



## 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 with a **.mov** file extension 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**

### Internet Streaming

Be sure to tick 'Prepare for internet Streaming' and choose "Fast Start" from the associated list.