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Exporting your Sequence as an OMF from Final Cut Pro

Highlight your sequence in the Browser and click File > Export > Audio to OMF

1. Set the Sample Rate to 48k and 16-bit (which is the default)
2. Set Handle Length to 00:00:05.00
3. Be sure to turn **OFF** "Include Crossfade Transitions"
4. Click OK

Save the File using a short descriptive filename (keeping the ".OMF" extension) to your removable firewire drive or DVD/CD for delivery to Oasis Digital.

The .OMF file which is created contains all of your project audio, sequence timecode information. None of your audio mixing from Final Cut will transfer (volume changes, EQs, effects, etc).

OMF has an internal limit of 2 GB. This translates into ROUGHLY 6 tracks of mono, 16-bit audio, each one-hour long. (A 16-bit mono audio clip is roughly 5 MB per minute.)

If you try to export only part of a sequence to an OMF file, setting In's and Out's won't work. Using OMF always exports the entire sequence, regardless of how In's and Out's are set.

Consequently, if your OMF file threatens to be larger than 2 GB, turn off some of the Track Visibility lights on the far left of your Timeline. Only tracks who's visibility lights are lit (glowing green) will be exported. Then, export in sections, where each OMF file is, say, tracks 1 thru 6 and the second section is tracks 7 thru 12.