

I found the set of tables below on Adobe's site one day and for months have tried to find it again but can't. I've thought I had lost the printout of the tables on at least three occasions and have decided to go ahead and put them in a more permanent format just in case I really do lose it someday. All credit goes to Adobe for the info though. I just wish I had the URL to point you to.

The contents represents Adobe's recommended encoding sizes for FLASH video at various sizes to give the best FLASH video quality (why you would choose better or good over best I don't know) and thus far I've found it incredibly useful.

**Table 1. 4:3 aspect ratio sizes**

<b>Best (16)</b>	<b>Better (8)</b>	<b>Good (4)</b>
640 x 480	608 x 456	624 x 468
576 x 432	544 x 408	592 x 444
512 x 384	480 x 360	560 x 420
448 x 336	416 x 312	528 x 396
384 x 288	352 x 264	496 x 372
320 x 240	288 x 216	464 x 348
256 x 192	224 x 168	432 x 324
192 x 144	160 x 120	400 x 300
128 x 96		368 x 276
		336 x 252
		304 x 228
		272 x 204
		240 x 180
		208 x 156
		176 x 132
		144 x 108
		112 x 84

**Table 2. 16:9 aspect ratio sizes**

<b>Best (16)</b>	<b>Better (8)</b>	<b>Good (4)</b>
1280 x 720	1152 x 648	1216 x 684
1024 x 576	896 x 504	1088 x 612
768 x 432	640 x 360	960 x 540
512 x 288	384 x 216	832 x 468
256 x 144	128 x 72	704 x 396
		576 x 324
		448 x 252
		320 x 180
		192 x 108