

How to Export an OMF for Sound Department (Final Cut Pro)

1. Duplicate sequence.
 2. Delete video tracks from copied sequence.
 3. Go to File > Export > Audio to OMF.
 4. A dialogue box comes up. Select desired sample rate and bit depth.
 5. Type in handle length, which should be at least 4 seconds.
 6. Make sure to include crossfades and levels.
 7. Click "Ok" and then save file to desired location and click "Save".
- ***Make sure the size of the OMF does not exceed 2GB. If it does, then create 2 sequences. One that has audio tracks A1-A6 and another that has A7-A12. Then export both.