

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

(Street)

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

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 | 11/19/2012 | | M | 68 | A \$ 37.02 | 108,001 | D | |
| Common Stock | 11/19/2012 | | M | 530 | A \$ 30.2 | 108,531 | D | |
| Common Stock | 11/19/2012 | | M | 4,000 | A \$ 32.84 | 112,531 | D | |
| Common Stock | 11/19/2012 | | M | 446 | A \$ 22.44 | 112,977 | D | |
| Common Stock | 11/19/2012 | | M | 608 | A \$ 26.33 | 113,585 | D | |

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| | | | | | | | |
|--------------|------------|---|-------|---|----------|------------------------|---|
| Common Stock | 11/19/2012 | M | 4,000 | A | \$ 43.32 | 117,585 | D |
| Common Stock | 11/19/2012 | M | 392 | A | \$ 25.46 | 117,977 | D |
| Common Stock | 11/19/2012 | M | 869 | A | \$ 29.91 | 118,846 | D |
| Common Stock | 11/19/2012 | M | 4,000 | A | \$ 49.51 | 122,846 | D |
| Common Stock | 11/19/2012 | M | 589 | A | \$ 33.98 | 123,435 ⁽¹⁾ | D |

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

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SEC 1474
(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 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) | \$ 37.02 | 11/19/2012 | | M | 68 | 07/22/2009 07/22/2018 | Common Stock | 6 | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 30.2 | 11/19/2012 | | M | 530 | 01/02/2010 01/02/2019 | Common Stock | 5 | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 32.84 | 11/19/2012 | | M | 4,000 | 04/22/2010 04/22/2019 | Common Stock | 4,000 | |
| Non-Employee Director Stock | \$ 22.44 | 11/19/2012 | | M | 446 | 07/01/2010 07/01/2019 | Common Stock | 4 | |

| | | | | | | | | | | |
|---|----------|------------|---|-------|------------|------------|-----------------|-----|--|--|
| Option (right--to-buy) | | | | | | | | | | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 26.33 | 11/19/2012 | M | 608 | 01/04/2011 | 01/04/2020 | Common Stock | 6 | | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 43.32 | 11/19/2012 | M | 4,000 | 04/21/2011 | 04/21/2020 | Common Stock | 4,0 | | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 25.46 | 11/19/2012 | M | 392 | 07/01/2011 | 07/01/2020 | Common Stock | 3 | | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 29.91 | 11/19/2012 | M | 869 | 01/03/2012 | 01/03/2021 | Common Stock | 8 | | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 49.51 | 11/19/2012 | M | 4,000 | 04/27/2012 | 04/27/2021 | Common Stock | 4,0 | | |
| Non-Employee Director Stock Option (right--to-buy) | \$ 33.98 | 11/19/2012 | M | 589 | 07/01/2012 | 07/01/2021 | Common Stock | 5 | | |

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 these transaction (exercise of stock options right-to-buy), Reporting Person holds 79,594 shares directly and 43,481 shares held indirectly by the Deed of Trust of Frank V. Cahouet.

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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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