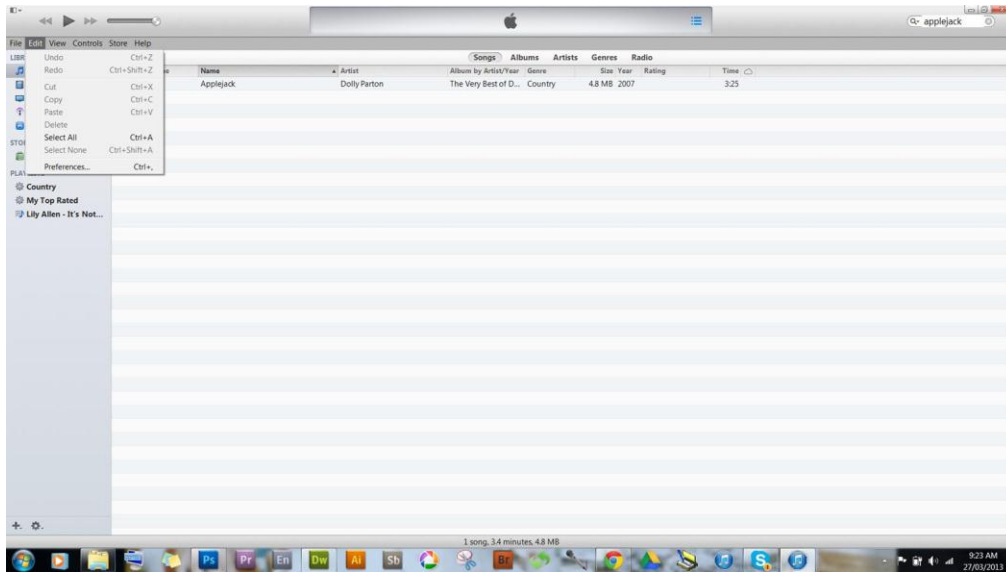# Electronic Lodgement of Music - Help Creating Files

Your music files must be in MP3 format sampled at 128kbps at least, preferably higher. Follow the instructions below to do this.
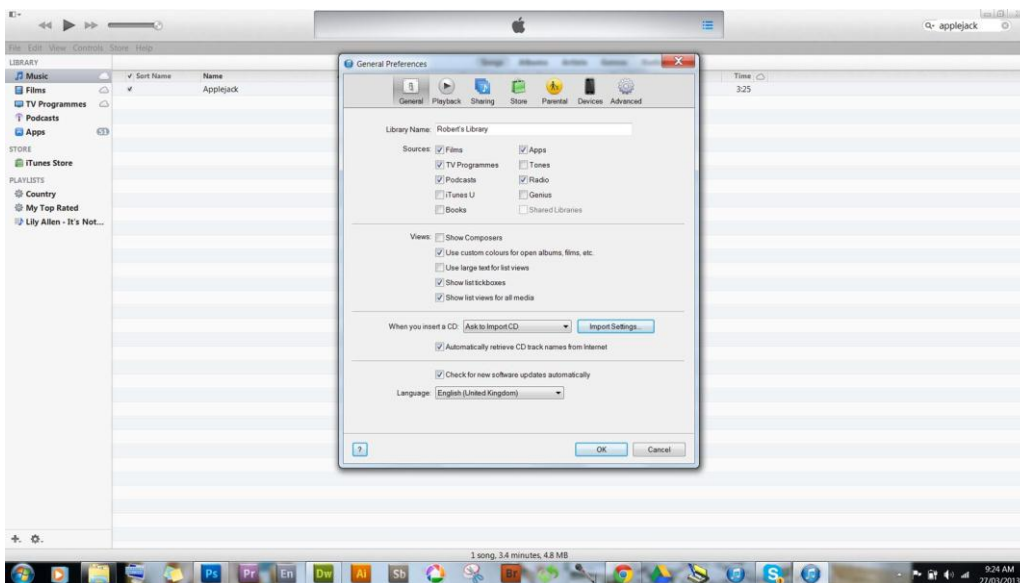Note: Any music recently purchased from iTunes will need to be converted.
If copying a CD to iTunes set the format to MP3 192kbps BEFORE inserting the CD.
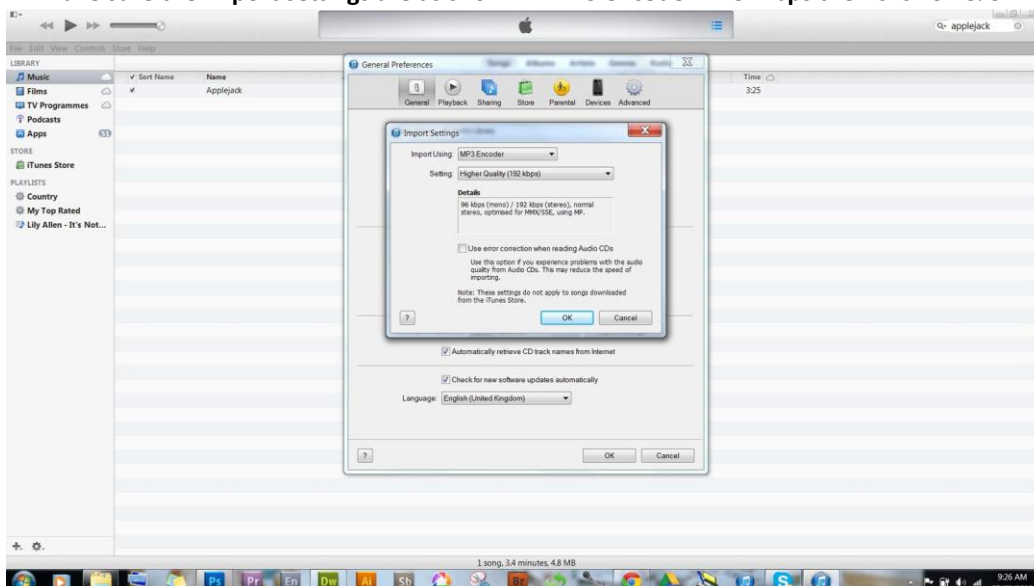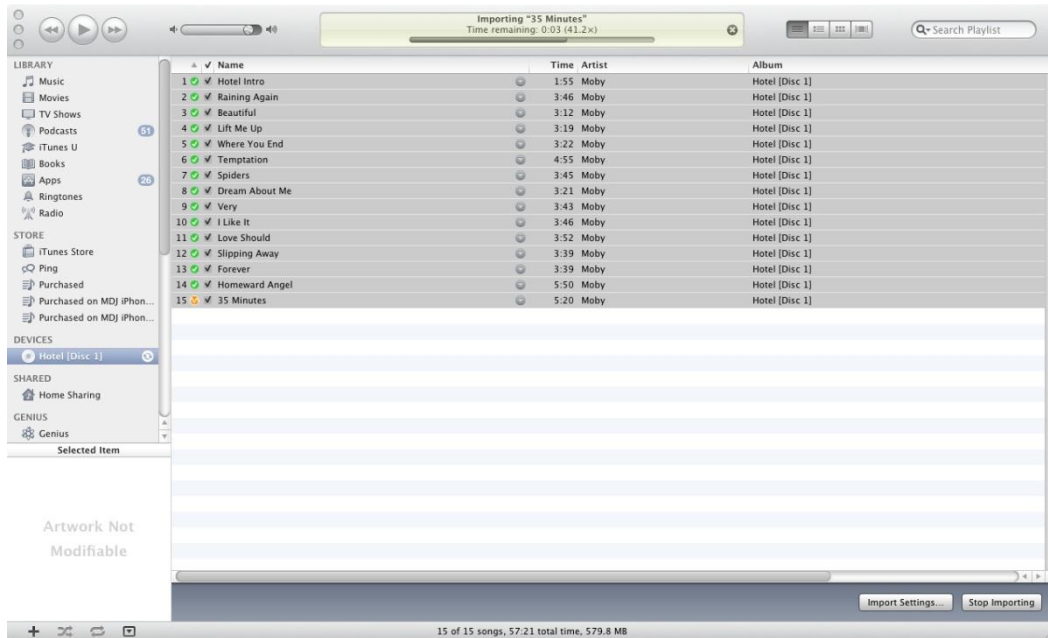**Click on Edit - preferences**

Then click on import settings

Make sure the import settings are as shown – MP3 encoder – 192kbps then click ok & ok
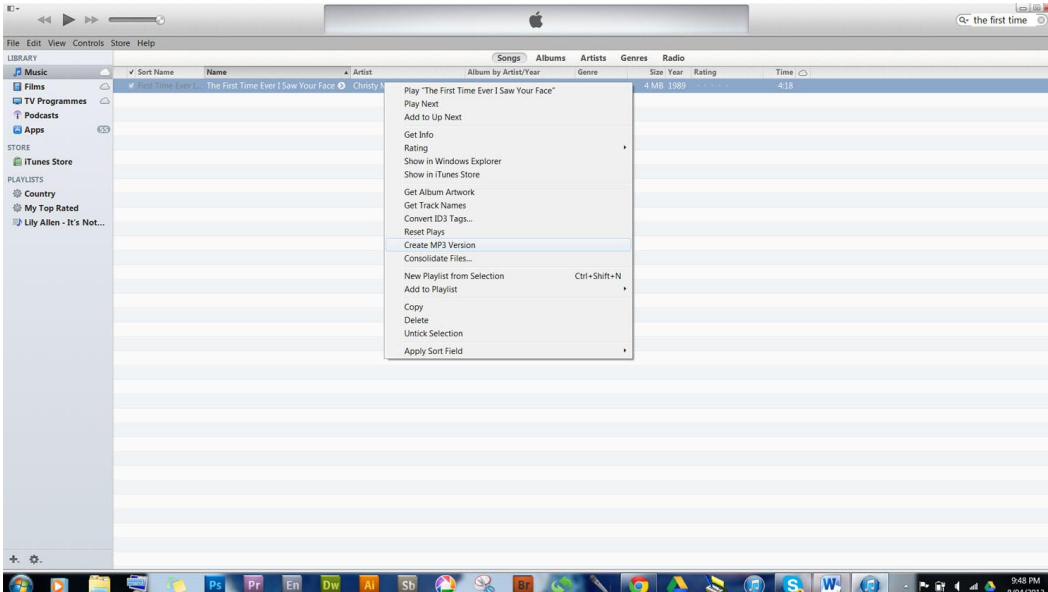
Then you may insert your CD – unselecting the tracks you don't want

If you have a track in iTunes needed, check it is in the MP3 128kbps, or higher format – to do this -
right click on the track – select "Get Info"

To convert a track that is not in the required format – right click on it – "Create MP3 Version"

- Right click and select "Show in Windows Explorer or Mac Finder" **copy** that track to a special known location ready to be uploaded