

CAHOUE T FRANK V
Form 4
August 09, 2011

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)
08/08/2011

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				(A) or (D)	Price
Common Stock	08/08/2011		M			573	A	\$ 8.37	49,213	D	
Common Stock	08/08/2011		M			776	A	\$ 8.75	49,989	D	
Common Stock	08/08/2011		M			2,683	A	\$ 8.95	52,672	D	
Common Stock	08/08/2011		M			473	A	\$ 9.28	53,145	D	
Common Stock	08/08/2011		M			253	A	\$ 9.47	53,398	D	

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Common Stock	08/08/2011	M	705	A	\$ 9.64	54,103	D
Common Stock	08/08/2011	M	484	A	\$ 9.92	54,587	D
Common Stock	08/08/2011	M	686	A	\$ 9.93	55,273	D
Common Stock	08/08/2011	M	680	A	\$ 9.98	55,953	D
Common Stock	08/08/2011	M	669	A	\$ 10.16	56,622	D
Common Stock	08/08/2011	M	3,002	A	\$ 10.33	59,624	D
Common Stock	08/08/2011	M	395	A	\$ 12.15	60,019	D
Common Stock	08/08/2011	M	2,472	A	\$ 12.54	62,491	D
Common Stock	08/08/2011	M	188	A	\$ 12.71	62,679	D
Common Stock	08/08/2011	M	529	A	\$ 12.85	63,208	D
Common Stock	08/08/2011	M	527	A	\$ 12.9	63,735	D
Common Stock	08/08/2011	M	1,838	A	\$ 13.05	65,573	D
Common Stock	08/08/2011	M	336	A	\$ 13.07	65,909	D
Common Stock	08/08/2011	M	183	A	\$ 13.08	66,092	D
Common Stock	08/08/2011	M	1,805	A	\$ 13.29	67,897	D
Common Stock	08/08/2011	M	178	A	\$ 13.42	68,075	D
Common Stock	08/08/2011	M	356	A	\$ 13.45	68,431	D
Common Stock	08/08/2011	M	4,000	A	\$ 14.22	72,431	D
Common Stock	08/08/2011	M	151	A	\$ 15.85	72,582	D
Common Stock	08/08/2011	M	300	A	\$ 15.99	72,882	D
	08/08/2011	M	377	A		73,259	D

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Common Stock						\$ 17.99		
Common Stock	08/08/2011		M	372	A	\$ 18.26	73,631	D
Common Stock	08/08/2011		M	123	A	\$ 19.51	73,754	D
Common Stock	08/08/2011		M	1,585	A	\$ 19.55	75,339	D
Common Stock	08/08/2011		M	4,000	A	\$ 19.61	79,339	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. Transaction Code (Instr. 8)	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 Underlying (Instr. 3 and 4)	
						Date Exercisable	Expiration Date	Title
				Code	V (A) (D)			
Non-Employee Stock Option (right-to-buy)	\$ 13.05	08/08/2011		M	1,838	07/01/2003 ⁽¹⁾	07/01/2012 ⁽¹⁾	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.93	08/08/2011		M	686	07/23/2003	07/23/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.16	08/08/2011		M	669	10/22/2003	10/22/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.98	08/08/2011		M	680	12/18/2003	12/18/2012	Common Stock
Non-Employee Stock Option	\$ 10.33	08/08/2011		M	3,002	01/02/2004	01/02/2013	Common Stock

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(right-to-buy)

Non-Employee Stock Option (right-to-buy)	\$ 8.37	08/08/2011	M	573	01/28/2004	01/28/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 8.75	08/08/2011	M	776	02/25/2004	02/25/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.28	08/08/2011	M	473	04/22/2004	04/22/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 14.22	08/08/2011	M	4,000	04/23/2004	04/23/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.47	08/08/2011	M	253	04/23/2004	04/23/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 8.95	08/08/2011	M	2,683	07/01/2004	07/01/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.64	08/08/2011	M	705	07/22/2004	07/22/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.92	08/08/2011	M	484	10/21/2004	10/21/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 12.15	08/08/2011	M	395	12/17/2004	12/17/2013	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 12.54	08/08/2011	M	2,472	01/02/2005	01/02/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 12.85	08/08/2011	M	529	01/27/2005	01/27/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 13.45	08/08/2011	M	356	02/24/2005	02/24/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 12.71	08/08/2011	M	188	04/02/2005	04/02/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 13.42	08/08/2011	M	178	04/27/2005	04/27/2014	Common Stock

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Non-Employee Stock Option (right-to-buy)	\$ 19.61	08/08/2011	M	4,000	04/28/2005	04/28/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 13.07	08/08/2011	M	336	04/28/2005	04/28/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 13.08	08/08/2011	M	183	06/29/2005	06/29/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 13.29	08/08/2011	M	1,805	07/01/2005	07/01/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 12.9	08/08/2011	M	527	07/27/2005	07/27/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 15.85	08/08/2011	M	151	09/13/2005	09/13/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 15.99	08/08/2011	M	300	10/27/2005	10/27/2014	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 19.55	08/08/2011	M	1,585	01/03/2006	01/03/2015	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 17.99	08/08/2011	M	377	01/25/2006	01/25/2015	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 18.26	08/08/2011	M	372	04/26/2006	04/26/2015	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 19.51	08/08/2011	M	123	04/27/2006	04/27/2015	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CAHOUEY FRANK V 1049 CAMINO DOS RIOS THOUSAND OAKS, CA 91360	X			

Signatures

Frank V. Cahouet by John T. Kuelbs pursuant to Power of Attorney previously filed with SEC.

08/09/2011

__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) At the completion of these 30 transactions (exercise of stock option right-to-buy) Reporting Person holds 35,498 shares directly and 43,841 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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