

CAHOUE T FRANK V  
Form 4  
May 06, 2010

**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)  
05/05/2010

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	05/05/2010		M			353	A	\$ 12.48	26,116	D	
Common Stock	05/05/2010		M			337	A	\$ 13.07	26,453	D	
Common Stock	05/05/2010		M			2,000	A	\$ 14.75	28,453	D	
Common Stock	05/05/2010		M			2,064	A	\$ 11.62	30,517	D	
Common Stock	05/05/2010		M			153	A	\$ 13.04	30,670	D	

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Common Stock	05/05/2010	M	2,029	A	\$ 14.29 <u>(1)</u>	32,699 <u>(1)</u>	D <u>(1)</u>
Common Stock	05/05/2010	S	2,137	D	\$ 43.8537 <u>(2)</u>	30,562 <u>(3)</u>	D <u>(3)</u>

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 (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 Underlying Security (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Non-Employee Stock Option (right-to-buy)	\$ 12.48	05/05/2010		M	353	01/23/2002 01/23/2011	Common Stock	3	
Non-Employee Stock Option (right-to-buy)	\$ 13.07	05/05/2010		M	337	02/21/2002 02/21/2011	Common Stock	3	
Non-Employee Stock Option (right-to-buy)	\$ 14.75	05/05/2010		M	2,000	06/01/2001 06/01/2010	Common Stock	2,000	
Non-Employee Stock Option (right-to-buy)	\$ 11.62	05/05/2010		M	2,064	07/03/2001 07/03/2010	Common Stock	2,064	
Non-Employee Stock Option (right-to-buy)	\$ 13.04	05/05/2010		M	153	02/20/2002 02/20/2011	Common Stock	153	
Non-Employee Stock Option (right-to-buy)	\$ 14.29	05/05/2010		M	<u>2,029</u> <u>(1)</u>	01/02/2002 01/02/2011	Common Stock	2,029	

## 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. 05/06/2010

\_\_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 6 transactions (exercise of stock option right-to-buy) Reporting person holds 6,936 shares directly and 25,763 shares held indirectly by the Deed of Trust of Frank V. Cahouet .  
  
This transaction was executed in multiple trades at prices ranging from \$43.73 to \$43.8703. 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
  - (2)
  - (3) At the completion of this transaction (the sale of a total of 2,137 shares of Common Stock) Reporting person holds 4,799 shares directly and 25,763 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. 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.