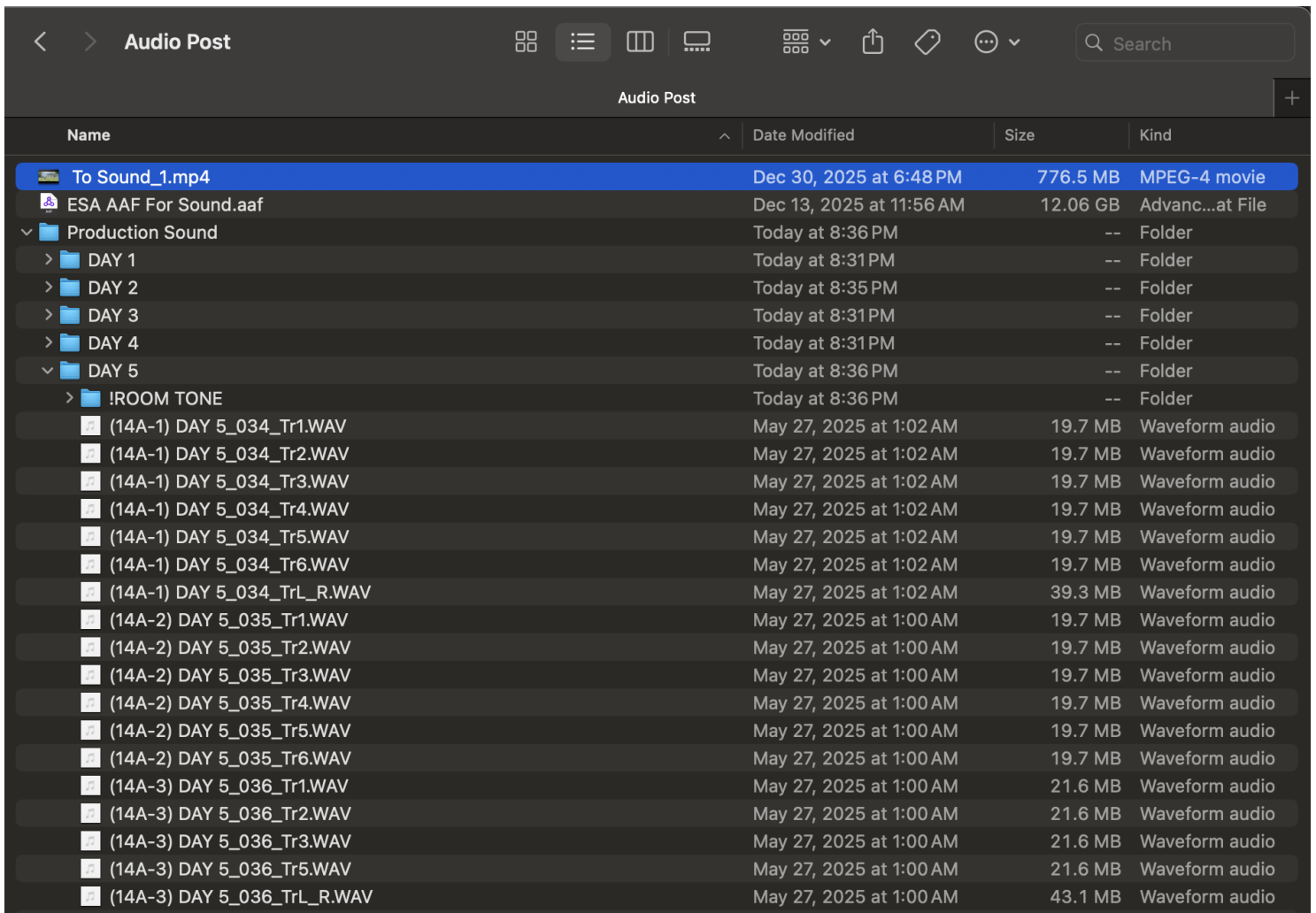


Prepare and Export Your Premiere Pro or Black Magic Timeline for Sound Mixing

Prep

1. I need one folder with the following contents:
 - 1x Production Sound Folder
 - 1x AAF File
 - 1x 1080p Video File with Timecode burn



Name	Date Modified	Size	Kind
To Sound_1.mp4	Dec 30, 2025 at 6:48 PM	776.5 MB	MPEG-4 movie
ESA AAF For Sound.aaf	Dec 13, 2025 at 11:56 AM	12.06 GB	Advanc...at File
Production Sound	Today at 8:36 PM	--	Folder
> DAY 1	Today at 8:31 PM	--	Folder
> DAY 2	Today at 8:35 PM	--	Folder
> DAY 3	Today at 8:31 PM	--	Folder
> DAY 4	Today at 8:31 PM	--	Folder
> DAY 5	Today at 8:36 PM	--	Folder
> !ROOM TONE	Today at 8:36 PM	--	Folder
(14A-1) DAY 5_034_Tr1.WAV	May 27, 2025 at 1:02 AM	19.7 MB	Waveform audio
(14A-1) DAY 5_034_Tr2.WAV	May 27, 2025 at 1:02 AM	19.7 MB	Waveform audio
(14A-1) DAY 5_034_Tr3.WAV	May 27, 2025 at 1:02 AM	19.7 MB	Waveform audio
(14A-1) DAY 5_034_Tr4.WAV	May 27, 2025 at 1:02 AM	19.7 MB	Waveform audio
(14A-1) DAY 5_034_Tr5.WAV	May 27, 2025 at 1:02 AM	19.7 MB	Waveform audio
(14A-1) DAY 5_034_Tr6.WAV	May 27, 2025 at 1:02 AM	19.7 MB	Waveform audio
(14A-1) DAY 5_034_TrL_R.WAV	May 27, 2025 at 1:02 AM	39.3 MB	Waveform audio
(14A-2) DAY 5_035_Tr1.WAV	May 27, 2025 at 1:00 AM	19.7 MB	Waveform audio
(14A-2) DAY 5_035_Tr2.WAV	May 27, 2025 at 1:00 AM	19.7 MB	Waveform audio
(14A-2) DAY 5_035_Tr3.WAV	May 27, 2025 at 1:00 AM	19.7 MB	Waveform audio
(14A-2) DAY 5_035_Tr4.WAV	May 27, 2025 at 1:00 AM	19.7 MB	Waveform audio
(14A-2) DAY 5_035_Tr5.WAV	May 27, 2025 at 1:00 AM	19.7 MB	Waveform audio
(14A-2) DAY 5_035_Tr6.WAV	May 27, 2025 at 1:00 AM	19.7 MB	Waveform audio
(14A-3) DAY 5_036_Tr1.WAV	May 27, 2025 at 1:00 AM	21.6 MB	Waveform audio
(14A-3) DAY 5_036_Tr2.WAV	May 27, 2025 at 1:00 AM	21.6 MB	Waveform audio
(14A-3) DAY 5_036_Tr3.WAV	May 27, 2025 at 1:00 AM	21.6 MB	Waveform audio
(14A-3) DAY 5_036_Tr5.WAV	May 27, 2025 at 1:00 AM	21.6 MB	Waveform audio
(14A-3) DAY 5_036_TrL_R.WAV	May 27, 2025 at 1:00 AM	43.1 MB	Waveform audio

Note: Video file has small file size, and the same frame rate you want me to edit to. AAF is 1 file that has all the audio files embedded inside of it. I will not accept an AAF with individual audio files all in one folder. Roomtone is inside of the folder with the day it was recorded on, and the shot it was recorded for.

2. PRODUCTION SOUND FOLDER

- Create folders by day (Day 1, Day 1 RoomTone, Day 2, etc.).
- Each file should clearly include shot + take in the name
 - (ex: SC03_TK02_LavA.wav).
 - (ex: SC03_TK01_ROOMTONE.wav).

3. PREPARE FOR AAF EXPORT

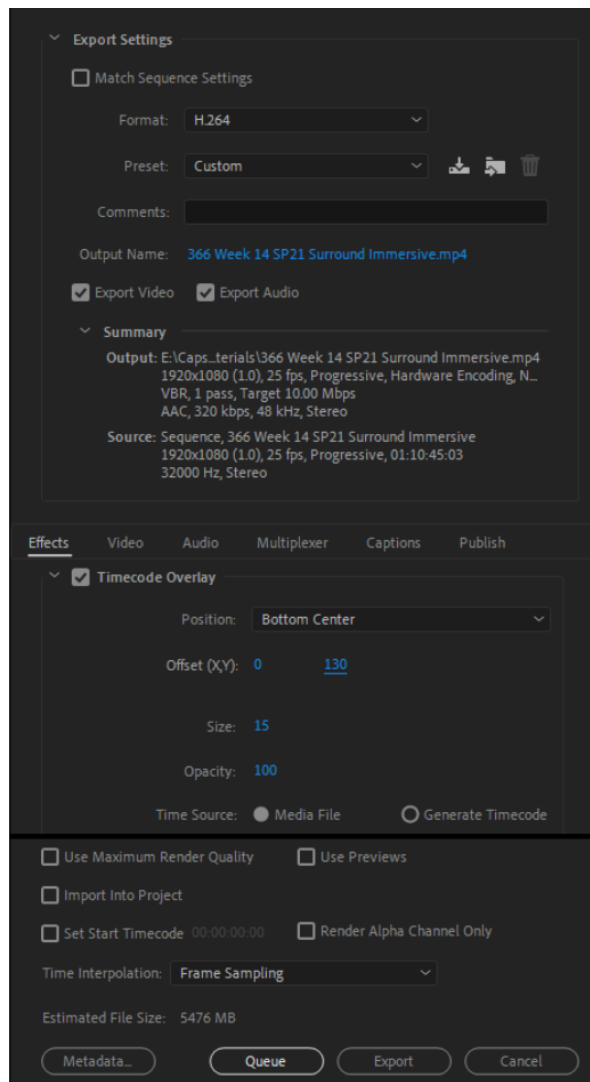
- Duplicate your sequence
 - Make a copy and rename it (ex: “_Sound Prep”).
 - This protects the original sequence from accidental changes.
- Replace nested audio
 - In the duplicate sequence, replace any nested audio clips with the original source audio.
 - Tutorial: [Replace Nested Clips Premiere](#)

○ **!!!!ORGANIZE YOUR TIMELINE AUDIO!!!!**

- Track 1 = Boom (Boom must be present/synced on every scene where recorded. Label the track “Boom”).
- Delete full mix tracks (ex: TR_LR or any mixdown that combines boom + lavs).
- Keep elements separated and labeled:
 1. Dialogue (Boom + Lavs, separated by mic type)
 2. Sound effects
 3. Music
- Pay attention to stereo vs mono:
 1. Stereo music and stereo SFX should live on dedicated stereo tracks.
 2. Mono sounds should live on mono tracks.
 3. (Music is rarely mono — if you only have mono, I will likely ask for a stereo version.)

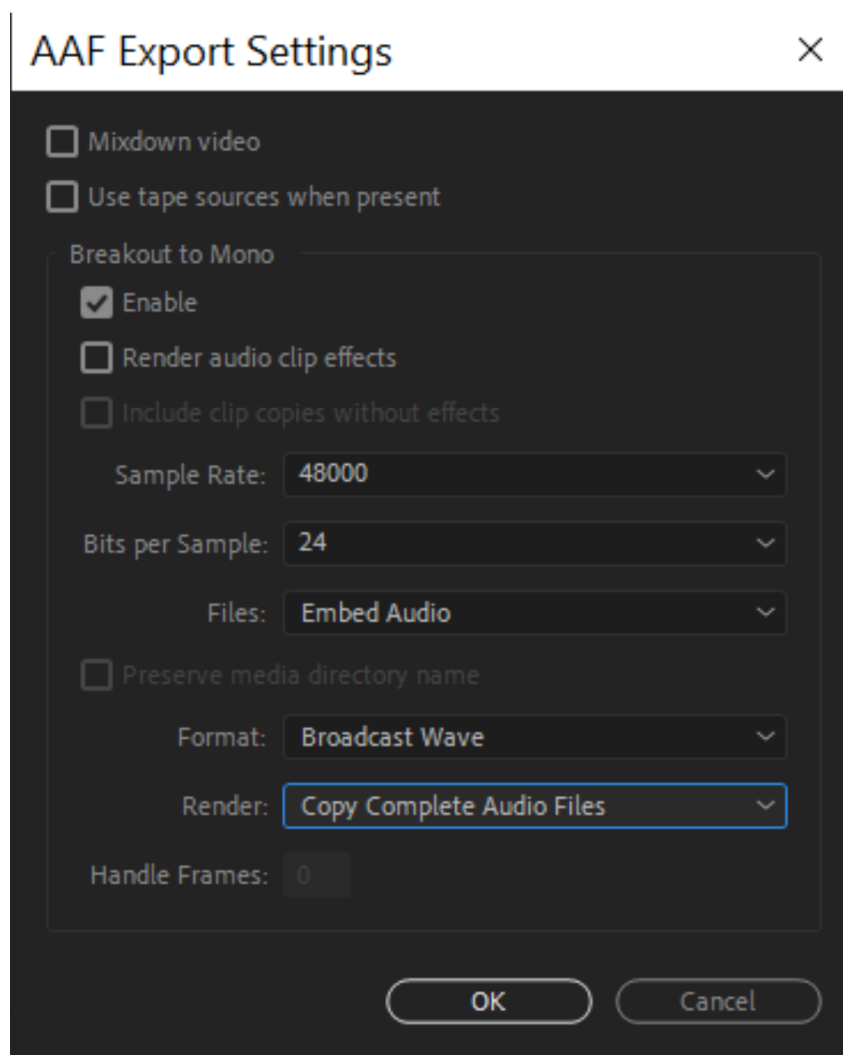
Export Reference Video (Premiere)

1. Set In and Out points on your sequence timeline
2. Go to FILE > EXPORT > MEDIA
3. Set Format = H.264
4. Select Preset = Match Source High Bitrate
5. Effects Tab > Timecode Overlay
 - a. In the Timecode Overlay menu (click the little arrow) adjust position, size, and set opacity to 100
6. Click EXPORT and save to a new folder.



Export AAF File [Premiere](#)

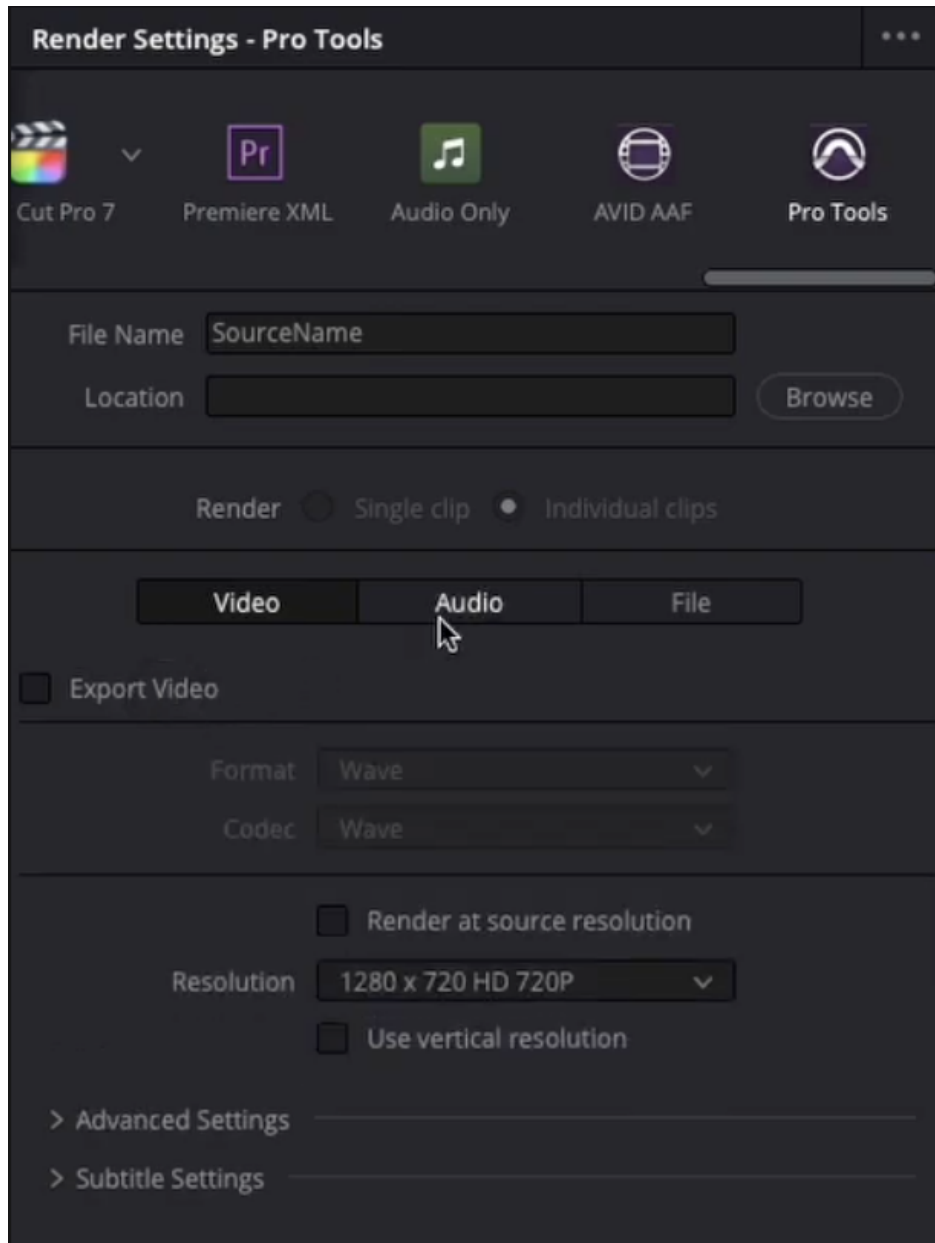
1. Select your sequence
2. Go to FILE > EXPORT > AAF
 - a. Uncheck "Mixdown video"
 - b. Select "Breakout to Mono"
 - c. Uncheck "Render audio clip effects" and "Use tape sources when present"
 - d. Set Sample Rate to 48000 (48kHz) and Bits per sample to 24 (24bit)
 - e. Files = Embed Audio
 - f. Format = Broadcast Wave
 - g. Render = Complete Audio Files
 - h. Click OK



- i. Save to the same folder as the reference video

Export AAF (DaVinci)

1. Navigate to Pro Tools Render Settings [Video](#)
 - a. There are three tabs; Video, Audio & File
 - b. Video ->Uncheck "Export Video"
 - c. Move to audio tab



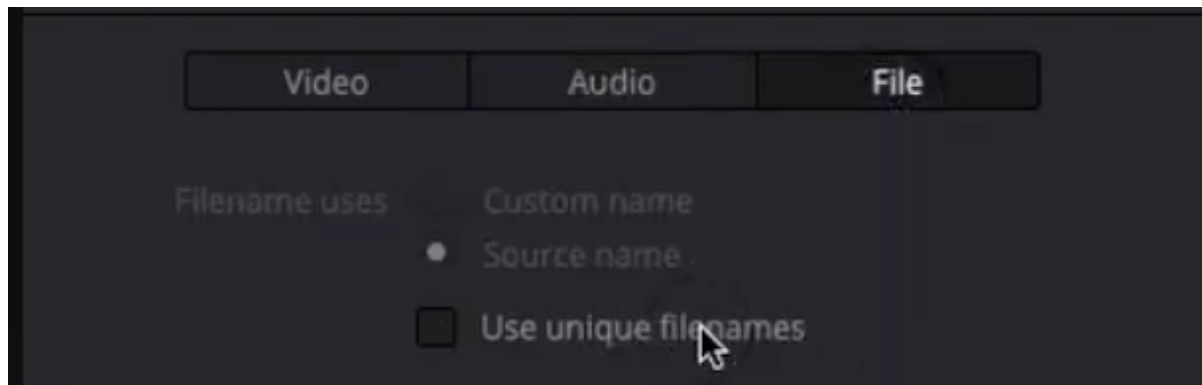
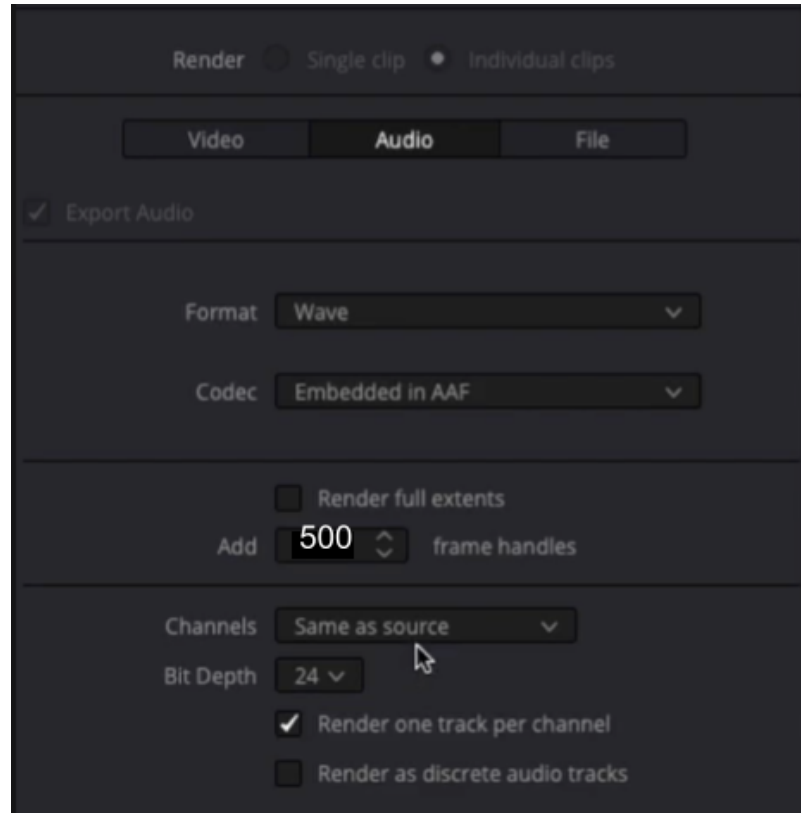
2. *Audio Tab*

- a. Format: Broadcast Wav
- b. Codec: Embedded in AAF
- c. Render Full Extents ☒

3. *File Tab*

- a. Uncheck Use Unique Filenames

YOU MAY RENDER AAF



EXPORT REFERENCE VIDEO DAVINCI

In the top menu drop down:

Workspace > Data Burn-In > Record Timecode ✓

