

CAHOUE T FRANK V
Form 4
November 09, 2009

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
CAHOUE T FRANK V

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
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/06/2009

Director 10% Owner
 Officer (give title below) Other (specify below)

THOUSAND OAKS, CA 91360
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	11/06/2009		M		1,073 A \$ 6.62	20,800 (4)	D (4)
Common Stock	11/06/2009		M		2,000 A \$ 9.94	22,800 (4)	D (4)
Common Stock	11/06/2009		M		4,595 A \$ 6.31	27,395 (4)	D (4)
Common Stock	11/06/2009		S		208 D \$ 34.41	27,187 (7)	D (7)
Common Stock	11/06/2009		S		579 D \$ 34.4217	26,608 (7)	D (7)

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Common Stock 11/06/2009 S 845 D \$ 34.3212 25,763 (7) D (7)
(6)

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

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(9-02)

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. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
Stock Option (right-to-buy)	\$ 6.62	11/06/2009		M	1,073 <u>(1)</u>	11/12/2000 ⁽¹⁾ 11/29/2009	Common Stock 1,
Stock Option (right-to-buy)	\$ 9.94	11/06/2009		M	2,000 <u>(2)</u>	11/29/2000 ⁽²⁾ 11/29/2009	Common Stock 2,
Stock Option (right-to-buy)	\$ 6.31	11/06/2009		M	4,595 <u>(3)</u>	01/03/2001 ⁽³⁾ 01/03/2010	Common Stock 4,

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

CAHOUEY FRANK V
1049 CAMINO DOS RIOS X
THOUSAND OAKS, CA 91360

Signatures

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

11/09/2009

__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) The options vested in three equal installments on November 29, 2000, 2001, and 2002.

(2) The options vested in three equal installments on November 29, 2000, 2001, and 2002.

(3) The options vested in three equal installments on January 3, 2001, 2002, and 2003.

(4) At the completion of these 3 transactions (exercise of stock option right-to-buy) Reporting person holds 7,668 shares directly and 19,727 shares held indirectly by the Deed of Trust of Frank V. Cahouet .

(5) This transaction was executed in multiple trades at prices ranging from \$34.41 to \$34.43. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction is effected

(6) This transaction was executed in multiple trades at prices ranging from \$34.42 to \$34.43. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction is effected

(7) At the completion of these 3 transactions (the sale of a total of 1,632 shares of Common Stock) Reporting person holds 6,036 shares directly and 19,727 shares held indirectly by the Deed of Trust of Frank V. Cahouet .

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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