

Open the MPEG2 video with "File/Open"

For a fast navigation use with the mouse with the slider You will easily learn to use the different ",<" and ",>" files for fast or fine navigation.

IN GD we use to start with the video about 2 sec before the trap opens. One double file left ,,<<" jumps about 2 sec back. ,,P" means play and ,,o" stops the playing.

The basic approach is to mark the "FROM" = "[,, and "TO "="]" points of each race that you want to cut and then save that selection to a new file with "Save this Clip" (Crl + T) as raceX.mpg.

Repeat this for each race that you want to save. You can directly upload such files into the GD