



Exporting Video for LRPA

The following are the settings required by LRPA for digital video delivery. Video and Audio Bit Rate are omitted as they are related to quality, and in most programs the default settings are acceptable.

Aspect Ratio	Video Codec	Frame Rate	Audio Codec	Sample Rate
720x480 (4:3)	H.264 (MP4)	29.97 FPS	AAC or MP3	48kHz

1. Download MPEG StreamClip for Squared 5 - <http://www.squared5.com> - for the Operating system you are using (Mac or Windows)
2. When MPEG StreamClip is open Click on **"List"** then **"Batch List"**
3. Click **"Add Files"** – Locate the video file to be converted and click **"To Batch"**
4. Under **"Please Choose a Task:"** choose **"Export to MPEG-4"** – Click **"OK"**
5. Select the location to save the file
6. IMPORTANT: Match All Settings (*refer to illustration at the end of these instructions*)
 - a. Note: The quality should be 50%; higher quality is unnecessary
 - b. Click **"To Batch"**
7. Continue to add as many files you need to convert
 - a. Click **"GO"** to start the encoding
8. When the Batch List is finished, all files have been converted to the approved format for delivery to LRPA TV

MPEG Streamclip - MPEG-4 Exporter

Compression: H.264

Quality: 50 % Multipass
 B-Frames

Limit Data Rate: Kbps

Sound: MPEG-4 AAC Stereo 48 kHz 192 kbps

Frame Size: No scaling will be performed
 640 x 480 (4:3)
 854 x 480 (16:9)
 720 x 480 (unscaled)
 720 x 576 (DV-PAL)
 720 x 480 (DV-NTSC)
 1280 x 720 (HDTV 720p)
 1920 x 1080 (HDTV 1080i)
 Other: 320 x 240

Frame Rate:
 Frame Blending
 Better Downscaling
Deselect for progressive movies:
 Interlaced Scaling
 Reinterlace Chroma
 Deinterlace Video

Field Dominance: Upper Field First Use "Upper Field First" for all codecs except DV

Rotation: No

Zoom: 100 % X/Y 1 Center 0, 0

Cropping: Top 0 Left 0 Bottom 0 Right 0 Destination

Fast Start