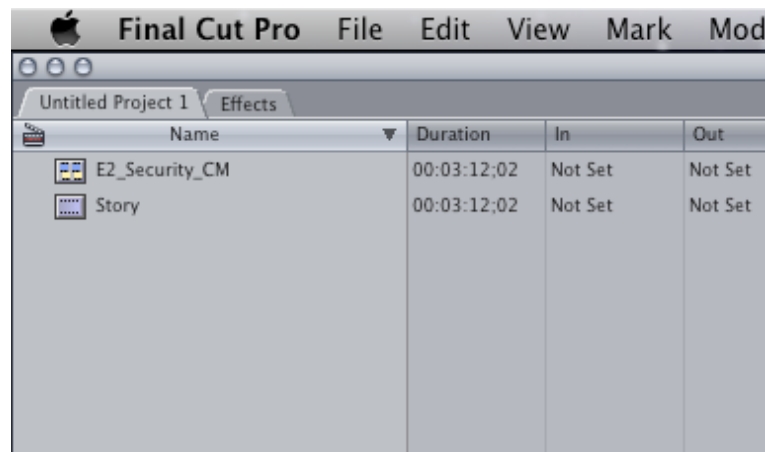
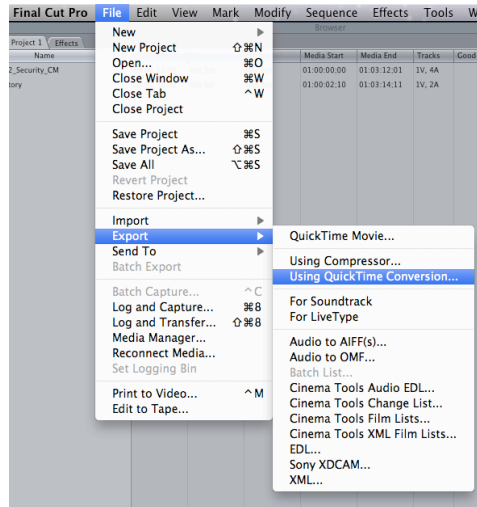


## Entry Instructions & File Requirements for Exporting from Final Cut Pro

- 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 E02 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.
- Load your story into a Sequence.
- Set an In and Out for the entire sequence.

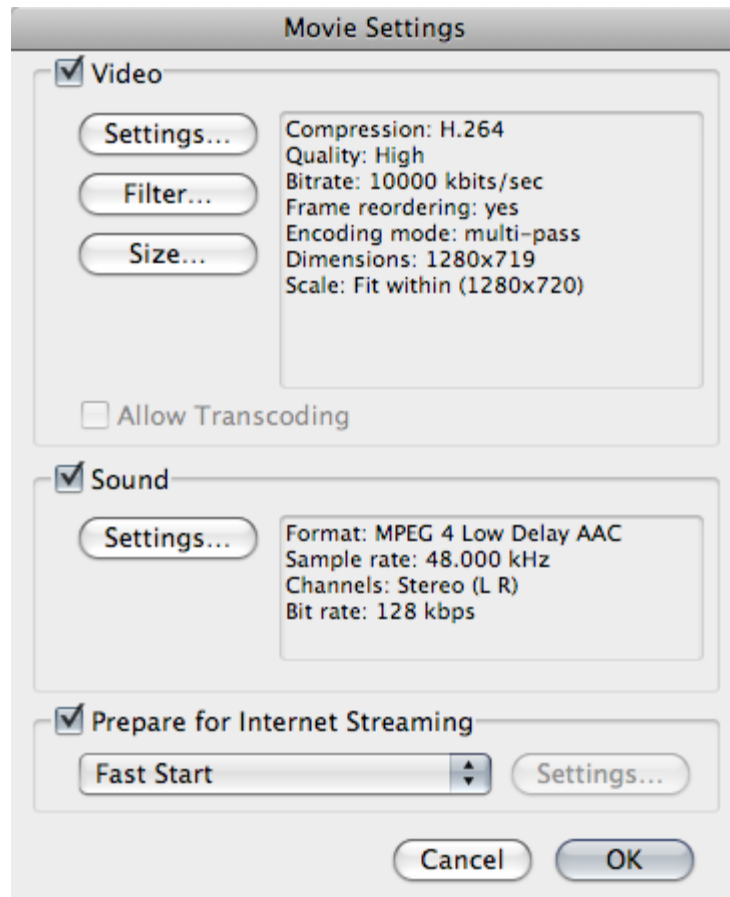


- Click on File > Export > Using QuickTime Conversion



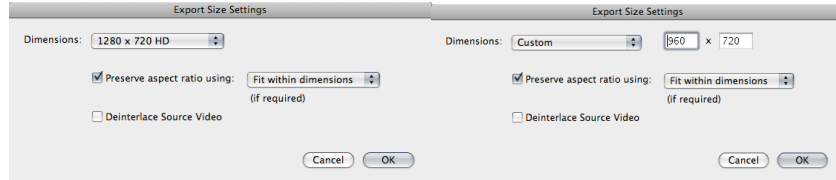
## Entry Instructions & File Requirements for Exporting from Final Cut Pro

- Click on the “Options” button to the right of the “Format” drop down.
- An Export settings window will appear. Follow the image below and fill in the following information.



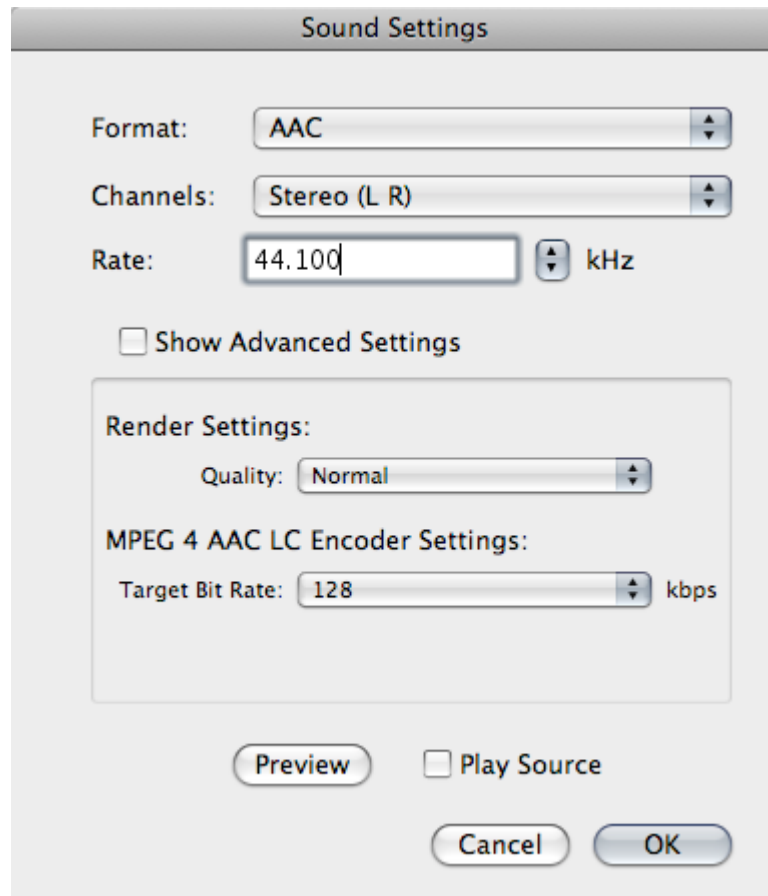
## Entry Instructions & File Requirements for Exporting from Final Cut Pro

1. File Format: Click the drop down and select "H.264"
2. Bit Rate: 10000 kbits/sec
3. Frame Reordering: Yes
4. Image Size: Click the drop down and select "Custom"



5. Select the appropriate width/height 1280 X 720 (HD), 1280 X 720 (16X9) or 960 X 720 (SD)
6. Frame Rate: Click the drop down and select “Current”
7. Key Frame: Check the radio button for “Automatic”

➤ Once this is set click the “Audio” tab in the middle of the top bar.



1. Format: ACC
2. Channels: Stereo (L/R)
3. Rate: 44.10 kHz
4. Render Settings Quality: “Normal.”
5. Target Bit Rate: 128 kbps
6. Now click “OK” in the bottom right.

➤ 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](mailto: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: [contest.video@whnpa.org](mailto:contest.video@whnpa.org) and a member of the contest committee will respond.