

Edgar Filing: TELEDYNE TECHNOLOGIES INC - Form 4

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 Amount of Underlying Security (Instr. 3 and 4)
Stock Option (right-to-buy)	\$ 32.35	01/24/2006		A	22,000	01/24/2007 ⁽³⁾ 01/24/2016	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SCHNITTJER DALE A 12333 W. OLYMPIC BLVD. LOS ANGELES, CA 90064			Sr. VP & CFO	

Signatures

Dale A. Schnittjer 01/25/2006

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 Restricted Stock Award Program.
Reporting person holds 35,266.2411 shares directly and 2,700 shares held indirectly in The Schnittjer 2002 Trust, Co-Trustees, Dale A.
- (2) Schnittjer and Victoria Lynn Schnittjer. Shares held directly include 2,053.2411 shares acquired under the Employee Stock Purchase Plan.
- (3) The options vest in three equal installments beginning January 24, 2007.

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.