Edgar Filing: CAHOUET FRANK V - Form 4

CAHOUET F Form 4	RANK V										
July 23, 2009											
	Л							OMB A	OMB APPROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								N OMB Number:	3235-0287		
Check this				0	·			Expires:	January 31,		
if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF									2005 average		
Section 16. SECURITIES									urs per		
Form 4 or									. 0.5		
Form 5 obligations	· ·						nge Act of 1934,				
may contin <i>See</i> Instruc 1(b).	ue. Section 17(•	•	npany Act 19 Act of 1	of 1935 or Secti 940	on			
(Print or Type Re	esponses)										
1. Name and Address of Reporting Person <u>*</u> CAHOUET FRANK V			2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer				
		TELEDYNE TECHNOLOGIES IN [TDY]				IC (Check all applicable)					
(Last)	3. Date of Earliest Transaction				_X_ Director 10% Owner						
1049 CAMINO DOS RIOS			(Month/Day/Year) 07/21/2009				Officer (give title Other (specify below) below)				
	4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person						
THOUSAND	OAKS, CA 91	360						More than One R			
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned		
1.Title of 2	. Transaction Date	ate 2A. Deemed		3. 4. Securities			5. Amount of	6. Ownership	7. Nature of		
•	Month/Day/Year)	Execution Date, if any (Month/Day/Year)					Securities	Form: Direct	Indirect		
(Instr. 3)				Code (Instr. 8)	Disposed (Instr. 3, 4		-	(D) or Indirect (I)	Beneficial Ownership		
(Month			iy/ i cai)	(1130.0)	(1130. 5,	+ and 3)	Following	(Instr. 4)	(Instr. 4)		
						(A)	Reported				
				Code V	Amount	or (D) Price	Transaction(s) (Instr. 3 and 4)				
Reminder: Repor	rt on a separate line	e for each cl	ass of sec	urities bene	ficially ow	ned directly o	or indirectly.				
Kenniker, Kepo					Perso inforn requir	ns who res nation cont red to resp	spond to the colle ained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)		

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

number.

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock (1)	\$ 0 <u>(1)</u>	07/21/2009		А	134.0482 (1)		(1)	<u>(1)</u>	Common Stock	134.0482 (1)

Reporting Owners

Reporting Owner Name / Address		Relationsh	ips			
	Director	10% Owner	Officer	Other		
CAHOUET FRANK V 1049 CAMINO DOS RIOS THOUSAND OAKS, CA 91360	Х					
Signatures						
Frank V. Cahouet by Melanie S. Cibik pursuant to Power of Attorney previously filed with 07/22/2000						

SEC. 07/22/2009

**Signature of Reporting Person

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 Reporting Person as meeting fees under the Teledyne Technologies Incorporated 2008 Incentive Award Plan - Non-Employee Director Administrative Rules and Executive Deferred Compensation Plan.

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.

Date