TRACK NUMBER	AUDIO CHANNELS	TRACK LABEL	EXPLANATION
V7		TIMECODE	Drop 'Timecode Burn-In' from effects onto this track during.
V6		SUBTITLES	The sequence's subtitles should be added here.
V5		ASPECT_MASK	Output blanking to be added at Pic-Lock as Ref Aspect ratio.
V4		GRADE	Newly-graded clips from Resolve/Baselight placed on track.
V3		C-CAM	C-Camera / Camera 3 (or cutaways in single-camera films)
V2		B-CAM	B-Camera / Camera 2 (or B-Roll in single-cam films/docs)
V1		A-CAM	A-Camera / Camera 1 (Primary Camera)
TC1			Timecode 1
Al	44	BOOM/LAV_MIX	The pre-mix which originates from the mixer-recorder on set.
A2	4	BOOM MIC	Mono track of the sound from the Boom Microphone.
A3	4	CHARACTER_1_LAV	Mono track of Character 1's Lavalier Microphone.
A4	4	CHARACTER_2_LAV	Mono track of Character 2's Lavalier Microphone.
A5	4	CHARACTER_3_LAV	Mono track of Character 3's Lavalier Microphone.
A6	4	CHARACTER_4_LAV	Mono track of Character 4's Lavalier Microphone.
A7	4	CHARACTER_5_LAV	Mono track of Character 5's Lavalier Microphone.
A8	4	CHARACTER_6_LAV	Mono track of Character 6's Lavalier Microphone.
A9	4	ADR_1	Mono track of any character's ADR lines.
A10	4	VO_1	Mono track of the narrator's / character's voiceover.
A11	4	SFX_1	Mono Spot Sound / Foley Track (layer with other foley tracks)
A12	4	SFX_2	Mono Spot Sound / Foley Track (layer with other foley tracks)
A13	4	FOLEY_1	Mono Spot Sound / Foley Track (layer with other foley tracks)
A14	4	FOLEY_2	Mono Spot Sound / Foley Track (layer with other foley tracks)
A15	4	ATMOS_1	Stereo Atmos / "Room Tone" Track (wildtrack/environment)
A16		ATMOS_2	Stereo Atmos / "Room Tone" (wildtrack/environment)

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A17		AMBIENCES_1	Ambiences Track (Natural Sounds, Nature, General Ambience or a 5.1 "Room Tone")
A18		AMBIENCES_2	Ambiences Track (Natural Sounds, Nature, General Ambience or a 5.1 "Room Tone")
A19		MUSIC_TRACK_1	Music Track (checkerboard tracks, music needs to be Stereo)
A20	-	MUSIC_TRACK_2	Music Track (checkerboard tracks, music needs to be Stereo)
A21		TEMP_MIX_LAYBACK	Layback of Temporary Sound Mix (awaiting final mix!)
A22		FINAL_MIX_LAYBACK	Layback of FINAL Sound Mix (in 5.1 or change to delivery output)