http://www.game-maps.org/index.php?/topic/228-video-creating-a-mix-file/

Its best to create a mix file, watch the video.
Note: when creating serverside maps like coop DO NOT replace the .lsd in the mix, just the .ldd
and the .ddb(if present, it will be when you temped stuff).

Then put the map on your server data folder and in tt.cfg put for example:

gameDefinitions:
{
 Mission8:
 {
  mapName = "M08";
  packages = ["quake"];
  serverPresetsFile = "objects.aow";
 };
};

rotation:
[
 "Mission8"
];

downloader:
{
 repositoryUrl = "http://ttfs.game-maps.org/";
};

Mission8 will be the name to use when doing setnextmap commands from brenbot.
You can create new packages this way and add them to the map for players to download such as
the quake sounds, or any other file you want to create yourself.
Additionally you can set a custom objects file which is useful on coop servers since you mostlikely
modify presets for it.

If you need help join irc.multiplayerforums.com #MPF and msg me