Recommend format and track layout for computer files

Recommended format and track layout for computer files

Apple Pro Res 422 (HQ) 1080 is the most stable.

For 5.1:

Ch 1 - L
Ch 2 - R
Ch 3 - C
Ch 4 - LFE (Sub)
Ch 5 - LS
Ch 6 - RS
Ch 7 - Blank
Ch 8 - Blank

For 7.1:

Ch 1 - L
Ch 2 - R
Ch 3 - C
Ch 4 - LFE (Sub)
Ch 5 - LS
Ch 6 - RS
Ch 7 - LRS
Ch 8 - RRS