

# Video Encoding Guide

Encoding settings and Quicktime export guide

Prepared on September 26, 2006 by Steve Johnson, [stevej@virginia.edu](mailto:stevej@virginia.edu)

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## Introduction

This guide describes the settings used, and steps taken to prepare Flash and Quicktime video files for the Web Communications Office at U.Va. For questions or comments, contact the WCO at (434) 924-4524

## Background

Two different flash video (FLV) files will be created for the FlashCom server. One version is for high-bandwidth visitors, the other is for low-bandwidth visitors. The video player will automatically detect the visitor's bandwidth and deliver the appropriate version.

A third Quicktime movie (MOV) file will be created that can be downloaded and played on the video iPod.

## Settings

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|-------------------|--|
| FLV 1:            | 512K Broadband High                    |
| • Size:           | 320x240, 24fps                         |
| • Codec:          | On2 FLV MX or Sorenson Spark           |
| • Audio:          | MP3, 22.050 kHz, Mono, 40 kbps         |
| • File name:      | Video_name_**high**.flv                |
| FLV 2:            | 300K Broadband Low                     |
| • Size:           | 320x240, 12fps                         |
| • Codec:          | On2 FLV MX or Sorenson Spark           |
| • Audio:          | MP3, 22.050 kHz, Mono, 40 kbps         |
| • File name:      | Video_name_**low**.flv                 |
| Quicktime/iPod:   | 400K Broadband MPEG-4                  |
| • Size/Framerate: | 320x240                                |
| • Codec:          | 3ivx D4 4.5.1, Medium, 24fps, 400kbps* |
| • Audio:          | AAC, 32.000 kHz                        |
| • File name:      | Video_name_**low**.flv                 |
| • Streaming:      | Fast Start                             |

\* H.264 or Quicktime's "Save for Ipod" format may also be used to encode files for the video iPod