



Creating Your Quicktime

It is essential you follow these specific compression settings to ensure successful hosting of your MeetMarket submission.

Compression Guidelines

Export and encode your Quicktime using the following settings:

Note: Sometimes these settings are found in *Advanced* or *Options* when exporting depending on your video software

Codecs

A codec is the format in which your video will be *encoded*.

Please use **H.264** (sometimes referred to as MP4) for the video codec and **AAC** (short for Advanced Audio Codec) for the audio codec.

Frame rate and keyframes

Please select **25 fps**. If there is an option for keyframes, select **auto**.

Data rate

This setting controls both the visual quality of the video and how big the file will be. Please use **500 kbits/sec**.

Resolution

Please use **480 x 360 for 4:3** video or **480 x 270 for 16:9** video.

Deinterlacing

If you have this option, enable de-interlacing. If you shoot in DV format this is especially important. If you do not deinterlace, you may get weird-looking horizontal lines in your video.

Audio settings

Please select **AAC** for the audio codec

Set the bit rate to **48 kbps**

Set the sample rate up to **32.100 kHz** (depending on what your original file will allow)

Set the Channel to **stereo**