

CAHOUE FRANK V  
Form 4  
March 02, 2011

**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 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)  
03/01/2011

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	03/01/2011		M			454	A	\$ 8.82	31,016	I	Trust
Common Stock	03/01/2011		M			271	A	\$ 8.87	31,287	I	Trust
Common Stock	03/01/2011		M			4,000	A	\$ 13.3	35,287	I	Trust
Common Stock	03/01/2011		M			2,381	A	\$ 10.08	37,668	I	Trust
Common Stock	03/01/2011		M			231	A	\$ 8.67	37,899	I	Trust

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Common Stock	03/01/2011		M	507	A	\$ 8.67	38,406	I	Trust
Common Stock	03/01/2011		M	195	A	\$ 10.27	38,601	I	Trust
Common Stock	03/01/2011		M	417	A	\$ 10.55	39,018	I	Trust
Common Stock	03/01/2011		M	406	A	\$ 10.83	39,424	I	Trust
Common Stock	03/01/2011		M	2,671	A	\$ 10.86	42,095	I	Trust
Common Stock	03/01/2011		M	456	A	\$ 9.65	42,551	I	Trust
Common Stock	03/01/2011		M	194	A	\$ 10.33	42,745	I	Trust
Common Stock	03/01/2011		M	609	A	\$ 10.5	43,354	I	Trust
Common Stock	03/01/2011		M	178	A	\$ 11.24	43,532	I	Trust
Common Stock	03/01/2011		M	180	A	\$ 11.07	43,712	I	Trust
Common Stock	03/01/2011		M	184	A	\$ 10.86	43,896	I	Trust
Common Stock	03/01/2011		M	180	A	\$ 11.06	44,076	I	Trust
Common Stock	03/01/2011		M	388	A	\$ 11.33	44,464	I	Trust
Common Stock	03/01/2011		M	176	A	\$ 11.33	44,640	I	Trust
Common Stock	03/01/2011		M	4,000	A	\$ 16.99	48,640 <sup>(1)</sup>	I <sup>(1)</sup>	Trust <sup>(1)</sup>

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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Underlying Security (Instr. 3 and
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	Derivative Security		Code	V	(A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date	Title
					(A)	(D)			
Non-Employee Stock Option (right-to-buy)	\$ 8.82	03/01/2011	M		454		04/24/2002 <sup>(1)</sup>	04/24/2011 <sup>(1)</sup>	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 8.87	03/01/2011	M		271		04/25/2002	04/25/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 13.3	03/01/2011	M		4,000		04/25/2002	02/25/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.08	03/01/2011	M		2,381		02/07/2002	07/02/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 8.67	03/01/2011	M		231		07/24/2002	07/24/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 8.67	03/01/2011	M		507		07/25/2002	07/25/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.27	03/01/2011	M		195		10/11/2002	10/11/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.56	03/01/2011	M		417		10/24/2002	10/24/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.83	03/01/2011	M		406		12/19/2002	12/19/2011	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.86	03/01/2011	M		2,671		01/02/2003	01/02/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 9.65	03/01/2011	M		456		01/22/2003	01/22/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.33	03/01/2011	M		194		02/20/2003	02/20/2012	Common Stock

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Non-Employee Stock Option (right-to-buy)	\$ 10.5	03/01/2011	M	609	02/26/2003	02/26/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 11.24	03/01/2011	M	178	03/11/2003	03/11/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 11.07	03/01/2011	M	180	03/19/2003	03/19/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 10.86	03/01/2011	M	184	04/03/2003	04/03/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 11.08	03/01/2011	M	180	04/23/2003	04/23/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 11.33	03/01/2011	M	388	04/24/2003	04/24/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 11.33	03/01/2011	M	176	04/24/2003	04/24/2012	Common Stock
Non-Employee Stock Option (right-to-buy)	\$ 16.99	03/01/2011	M	4,000	04/24/2003	04/24/2012	Common Stock

## 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 previously filed with SEC. 03/02/2011

\*\*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 20 transactions (exercise of stock option right-to-buy) Reporting Person holds 4,799 shares directly and 43,841 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.

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