

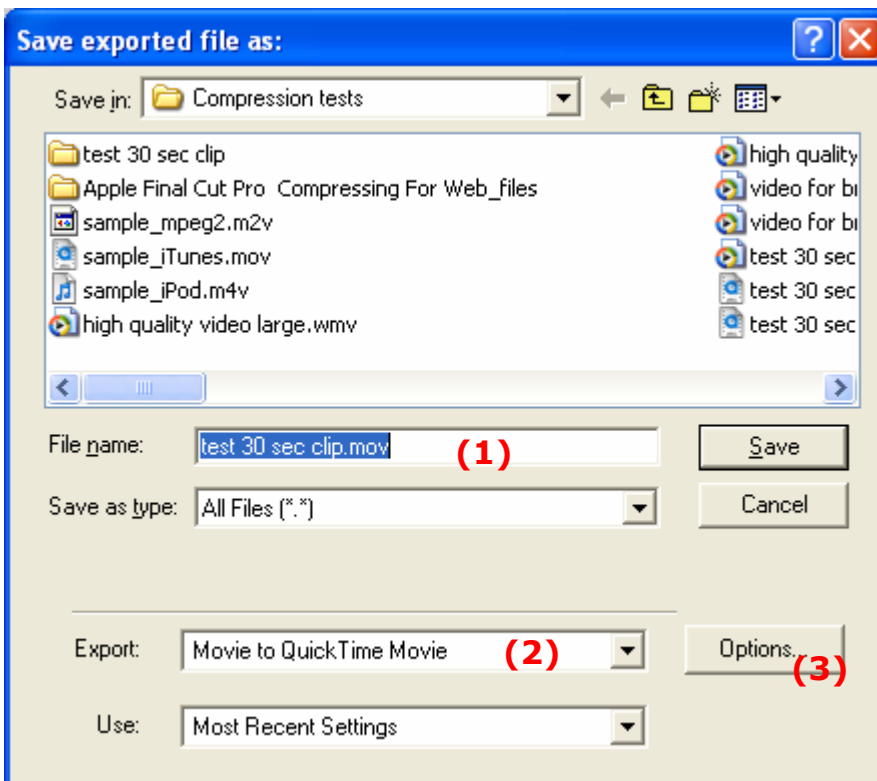
USING QUICKTIME TO CREATE COMPRESSED FILES

To export a web-ready file, you'll need Quicktime Pro (around \$30 from www.apple.com).

Note: These screenshots are from a Windows-based PC, but the same steps apply to a Mac.



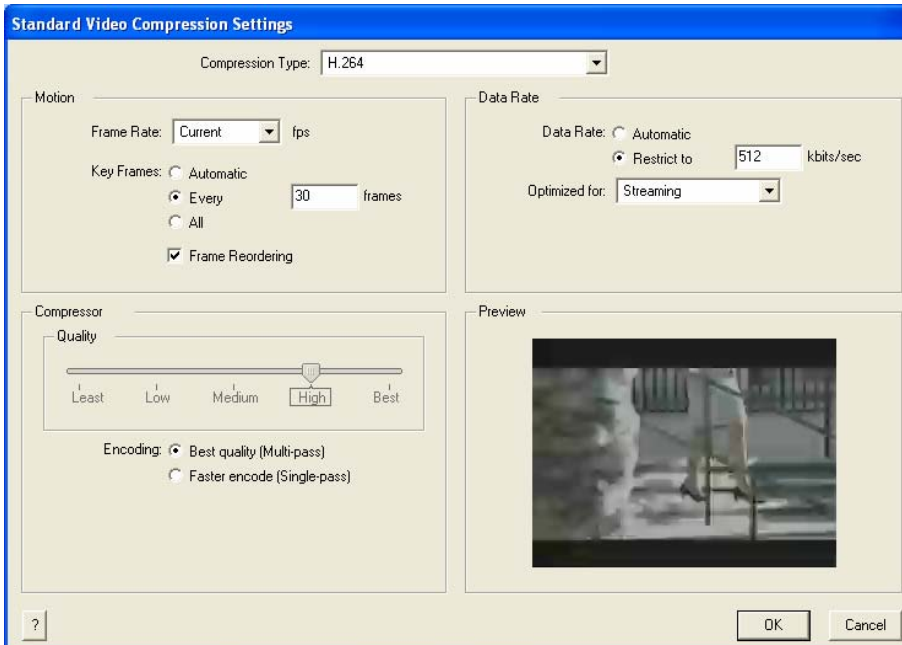
Open your file in Quicktime. Then, from the File menu, choose Export (note: do NOT choose Export for Web).



(1) Type in the filename you wish to use.

(2) In the "Export" box, select "Movie to QuickTime Movie" from the drop-downlist.

(3) Click on "Options" to select the appropriate settings.



Settings (Video):

Compression Type:

H.264

Frame Rate:

current fps

Key Frame:

Every **300** frames

Quality:

High

Data Rate:

Restrict to **512** kbits/sec

Then click on *OK*.

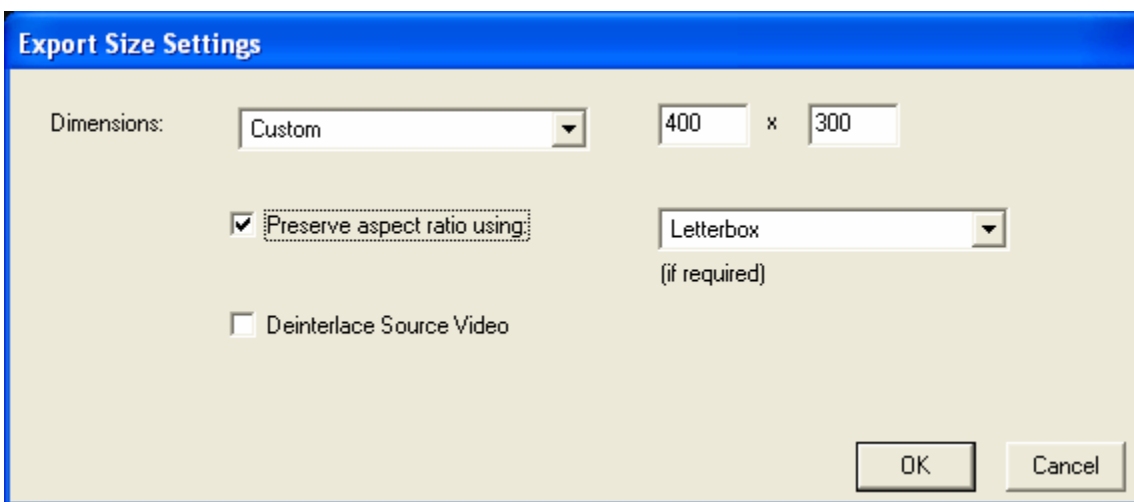
Size (Video):

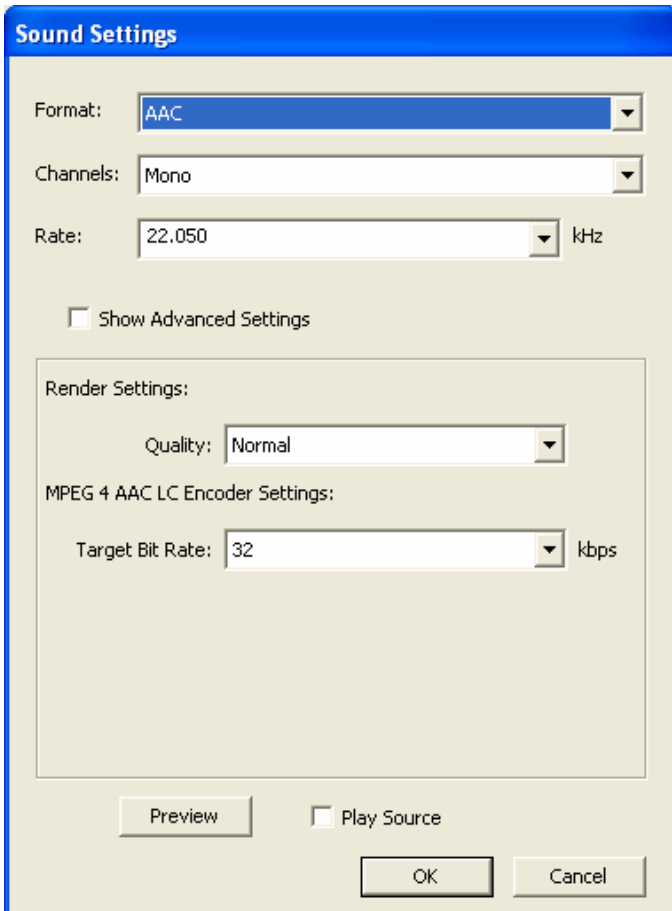
Select *Size* under *Video*, then select *Custom* under Dimensions.

Type the settings **400 x 300** as show below.

Leave *Preserve aspect ratio using:* selected, with Letterbox chosen from the drop down list (should be the default).

Then click on *OK*.



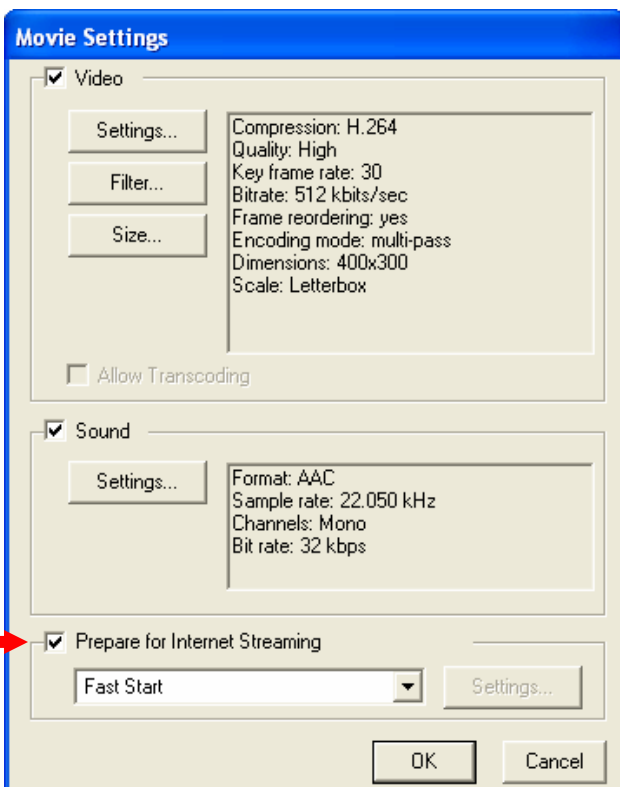


Settings (Sound):

Format:
AAC
Channels:
Mono
Rate:
22.050 kHz

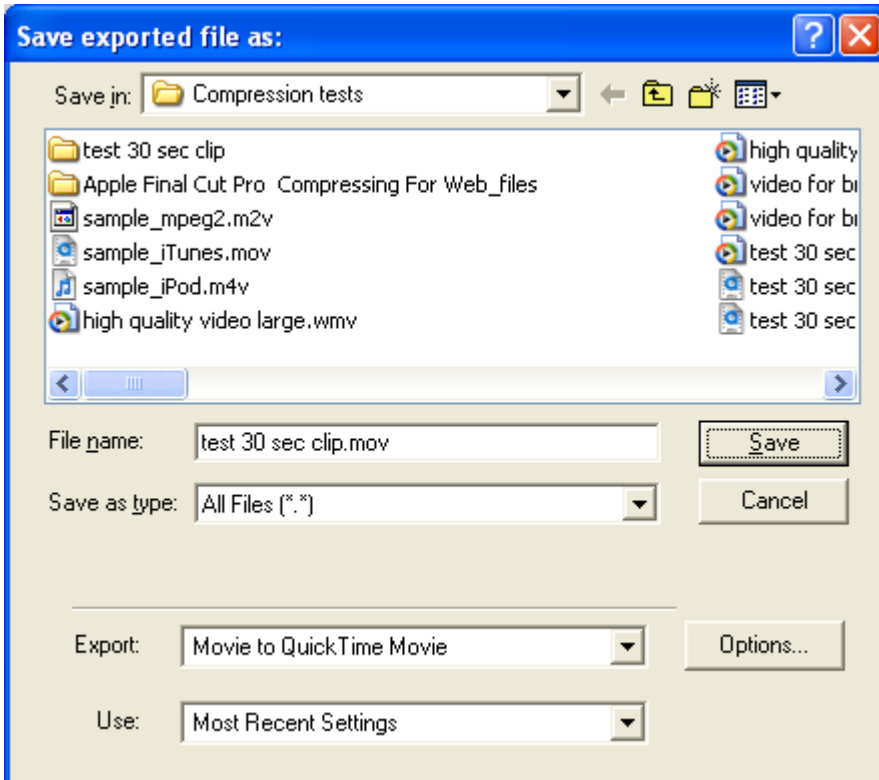
Render Settings:
Normal
Linear PCM Settings:
32 bits

Then click on *OK*.

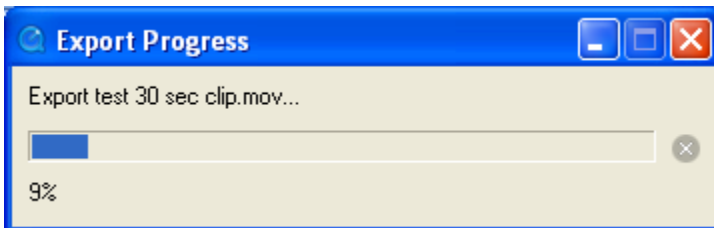


From the *Movie Settings* screen, make sure *Prepare for Internet Streaming* has been selected, then choose *Fast Start* from the dropdown list (should be the default).

Then click on *OK*.



Click on Save to export the file.



This window will appear to show you the progress. Once finished, the compressed file will be saved in the folder you indicated (above) and you can upload the file(s) to the Now Casting website using Auditions on Demand.