File Type and Compression
Choose the movie file type and compression.

Option	Description
H.264 ALL-I 420 MOV	A highly-portable compressed format. Footage is recorded at a depth of 8 bits using All-I interframe compression and 4:2:0 chroma sub-sampling.
H.264 LongGOP 420 MOV	A highly-portable compressed format. Footage is recorded at a depth of 8 bits using Long GOP interframe compression and 4:2:0 chroma sub-sampling.
H.264 LongGOP 420 MP4	A format suitable for movies that will be uploaded to the web.
H.265 ALL-I 420 MOV	A format with a higher compression ratio than H.264. Footage is recorded at a depth of 10 bits using All-I interframe compression and 4:2:0 chroma sub-sampling.
H.265 LongGOP 420 MOV	A format with a higher compression ratio than H.264. Footage is recorded at a depth of 10 bits using Long GOP interframe compression and 4:2:0 chroma sub-sampling.
H.265 ALL-I 422 MOV	A format with a higher compression ratio than H.264. Footage is recorded at a depth of 10 bits using All-I interframe compression and 4:2:2 chroma sub-sampling.
H.265 LongGOP 422 MOV	A format with a higher compression ratio than H.264. Footage is recorded at a depth of 10 bits using Long GOP interframe compression and 4:2:2 chroma sub-sampling.
ProRes HQ MOV *	Record movies in ProRes 422 HQ format.
ProRes 422 MOV *	Record movies in ProRes 422 format.
ProRes LT MOV *	Record movies in ProRes 422 LT format.

* Available only when **1** is selected as the destination.