MAIN SUE Form 4 January 27, 2011

FORM 4

OMB APPROVAL

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

Washington, D.C. 20549

January 31, Expires: 2005 Estimated average

SECURITIES Form 4 or

burden hours per response... 0.5

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 * MAIN SUE			2. Issuer Name and Ticker or Trading Symbol TELEDYNE TECHNOLOGIES INC [TDY]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle) 1049 CAMINO DOS RIOS		` ,	3. Date of Earliest Transaction (Month/Day/Year) 01/25/2011	Director 10% Owner _X_ Officer (give title Other (specify below) VP & Controller		
(Street)			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 91360				Form filed by More than One Reporting Person		

(City)	(State) (.	Table Table	e I - Non-D	erivative S	Securi	ities Ac	quired, Disposed o	of, or Beneficial	lly Owned
1.Title of	2. Transaction Date		3.	4. Securi			5. Amount of	6. Ownership	
Security	(Month/Day/Year)	Execution Date, if	Code	nAcquired Disposed	` ′		Securities Beneficially	Form: Direct (D) or	Indirect Beneficial
(Instr. 3)		any (Month/Day/Year)	(Instr. 8)	(Instr. 3,	,	1	Owned Following	Indirect (I) (Instr. 4)	Ownership (Instr. 4)
					(A) or		Reported Transaction(s) (Instr. 3 and 4)		
			Code V	Amount	(D)	Price	(Ilisti. 3 alid 4)		
Common Stock (1)	01/25/2011		A	1,855 (1)	A	\$0	24,840.1602	D	
Common Stock (2)	01/25/2011		D	279 (2)	D	\$0	24,561.1602 (3)	D	

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

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transact Code (Instr. 8)	Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)	
				Code V	(Instr. 3, 4, and 5)	Date Exercisable	Expiration Date	Title	Am or Nu of Sha
Stock Option	\$ 46.86	01/25/2011		A	7,000	01/25/2012(4)	01/25/2021	Common	7,

Reporting Owners

Relationships Reporting Owner Name / Address

Other Director 10% Owner Officer

MAIN SUE 1049 CAMINO DOS RIOS THOUSAND OAKS, CA 91360

VP & Controller

(4)

Signatures

(right-to-buy)

Susan L. Main by Melanie S. Cibik pursuant to Power of Attorney previously filed with SEC.

01/27/2011

Stock

**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 restricted shares issued to the Reporting Person under the 2011 2013 Restricted Stock Award Program.
- (2) Represents shares forfeited pursuant to the January 22, 2008 Restricted Stock Award Agreement.
- (3) Includes 588.1602 shares purchased under the Employee Stock Purchase Plan based on information received as of January 13, 2010.
- (4) The options vest in three equal annual installments beginning January 25, 2012.

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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