Snap/Grid Settings
Grid settings
Show grid, line spacing: 1/4 v minimum: 8 pixels
Grid line Z order: Through items ✓ ☑ Show dotted grid lines
Marker line Z order: Over items
Snap settings
☑ Enable snapping Snap distance: 4 pixels ☐ Snap relative to grid
Snap: ✓ Media items ✓ Selection ✓ Cursor to selection/markers/cursor Snap: ✓ Media items ✓ Selection ✓ Cursor to grid
Grid snap settings follow grid visibility Snap to grid at any distance
Grid snap spacing: 1/4 v minimum: 8 pixels
Snap cursor to edges of media items on any track
Media items snap at: Only snap at start/snap offset 🗸
✓ Snap media items to nearby media items up to: 10 tracks away  Snap media items apart by: 0:02.000
Snap to project sample rate Force selections to be multiples of:  Use the same grid division in arrange view and MIDI editor
Note: smooth seek settings are in Preferences/Audio/Seeking