

AVID TECHNOLOGY INC
 Form 4
 March 19, 2007

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 *
BAKER PATRICIA A

(Last) (First) (Middle)

855 BOARDWALK PLACE

(Street)

REDWOOD CITY, CA 94065

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

AVID TECHNOLOGY INC [AVID]

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

03/15/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

VP of Human Resources

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 Price (D)		
Common Stock	03/15/2007		M		1,458 A \$ 14.13		9,780 D
Common Stock	03/15/2007		M		5,322 A \$ 22.01		15,102 D
Common Stock	03/15/2007		M		9,375 A \$ 27.98		24,477 D
Common Stock	03/15/2007		S		117 D \$ 33.05		24,360 D
Common Stock	03/15/2007		S		83 D \$ 33.05		24,277 D

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Common Stock	03/15/2007	S	6,100	D	\$ 33.03	18,177	D
Common Stock	03/15/2007	S	500	D	\$ 33.01	17,677	D
Common Stock	03/15/2007	S	2,200	D	\$ 33	15,477	D
Common Stock	03/15/2007	S	1,458	D	\$ 32.99	14,019	D
Common Stock	03/15/2007	S	3,122	D	\$ 32.99	10,897	D
Common Stock	03/15/2007	S	2,575	D	\$ 32.99	8,322	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)
Employee Stock Option (right-to-buy)	\$ 14.13	03/15/2007		M	1,458	09/06/2002 03/06/2012	Common Stock 1,
Employee Stock Option (right to buy)	\$ 22.01	03/15/2007		M	5,322	07/10/2003 01/10/2013	Common Stock 5,
Employee Stock Option (right to buy)	\$ 27.98	03/15/2007		M	3,158	11/21/2003 ⁽¹⁾ 05/21/2013	Common Stock 3,
Employee Stock Option (right to buy)	\$ 27.98	03/15/2007		M	6,217	11/21/2003 05/21/2013	Common Stock 6,

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BAKER PATRICIA A 855 BOARDWALK PLACE REDWOOD CITY, CA 94065			VP of Human Resources	

Signatures

/s/ Patricia A.
Baker

03/19/2007

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) 12.5% of the option became exercisable on the date listed in the "Date Exercisable" column; the remaining 87.5% becomes exercisable in 42 equal monthly installments thereafter.

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.