



VIDEO GUIDELINES

Preferred Video Formats

Special Olympics edits video footage using Adobe Premiere Pro editing software. We prefer to receive all video files digitally. Provide files in MOV or MP4 format. Shoot video at no less than 1080p resolution, 4K footage is preferred. If your camera or cell phone does not support those resolution use the highest available resolution.

NOTES:

- 1) For audio, if using a camera capable of multiple audio channels, place the main microphone on Channel 1. Use Channel 2 for the camera mic.
- 2) If you are filming with a cell phone, please film in landscape orientation (turn the cell phone horizontally).

Preferred Delivery Method: File Transfer Platforms (FTPs)

Files can be sent on a DVD disc or via FTP or similar services ([Dropbox](#), [WeTransfer](#), [Google Drive](#), etc). For very large amounts of video that cannot reasonably be uploaded to a website, please contact Lance Dagenhardt (ldagenhardt@specialolympics.org) to discuss other delivery

Delivery via External Hard Drive

USB hard drives are relatively inexpensive. When purchasing a hard drive for file delivery, please choose one that includes USB 3.0, USB-C or Thunderbolt. Whenever possible, please use a hard drive compatible with both Windows and MacOS. Before placing the footage onto the hard drive, please format the hard drive to the ExFAT configuration, as this works with both Windows and MacOS. Please contact Lance Dagenhardt (ldagenhardt@specialolympics.org) if you have need any assistance preparing a drive for shipment.