Premiere Pro - Exporting an OMF

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Premiere: Exporting an OMF

Please be sure to prep your timeline for audio before exporting.

This guide assumes that your picture edit is locked, you synced sound using "Merge clips", and your sequence is prepped according to any specifications you received from your post-sound crew. If not, see EXPORTING FOR SOUND CHECKLIST (PREMIERE) before proceeding.

By exporting your audio files in the OMF format, you will maintain the original track layout as well as sync.

Exporting the OMF

With your prepped sequence loaded up in the timeline, and the timeline panel selected, follow these steps:

1. Choose *File*, *Export*, *OMF…*

