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STASIOR W Form 4	ILLIAM F										
June 15, 201	0										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									OMB APPROVAL		
Washing							OMMISSION	OMB Number:	3235-0287		
Check the if no long	_ ~	~~~~					Expires:	January 31, 2005			
subject to Section 1 Form 4 o		SECUR	ITIES			NERSHIP OF	Estimated a burden hou response	iverage			
Form 5 obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a) of the l	Public U		ling Con	npany	y Act of	e Act of 1934, 1935 or Section 0	1		
(Print or Type F	Responses)										
1. Name and A STASIOR V	2. Issuer Name and Ticker or Trading Symbol OPNET TECHNOLOGIES INC [OPNT]					5. Relationship of Reporting Person(s) to Issuer					
						(Check all applicable)					
			3. Date of Earliest Transaction (Month/Day/Year)					X_ Director10% Owner Officer (give titleOther (specify below)below)			
	T TECHNOLOG VOODMONT A		06/14/2	010				below)	below)		
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
BETHESDA	A, MD 20814							Form filed by M Person	lore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date any (Month/Day/Year)1.Title of Security (Month/Day/Year)2. Transaction Date Execution Date any (Month/Day/Year)		n Date, if	Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	06/14/2010			S	5,000	D	\$ 15.74	64,000	D		
Common Stock	06/14/2010			S	5,000	D	\$ 15.7	59,000	D		
Common Stock	06/14/2010			S	5,000	D	\$ 15.61	54,000	D		

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

Persons who respond to the collection of
information contained in this form are not
required to respond unless the formSEC 1474
(9-02)

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displays a currently valid OMB control number.

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)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	3	ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships								
	Director	10% Owner	Officer	Other					
STASIOR WILLIAM F C/O OPNET TECHNOLOGIES INC 7255 WOODMONT AVE BETHESDA, MD 20814	Х								
Signatures									
William F. Stasior by Dennis R. McCoy under Power of									
Attorney				06/15/2010					
<u>**</u> Signature of Reporting Po		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).

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.