1. Export your show

NO BARS & TONE!

NO SLATE!
Your program content must start with a fade up from black, and end with a fade to black within the show's expected, frame-accurate duration (26:40.00 or 56:40.00)

Format: (see screen grab)

(These instructions are for Adobe Premiere Pro. Final Cut settings may differ.)

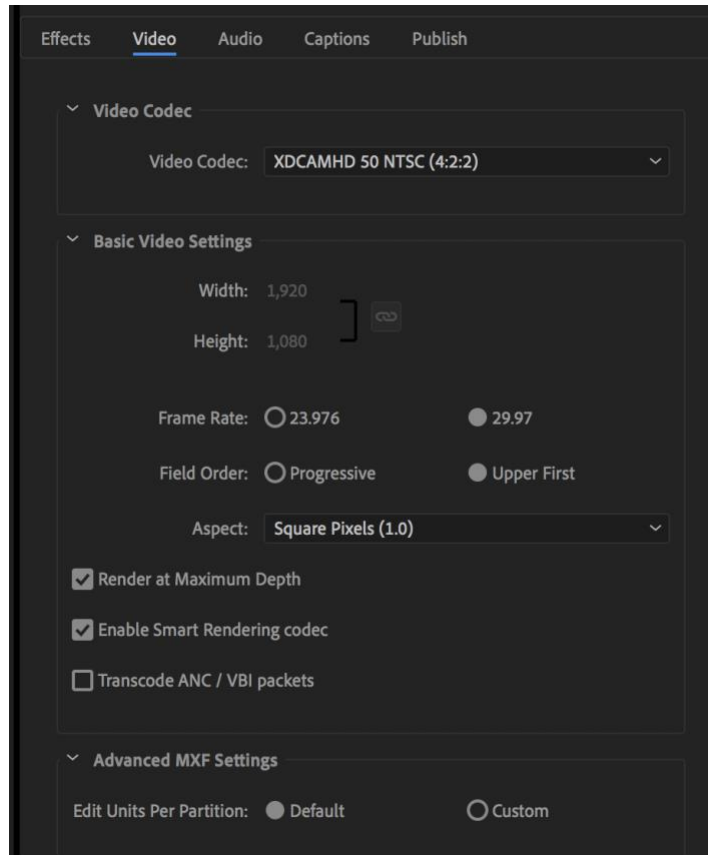Wrapper: MXFOP1a

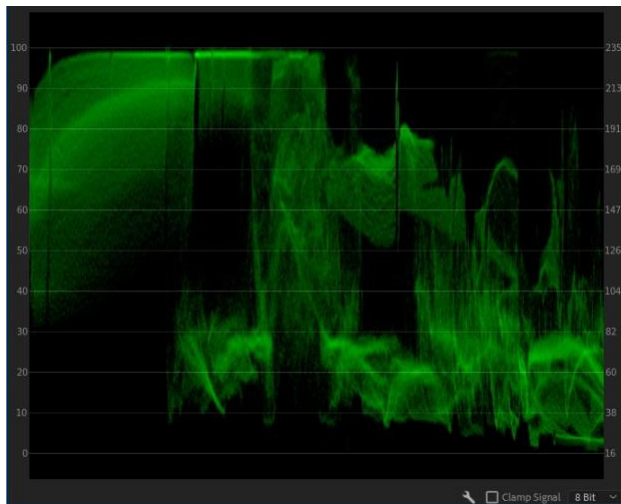Codec: XDCAM HD 50, NTSC (4:2:2)

Size: 1920x1080

FPS: 29:97

Upper Field First

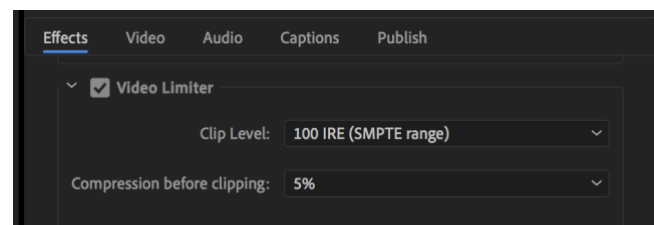Aspect: Square (1.0)

Bitrate 50MB/sec

Color: "Broadcast Safe"

Blacks: not to extend below 0%

Whites: Not to exceed 100%

We recommend exporting with a Video Limiter set to "100 IRE (SMPTE range)".

Audio:

Uncompressed
2 channel (Stereo)
48KHz, 16bit sample rate
Peaking no more than -12db

Closed-Captions

Make sure to import MCC caption files. (.scc files may also be used, but we've had better success by using .mcc)

Specify 608 captions (required). 708 captions are optional as a secondary track. If 708 are not present, they will be synthesized prior to ingest.

Make sure the captions do not interfere with your lower-thirds. If they do, just adjust the vertical position to not interfere with on screen graphics. When positioning captions, it is also recommended to avoid obscuring the mouth and eyes of any on-camera speakers.

When exporting, captions need to be ***embedded***! *Not burned-in or sidecar.*

http://www.3playmedia.com/ is one possible source for the MCC file, www.rev.com is another.

For more information on adding captions in Adobe Premiere Pro, please visit;
https://helpx.adobe.com/premiere-pro/using/working-with-captions.html

2. Create a promo spot

TRT :30 seconds

If you can deliver a :30 promo of the best sound bytes, or a narrated spot, ie. "follow one man's journey..." etc, up to 25 seconds with 5 seconds of just music at the end, that would be fantastic! We may use this to promote the show's broadcast on RMPBS.

3. Upload full show and promo spot to Hightail.com

https://spaces.hightail.com/uplink/RMPBS

Please send us an email to let us know when and what you've uploaded.