#### CAHOUET FRANK V

Check this box

if no longer

subject to

Section 16.

Form 4 July 02, 2009

### FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB** Number:

3235-0287

Expires:

January 31, 2005

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Estimated average

burden hours per

**OMB APPROVAL** 

response...

Form 4 or Form 5 obligations may continue.

See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person \* CAHOUET FRANK V

2. Issuer Name and Ticker or Trading

5. Relationship of Reporting Person(s) to

Symbol

TELEDYNE TECHNOLOGIES INC

(Check all applicable)

[TDY]

(Last) (First)

1049 CAMINO DOS RIOS

3. Date of Earliest Transaction

\_X\_\_ Director 10% Owner

(Month/Day/Year)

07/01/2009

Officer (give title Other (specify below)

(Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check

Filed(Month/Day/Year) Applicable Line)

\_X\_ Form filed by One Reporting Person Form filed by More than One Reporting

Person

Issuer

THOUSAND OAKS, CA 91360

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

Owned

Following

1.Title of Security (Instr. 3)

(City)

2. Transaction Date 2A. Deemed (Month/Day/Year)

(State)

Execution Date, if

(Month/Day/Year)

(Middle)

(Zip)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D)

(Instr. 8)

5. Amount of Securities Beneficially

6. Ownership 7. Nature of Form: Direct Indirect (D) or Indirect Beneficial (I)

Ownership (Instr. 4) (Instr. 4)

(A) or

(Instr. 3, 4 and 5)

Reported Transaction(s) (Instr. 3 and 4)

Code V Amount (D) Price

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

#### Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security Conversion (Instr. 3) or Exercise

3. Transaction Date 3A. Deemed (Month/Day/Year) Execution Date, if any

4. 5. Number of TransactionDerivative Code Securities

6. Date Exercisable and **Expiration Date** (Month/Day/Year)

7. Title and A Underlying S (Instr. 3 and 4

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	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	Disposed of	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			
				Code '	V (A)	(D)	Date Exercisable	Expiration Date	Title
Phantom Stock	\$ 0 (1)	07/01/2009		A	445.5004 (1)		<u>(1)</u>	<u>(1)</u>	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 22.44	07/01/2009		A	446		07/01/2010	07/01/2019	Common Stock

## **Reporting Owners**

THOUSAND OAKS, CA 91360

Reporting Owner Name / Address	Relationships						
r	Director	10% Owner Officer		Other			
CAHOUET FRANK V							
1049 CAMINO DOS RIOS	X						

### **Signatures**

Frank V. Cahouet by Melanie S. Cibik pursuant to Power of Attorney previously filed with SEC.

07/02/2009

\*\*Signature of Reporting Person

Date

# **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Represents shares of phantom stock issued to director as retainer fee. These shares of phantom stock become payable in cash upon the reporting person's termination of service as a director.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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