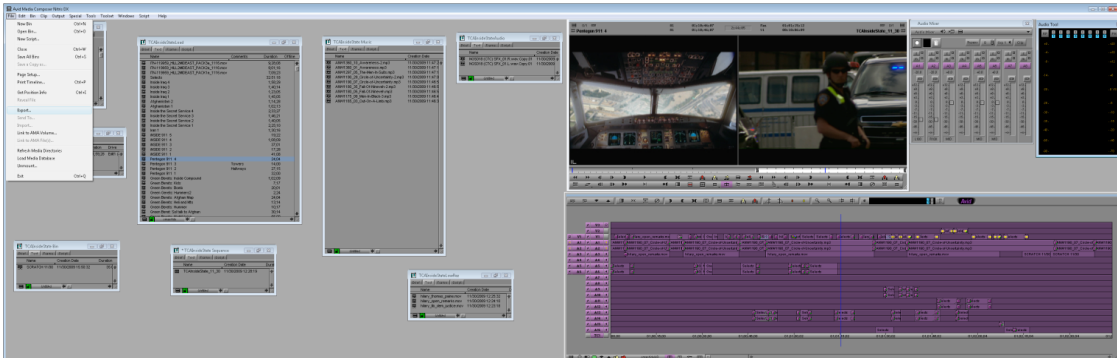
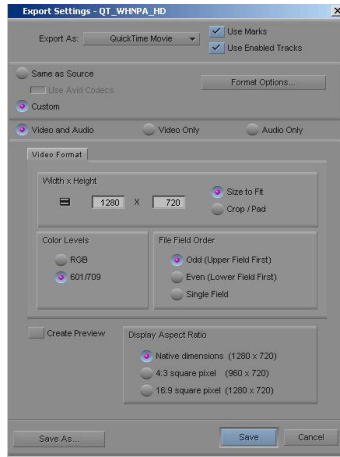


Entry Instructions & File Requirements for Exporting from Avid

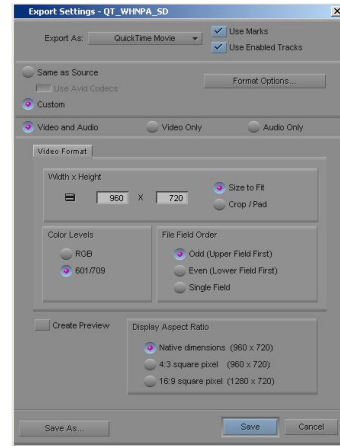
- The name of your entry file MUST follow this Naming Convention exactly:
- *Category type & number_name of entry_entrant initials*. For example, if Charlie MacDonald entered a piece named “Security” in the E-02 category the name of the Sequence and exported file would be: E02_Security_CM
- The Naming Convention for the Two Jpegs should be the same as the files except with a _1 or _2 at the end of the name. E02_Security_CM_1
- The total file name MUST be limited to 27 characters. Your story title can be longer in the Summary Sheets. Shorter titles work better.
- The file naming convention MUST be followed exactly.
- Load your story into a Sequence, your Audio Output must be Stereo.
- Highlight all of your tracks and set an In and Out for the entire sequence.
- Click on File and then on Export.



- An Export settings window will appear. At the top of the window you will see an "Export As" drop down menu. Click on it and select "QuickTime Movie".



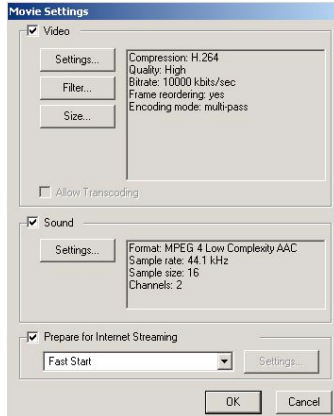
HD 16x9 Video



SD 4x3 Video

Entry Instructions & File Requirements for Exporting from Avid

- Click on the two buttons next to the drop down menu labeled "Use Marks" and "Use Enabled Tracks"
- "Custom" should be highlighted as well as "Video and Audio."
- In the middle of the Export As window in the Video Formant section, set the drop down menu to Width x Height 960 x 720 and "Size to Fit" if you are exporting a 4x3 Standard Definition project.
- If you are exporting a 16x9 High Definition or 16X9 Standard Definition project, the Width x Height should be set to 1280 x 720 and "Size to Fit."
- Color should be set to "601/709" and File Field Order should be "Odd (Upper field first)."
- Aspect Ratio should be "Native dimensions (960 X 720)" for 4x3 SD projects or "Native dimensions (1280 x 720)" for 16x9 HD or 16X9 SD Projects.
- Next click on the "Format Options" button on the upper right of the Export As window.
- A Movie Settings window will appear. Click on the check boxes for "Video", "Sound" and "Prepare for Internet Streaming." The drop down menu for Internet Streaming should be "Fast Start."

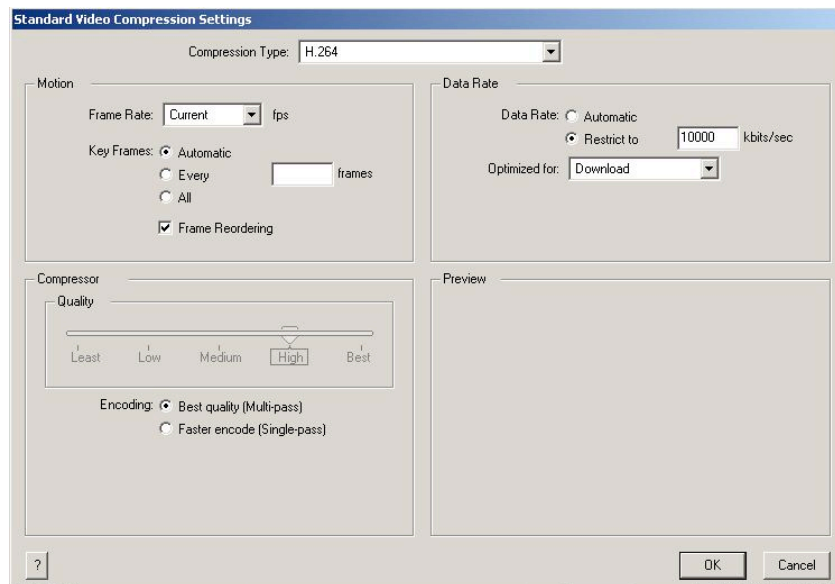


Movie Settings

3

Entry Instructions & File Requirements for Exporting from Avid

- Next click on the Video Settings button and a "Standard Video Compression Settings" window will appear.

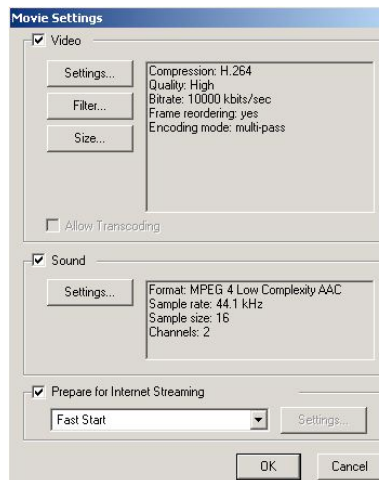


Standard Video Compression Settings

- Set the Compression Type drop down menu to "H.264."

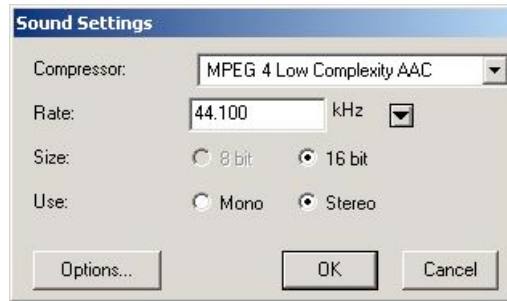
- Frame Rate should be "Current" and Key Frames should be "Automatic."
- Data Rate should be set to "Restrict to 10000 Kbits/sec" and "Optimized for Download."
- Compressor Quality should be set to "High" and the Encoding "Best quality (Multipass)" button should be punched
- Click on "OK."

Entry Instructions & File Requirements for Exporting from Avid



Movie Settings

- Next from the Movie Settings box click on the "Sound Settings" button.
Sound Settings



Sound Settings

- A Sound Settings window will appear.
- Compressor should be set to "MPEG 4 Low Complexity AAC"
- Rate should be 44.100 KHz, Size to "16 bit" and Use to "Stereo."
- Click on "OK" and then from the Movie Settings box click "OK" again.
- Click on the "Save as" button and name your export settings such as "WHNPA 2011 H264 SD" for exporting 4x3 SD projects or "WHNPA 2011 H264 HD" for exporting 16x9 HD projects.
- The SD and HD export settings are the same except for the "Video Format Width x Height" and the "Display Aspect Ratio" settings.
- You are now ready to export your sequence and create your QuickTime. Choose a location to save your file, and Click Save.
- To upload your file or files please copy and paste the link below into your browser and follow the instructions on the screen. We are using National Geographic's file delivery system. You may send multiple files at once however the total size cannot exceed 2 Gigabytes. Please include your entry form file as well as three Jpegs that best illustrate each one of your stories with every upload. If you are sending more than 2 Gigabytes, you will have to split up your files and upload a second time. You must include your entry form file with every upload. The upload process does take some time so please be patient. You will receive a conformation from Charles MacDonald. If you do not receive a conformation after a couple of days please email; contest.video@whnpa.org.
- The upload link is as follows:
<http://files.natgeonetworks.com/Login>
The Username and Password are both "whnpa2015"
- Direct all questions and concerns to: tvcontestinfo@whnpa.org and a member of the contest committee will respond.