Video Timecode Form

Tape/DVD#	Start Time (In)	End Time (Out)	Brief Scene Description

Notice the times for VHS, DVD and non-digital 8mm tapes only have HOURS:MINUTES:SECONDS - 00:02:03
For Digital tapes, there is an extra place for frames - HOURS:MINUTES:SECONDS:FRAMES - 00:02:03:11
BE SURE TO COMPLETELY REWIND YOUR TAPES AND RESET TIME COUNTER BEFORE ENTERING TIME CODES