

Formats CoreTrim trims

CoreTrim exports only the media your timeline actually uses — plus the handles you choose — and relinks your Final Cut Pro project to the new, smaller files. The formats below are trimmed **without re-encoding** (except where noted), so quality is identical to your originals.

Video — QuickTime & MP4

.mov · .mp4 · .m4v

FORMAT	HOW IT TRIMS	PRECISION
Apple ProRes 422 · 422 HQ · 422 LT · 4444 · 4444 XQ · RAW · RAW HQ	Lossless	Frame-exact
Avid DNxHD / DNxHR	Lossless	Frame-exact
H.264 / AVC	Lossless	Keyframe-aligned
HEVC / H.265	Lossless	Keyframe-aligned
MPEG-2 (Long-GOP) Sony XDCAM in QuickTime	Lossless	Keyframe-aligned

Other video that Final Cut Pro can read is also trimmable by **re-encoding to ProRes** — offered only with your approval, never automatically.

Video — Professional MXF

.mxf — broadcast & cinema cameras

FORMAT	HOW IT TRIMS	PRECISION
Avid DNxHD / DNxHR	Lossless	Frame-exact

FORMAT	HOW IT TRIMS	PRECISION
Apple ProRes (MXF-wrapped, e.g. ARRI)	Lossless	Frame-exact
MPEG-2 (Long-GOP) Sony XDCAM · Canon XF	Lossless	Keyframe-aligned
DV / DVCPRO (MXF-wrapped)	Lossless	Frame-exact
Uncompressed (MXF-wrapped)	Lossless	Frame-exact
PCM audio (MXF-wrapped)	Lossless	Sample-accurate

Video — AVCHD / camcorder

.mts · .m2ts

FORMAT	HOW IT TRIMS	PRECISION
MPEG-2 (HDV-era .mts)	Lossless	Keyframe-aligned
H.264 (AVCHD)	Copied in full	Not trimmed

AVCHD camcorder footage is copied rather than trimmed, by design. Its recordings place true random-access frames roughly eight seconds apart, and trimming to anything less exact risks a clip that starts on the wrong frame — so CoreTrim copies these files intact instead. You lose the space saving on that footage, never the footage.

Audio

.wav · .aif · .aiff · .caf · .m4a · .mp3

FORMAT	HOW IT TRIMS	PRECISION
PCM WAV · AIFF · CAF	Lossless	Sample-accurate
AAC (M4A) · MP3	Re-encoded to AAC	Sample-accurate

WHAT THE TERMS MEAN

Lossless	No re-encoding — the trimmed media is bit-for-bit the same quality as your original.
Frame-exact	Trimmed precisely to your edit points.
Keyframe-aligned	Long-GOP formats start at the nearest keyframe just before your edit (a fraction of a second). Still lossless, and your clip plays correctly from its exact in-point.
Sample-accurate	Audio is trimmed to the exact sample.
Re-encoded	Compressed audio is re-encoded to AAC (the only quality-affecting case above).

Cameras that trim

Common cameras & the formats CoreTrim trims from them

ARRI	ProRes (MXF & QuickTime) ARRIRAW is copied in full
Sony	XDCAM MPEG-2 (MXF & QuickTime) · α7 / FX mirrorless H.264 & HEVC X-OCN is copied in full
Canon	XF MPEG-2 (MXF) · EOS DSLR & mirrorless H.264 & HEVC Cinema RAW Light is copied in full
Panasonic	Lumix H.264 & HEVC V-RAW and P2 are copied in full
Blackmagic · RED	ProRes (QuickTime) BRAW and REDCODE RAW are copied in full
GoPro · DJI · drones · iPhone	H.264 & HEVC

Timelines & multicam

CoreTrim trims your media however your timeline uses it

Multicam	By default only the angles your cut actually uses are trimmed — or keep every angle complete for future re-editing, or skip multicam entirely. Your choice, and the projected saving updates as you change it.
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Compound & synchronized clips	Trimmed — CoreTrim looks inside them, at any nesting depth.
Auditions	Every take is trimmed — the one you picked and the alternatives you parked — so you can still switch takes after importing.
Connected clips, lanes & transitions	Kept in place — timing, keyframes, markers and split edits are preserved.

When a clip is copied instead of trimmed

All safe — the clip is copied in full, never altered

- The clip is offline, or CoreTrim doesn't have permission to read it.
- Your timeline already uses the whole clip — there's nothing to trim away.
- It's a still image, or camera RAW from a manufacturer's own format — ARRIRAW, Canon Cinema RAW Light, Sony X-OCN, RED, Blackmagic BRAW, Panasonic V-Raw. These need the manufacturer's own software to open, so CoreTrim copies them untouched. (Apple ProRes RAW is the exception — it trims like any other ProRes.)
- It's a specialized or unsupported source format, or AVCHD camcorder footage (see above).

And if a file can be neither trimmed nor copied — a damaged or unreadable source — CoreTrim leaves it out of the export and says so plainly in the report, rather than quietly linking your new project back to the original media.

Any format not listed here is **copied in full** and relinked into your trimmed project — intact, never altered, never lost. CoreTrim never modifies your original media.

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