

CAHOUE FRANK V
Form 4
November 20, 2012

FORM 4

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

OMB APPROVAL

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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 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

3. Date of Earliest Transaction
(Month/Day/Year)
11/19/2012

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

(Street)
THOUSAND OAKS, CA 91360

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

(City) (State) (Zip)

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	11/19/2012		M		121 A \$ 19.75	79,460	D
Common Stock	11/19/2012		M		342 A \$ 19.86	79,802	D
Common Stock	11/19/2012		M		236 A \$ 20.33	80,038	D
Common Stock	11/19/2012		M		113 A \$ 21.16	80,151	D
Common Stock	11/19/2012		M		4,000 A \$ 29.27	84,151	D

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Common Stock	11/19/2012	M	110	A	\$ 21.78	84,261	D
Common Stock	11/19/2012	M	1,096	A	\$ 21.89	85,357	D
Common Stock	11/19/2012	M	394	A	\$ 22.79	85,751	D
Common Stock	11/19/2012	M	855	A	\$ 22.79	86,606	D
Common Stock	11/19/2012	M	122	A	\$ 24.48	86,728	D
Common Stock	11/19/2012	M	254	A	\$ 23.54	86,982	D
Common Stock	11/19/2012	M	438	A	\$ 20.5	87,420	D
Common Stock	11/19/2012	M	2,751	A	\$ 19.62	90,171	D
Common Stock	11/19/2012	M	150	A	\$ 19.92	90,321	D
Common Stock	11/19/2012	M	417	A	\$ 21.56	90,738	D
Common Stock	11/19/2012	M	274	A	\$ 21.86	91,012	D
Common Stock	11/19/2012	M	359	A	\$ 25.06	91,371	D
Common Stock	11/19/2012	M	120	A	\$ 24.83	91,491	D
Common Stock	11/19/2012	M	4,000	A	\$ 37.25	95,491	D
Common Stock	11/19/2012	M	134	A	\$ 22.29	95,625	D
Common Stock	11/19/2012	M	1,858	A	\$ 21.52	97,483	D
Common Stock	11/19/2012	M	397	A	\$ 22.65	97,880	D
Common Stock	11/19/2012	M	210	A	\$ 28.62	98,090	D
Common Stock	11/19/2012	M	328	A	\$ 27.46	98,418	D
Common Stock	11/19/2012	M	501	A	\$ 26.94	98,919	D
	11/19/2012	M	4,000	A	\$ 46	102,919	D

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Common Stock								
Common Stock	11/19/2012		M	324	A	\$ 30.84	103,243	D
Common Stock	11/19/2012		M	387	A	\$ 34.9	103,630	D
Common Stock	11/19/2012		M	4,000	A	\$ 53.76	107,630	D
Common Stock	11/19/2012		M	303	A	\$ 33.06	107,933 ⁽¹⁾	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 (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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Employee Director Stock Option (right--to-buy)	\$ 19.75	11/19/2012		M	121	11/30/2005 11/30/2014		Common Stock	1
Non-Employee Director Stock Option (right--to-buy)	\$ 19.86	11/19/2012		M	342	12/15/2005 12/15/2014		Common Stock	3
Non-Employee Director Stock Option (right--to-buy)	\$ 20.33	11/19/2012		M	236	02/22/2006 02/22/2015		Common Stock	2
Non-Employee Director Stock	\$ 21.16	11/19/2012		M	113	02/17/2006 02/17/2015		Common Stock	1

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Option (right--to-buy)									
Non-Employee Director Stock Option (right--to-buy)	\$ 29.27	11/19/2012	M	4,000	04/27/2006	04/27/2016	Common Stock	4,000	
Non-Employee Director Stock Option (right--to-buy)	\$ 21.78	11/19/2012	M	110	06/28/2006	06/28/2015	Common Stock	110	
Non-Employee Director Stock Option (right--to-buy)	\$ 21.89	11/19/2012	M	1,096	07/01/2006	07/01/2015	Common Stock	1,096	
Non-Employee Director Stock Option (right--to-buy)	\$ 22.79	11/19/2012	M	394	07/26/2006	07/26/2015	Common Stock	394	
Non-Employee Director Stock Option (right--to-buy)	\$ 22.79	11/19/2012	M	855	07/26/2006	07/26/2015	Common Stock	855	
Non-Employee Directors Stock Option (right-to-buy)	\$ 24.48	11/19/2012	M	122	08/23/2006	08/23/2015	Common Stock	122	
Non-Employee Director Stock Option (right--to-buy)	\$ 23.54	11/19/2012	M	254	10/25/2006	10/25/2015	Common Stock	254	
Non-Employee Director Stock Option (right--to-buy)	\$ 20.5	11/19/2012	M	438	12/14/2006	12/14/2015	Common Stock	438	
Non-Employee Director Stock Option (right--to-buy)	\$ 19.62	11/19/2012	M	2,751	01/03/2007	01/03/2016	Common Stock	2,751	
Non-Employee Director Stock Option (right--to-buy)	\$ 19.92	11/19/2012	M	150	01/08/2007	01/08/2016	Common Stock	150	
Non-Employee Director Stock Option	\$ 21.56	11/19/2012	M	417	01/24/2007	01/24/2016	Common Stock	417	

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(right--to-buy)									
Non-Employee Director Stock Option	\$ 21.86	11/19/2012	M	274	02/21/2007	02/21/2016	Common Stock	2	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 25.06	11/19/2012	M	359	04/25/2007	04/25/2016	Common Stock	3	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 24.83	11/19/2012	M	120	04/26/2007	04/26/2016	Common Stock	1	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 37.25	11/19/2012	M	4,000	04/26/2007	04/26/2016	Common Stock	4,0	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 22.29	11/19/2012	M	134	06/16/2007	06/16/2016	Common Stock	1	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 21.52	11/19/2012	M	1,858	07/05/2007	07/05/2016	Common Stock	1,8	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 22.65	11/19/2012	M	397	07/25/2007	07/25/2016	Common Stock	3	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 28.62	11/19/2012	M	210	10/24/2007	10/24/2016	Common Stock	2	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 27.46	11/19/2012	M	328	12/13/2007	12/13/2016	Common Stock	3	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 26.94	11/19/2012	M	501	01/02/2008	01/02/2017	Common Stock	5	
(right--to-buy)									
Non-Employee Director Stock Option	\$ 46	11/19/2012	M	4,000	04/25/2008	04/25/2017	Common Stock	4,0	
(right--to-buy)									

Non-Employee Director Stock Option (right--to-buy)	\$ 30.84	11/19/2012	M	324	07/02/2008	07/02/2017	Common Stock	3
Non-Employee Director Stock Option (right--to-buy)	\$ 34.9	11/19/2012	M	387	01/02/2009	01/02/2018	Common Stock	3
Non-Employee Director Stock Option (right--to-buy)	\$ 53.76	11/19/2012	M	4,000	04/23/2009	04/23/2018	Common Stock	4,0
Non-Employee Director Stock Option (right--to-buy)	\$ 33.06	11/19/2012	M	303	07/01/2009	07/01/2018	Common Stock	3

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 Melanie S. Cibik pursuant to Power of Attorney filed herewith.

11/20/2012

__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 the transactions (exercise of stock options right-to-buy) Reporting Person holds 64,092 shares directly and 43,841 shares held indirectly by the Deed of Trust of Frank V. Cahouet.

Remarks:

See Exhibit 24 - Power of Attorney

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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