stage	region/audio file/stereo aux input/ruler	elastic property	track name	same / new track	initial tce expand from 1111000 to:	placement	trim tce	treatment	plug-in (insert)	plug-in parameter automation	volume	volume automation	send a	send a level	send a automation	pan L/pan R	pan automation
A	STEREO MASTER FADER		MASTER 1	NEW		N/A	N/A	N/A	MAXIM	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	N/A	N/A	N/A	N/A	N/A
B	STEREO AUX INPUT		D-VERB 1	NEW		N/A	N/A	N/A	D-VERB	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	AIR FREQUENCY SHIFTER	-oo	N/A	N/A	N/A
C	STEREO AUX INPUT		AIR NL REV 1	NEW		N/A	N/A	N/A	AIR NON-LINEAR REVERB	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	N/A	N/A	N/A	N/A	N/A
D	STEREO AUX INPUT		AIR REV 1	NEW		N/A	N/A	N/A	AIR REVERB	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	N/A	N/A	N/A	N/A	N/A
E	STEREO AUX INPUT		FO SHIFT 1	NEW		N/A	N/A	N/A	AIR FREQUENCY SHIFTER	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	N/A	N/A	N/A	N/A	N/A
F	STEREO AUX INPUT		SYN DELAY 1	NEW		N/A	N/A	N/A	AIR DYNAMIC DELAY	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	N/A	N/A	N/A	N/A	N/A
NB: SEE SCREEN SNAP-SHOTS OF STEREO AUX INPUT PLUG-INS AND STEREO AUDIO TRACK PLUG-INS IN THE BLOG, FOR DETAILED PARAMETER SETTINGS																	
1	F cr (audio file)	polyphonic	F cr poly	new	n/a	start	expand to 5111000	reverse	air stereo width	pan trim - max left to max right - from start to 5111000	+12.0	+12.0 to +6.0 from start to 5111000	air dynamic delay	0.0 (post fader)	n/a	n/a	n/a
2	B cr (audio file)	polyphonic	E cr poly	new	1111000 - 1131000	3111000	n/a	loop for 8 bars	air stereo width	n/a	-21.0	-21.0 to 0.0 from 3111000 to 7111000	air non-linear reverb	-6.0 (pre fader)	-6.0 to -oo 3131000 to 11111000	n/a	n/a
3	C cr (audio file)	rhythmic	C cr rhyt	new	1111000 - 1114480	5111000	expand to 7111000	1. cut to give a 2 beat duration 2. copy and paste to 6111000, 7111000 and 9111000	air dynamic delay	n/a	0.0	n/a	d-verb	-14.0 (post fader)	n/a	n/a	n/a
4	C cr (audio file)	varispeed	C cr vari	new	1111000 - 1114480	10111000	expand to 10117720	cut at 10111240 and loop to 10114480	n/a	n/a	0.0	n/a	n/a	n/a	n/a	n/a	n/a
5	R (region)	monophonic	R reg mono	new	1111000 - 1141000	11111000	expand to 20141000	n/a	n/a	n/a	-8.0	n/a	air reverb	-22.0 (post fader)	-22.0 to -9.0 17131000 to 20141000	n/a	n/a
6	D cr (audio file)	polyphonic	D cr poly	new	1111000 - 5111000	13111000	n/a	1. set grid to crotchets 2. cut at 15111000 3. loop section from 15111100 to 17111000 to 21111000 4. repeat 13111000 to 21111000 once (all 8 = repeat)	air stereo width	1. pan trim - using pencil tool (triangle) - max right to max left at crotchet intervals from 13111000 to 20121000 2- return pan trim to centre from 20121000 to 20131000	-2.0	1. set grid to hemi demi semiquavers (1/64th) 2. using pencil tool (square) - oo to -2.0 at hemi demi semiquaver (1/64th) intervals from 20131000 to 20141000	n/a	n/a	n/a	n/a	n/a
7	E cr (audio file)	polyphonic	E cr poly	same (as stage 2)	1131000 - 1131000	20141480	n/a	1. set grid to quavers 2. highlight E cr plus an extra quaver ie. from 20141480 to 21111000 3. repeat twelve times (E cr repeats will start at 20141480 and finish at 28141480)	air stereo width	1. pan trim - max right to max left - from 20141480 to 28141480 2 - pan trim to centre at 29111000	0.0	0.0 at 20111000 to -5.0 at 20141480	n/a	n/a	n/a	n/a	n/a
8	A cr (audio file)	polyphonic	A cr poly 1	new	1111000 - 1141000	29111000	n/a	n/a	air stereo width	set to max left (no automation needed)	0.0	n/a	n/a	n/a	n/a	n/a	n/a
9	B cr (audio file)	polyphonic	B cr poly 2	new	1111000 - 1141000	29131000	n/a	n/a	air stereo width	set to max right (no automation needed)	0.0	n/a	d-verb	-oo	n/a	n/a	n/a
10	D cr (audio file)	varispeed	D cr vari	new	1111000 - 5111000	30111000	expand to 38111480	place the selctor tool (F7) at 33111000 and "S" (trim from end)	EQ 3 1-Band	1. set type to High-Pass 2. filter Q at 12dB/oct 3. filter frequency at 49.8 Hz	-3.0	n/a	air frequency shifter 1	-oo	n/a	n/a	n/a
11	C (region)	monophonic	C reg sf	new	1111000 - 1121000	33111000		1. repeat x 2 times after initial placement 2. place a one-bar crossfade, with a duration of 1 quaver, at 33121000, 33141000 and 33161000	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
12	D cr	varispeed	D cr vari	same (as stage 10)	1111000 - 5111000	34111000	expand to 42111000	n/a	n/a	n/a	n/a	n/a	air frequency shifter 1	-oo	n/a	n/a	n/a
13	F cr	polyphonic	F cr poly	same (as stage 1)	1111000 - 2111000	36111000	expand to 38111000	reverse	air stereo width	pan trim to centre at least 1 crotchet before 36111000	+6.0	n/a	air dynamic delay	0.0 (post fader)	n/a	n/a	n/a
14	E cr	polyphonic	E cr poly	same (as stage 2 and 7)	1111000 - 1131000	38111000	n/a	loop to 42111000	air stereo width	n/a	-5.0	n/a	n/a	n/a	n/a	n/a	n/a
15	C cr	rhythmic	C cr rhyt	same (as stage 3)	1111000 - 1114480	38111000	n/a	copy and paste from 5111000 to: 1. 38111000 2. 40111000	air dynamic delay	n/a	0.0	n/a	d-verb	-14.0 (post fader)	n/a	n/a	n/a
16	A cr	varispeed	A cr vari	new	1111000 - 3111000	42111000	n/a for first placement	1. cut at 43111000 to = duration of 1 bar 2. copy and paste from 42111000 to 43(000 and tce compress to 2 beats 3. copy and paste from 43111000 to 43131000 and tce compress to 1 beat 4. copy and paste from 43131000 to 43141480 and tce compress to a quaver 5. copy and paste from 43141000 to 43141480 and tce compress to a semiquaver 6. loop from 43141480 to 45111000	n/a	n/a	0.0	n/a	n/a	n/a	n/a	n/a	n/a
17	C cr	polyphonic	C cr poly	new	1111000 - 1141480	44141480	n/a	n/a	n/a	n/a	0.0	n/a	n/a	n/a	n/a	n/a	n/a
18	B cr	polyphonic	B cr poly 1	same (as stage 8)	1111000 - 1141000	45111000	n/a	n/a	air stereo width	set at max left (as stage 8) - no automation needed	0.0	n/a	n/a	n/a	n/a	n/a	n/a
19	B cr	polyphonic	B cr poly 2	same (as stage 9)	1111000 - 1141000	45121000	n/a	n/a	air stereo width	set at max right (as stage 9) - no automation needed	0.0	n/a	d-verb	-oo	n/a	n/a	n/a
20	B cr	polyphonic	B cr poly 3	new	1111000 - 1141000	45131000	n/a	n/a	n/a	default pan settings - don't touch!! (it'll sound central)	0.0	n/a	n/a	n/a	n/a	n/a	n/a
21	B cr	polyphonic	B cr poly 1	same (as stage 8 and 18)	1111000 - 1141000	45141000	n/a	n/a	air stereo width	set at max left (as stage 8 and 18) - no automation needed	0.0	n/a	n/a	n/a	n/a	n/a	n/a
22	B cr	polyphonic	B cr poly 2	same (as stage 9 and 19)	1111000 - 1141000	46111000	n/a	n/a	air stereo width	set at max right (as stage 9 and 19) - no automation needed	0.0	n/a	d-verb	-oo	1. -oo to -9.0 at 46(1100 2. -9.0 to -oo from 46(1(000 to 46(414B0	n/a	n/a
23	STEREO AUX INPUT		A-UFBR 1	SAME (AS STAGE 8)		SEE AUTOMATION	N/A	N/A	A-UFBR	MULTICHANNEL RTAS PLUG-IN	0.0	N/A	AIR FREQUENCY SHIFTER	-oo	1. -oo TO 0.0 AT 46(1000 2. 0.0 TO -oo FROM 47111000 TO 48111000	N/A	N/A
24	D cr	varispeed	D cr vari	same (as stage 10 and 12)	1111000 - 5111000	47111000	n/a	1. set grid to crotchets 2. cut at 48(1000 3. loop section from 49(1100 to 51(1(000 to 55(11000 4. repeat 47111000 to 55(11000 once	EQ 3 1-Band	n/a	-6.0	-1.0 at 46(41000 to -6.0 at 47111000	air frequency shifter 1	-oo	n/a	own L	<100 at 47111000 to 100> at 63111000
25	R (region)	n/a	R reg	new	1111000 - 5111000	47111000	n/a	1. set grid to crotchets 2. cut at 49(11000 3. loop section from 49(1100 to 55(11000 4. repeat 47111000 to 55(11000 once	n/a	n/a	n/a	n/a	air frequency shifter 1	-oo	n/a	own R	<100> at 47111000 to <100 at 63111000
26	TEMPO RULER	N/A	N/A	N/A		47111000	N/A	SLOW THE TEMPO FROM 47(11000 TO 63(000 BY 0.024 BPM	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
27	STEREO MASTER FADER		MASTER 1	NEW		N/A	N/A	N/A	MAXIM	MULTICHANNEL RTAS PLUG-IN	0.0	0.0 at 55(11000 to -oo at 63(11000	N/A	N/A	N/A	N/A	N/A
28	D cr	varispeed	D cr vari	same (as stage 10, 12 and 24)	1111000 - 5111000	n/a	n/a	n/a	EQ 3 1-Band	n/a	-6.0	n/a	air frequency shifter	-oo	from -oo at 59(11000 to -2.0 at 63(11000	n/a	n/a
29	R (region)	n/a	R reg	same (as stage 25)	1111000 - 5111000	n/a	n/a	n/a	n/a	n/a	-6.0	n/a	air frequency shifter	-oo	from -oo at 59(11000 to -2.0 at 63(11000	n/a	n/a
30	STEREO AUX INPUT		FO SHIFT 1	SAME		N/A	N/A	N/A	AIR FREQUENCY SHIFTER	MULTICHANNEL RTAS PLUG-IN	0.0	0.0 AT 59(11000 TO +12 AT 63(11000	N/A	N/A	N/A	N/A	N/A