

CIRCOR INTERNATIONAL INC
 Form 4
 August 11, 2005

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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 *
 CARLSEN ALAN R

2. Issuer Name and Ticker or Trading Symbol
 CIRCOR INTERNATIONAL INC
 [cir]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
 08/09/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Group Vice President

C/O CIRCOR INTERNATIONAL, INC., 25 CORPORATE DRIVE, SUITE 130

(Street)

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

BURLINGTON, MA 01803

(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)	(A) or (D)	Price	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 Indirect Beneficial Ownership (Instr. 4)
Common Stock	08/09/2005		S	22,100	D	\$ 25.0195	9,500	D	
Common Stock ⁽¹⁾	08/09/2005		M	6,000	A	\$ 7.5	15,500	D	
Common Stock ⁽¹⁾	08/09/2005		S	6,000	D	\$ 25.0195	9,500	D	
Common Stock ⁽²⁾	08/09/2005		M	1,260	A	\$ 23.8	10,760	D	
	08/09/2005		S	1,260	D		9,500	D	

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Common Stock ⁽²⁾ \$ 25.0195
 Common Stock 08/10/2005 S 9,500 D \$ 25.0195 0 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)	Amount or Number of Shares
				Code V (A) (D)		Date Exercisable Expiration Date	Title	
Stock Option-Right to Buy ⁽¹⁾	\$ 7.5	08/09/2005		M	6,000	08/02/2005 08/02/2010	Common Stock	6,000
Stock Option-Right to Buy	\$ 23.8	08/09/2005		M	1,260	01/06/2005 01/06/2014	Common Stock	1,260

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CARLSEN ALAN R C/O CIRCOR INTERNATIONAL, INC. 25 CORPORATE DRIVE, SUITE 130 BURLINGTON, MA 01803			Group Vice President	

Signatures

Alan J. Glass, attorney in fact 08/11/2005

 **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) Reflects cashless exercise of a portion of the 30,000 stock options granted to the reporting person on August 2, 2000.
- (2) Transaction reflects cashless exercise of a portion of the 6300 stock options issued to the reporting person on January 6, 2004.
- (3) Stock options convert into shares of common stock on a one-for-one basis

Remarks:

Mr. Carlsen recently announced his intention to retire in January 2006. As the Company recently hired his successor, Mr. Carl

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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