

CAHOUE T 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 T 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

3. Date of Earliest Transaction (Month/Day/Year)  
03/01/2011

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

(Street)  
THOUSAND OAKS, CA 91360

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

(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) |   |        | 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)<br>(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<br>1049 CAMINO DOS RIOS<br>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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