

CAHOUE FRANK V
 Form 4
 November 20, 2012

FORM 4

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

OMB APPROVAL

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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)
 11/19/2012

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			
Common Stock	11/19/2012		M		68	A	\$ 37.02	108,001	D
Common Stock	11/19/2012		M		530	A	\$ 30.2	108,531	D
Common Stock	11/19/2012		M		4,000	A	\$ 32.84	112,531	D
Common Stock	11/19/2012		M		446	A	\$ 22.44	112,977	D
Common Stock	11/19/2012		M		608	A	\$ 26.33	113,585	D

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Common Stock	11/19/2012	M	4,000	A	\$ 43.32	117,585	D
Common Stock	11/19/2012	M	392	A	\$ 25.46	117,977	D
Common Stock	11/19/2012	M	869	A	\$ 29.91	118,846	D
Common Stock	11/19/2012	M	4,000	A	\$ 49.51	122,846	D
Common Stock	11/19/2012	M	589	A	\$ 33.98	123,435 ⁽¹⁾	D

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 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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Employee Director Stock Option (right--to-buy)	\$ 37.02	11/19/2012		M	68	07/22/2009 07/22/2018	Common Stock	6	
Non-Employee Director Stock Option (right--to-buy)	\$ 30.2	11/19/2012		M	530	01/02/2010 01/02/2019	Common Stock	5	
Non-Employee Director Stock Option (right--to-buy)	\$ 32.84	11/19/2012		M	4,000	04/22/2010 04/22/2019	Common Stock	4,000	
Non-Employee Director Stock	\$ 22.44	11/19/2012		M	446	07/01/2010 07/01/2019	Common Stock	4	

Option (right--to-buy)										
Non-Employee Director Stock Option (right--to-buy)	\$ 26.33	11/19/2012	M	608	01/04/2011	01/04/2020	Common Stock	6		
Non-Employee Director Stock Option (right--to-buy)	\$ 43.32	11/19/2012	M	4,000	04/21/2011	04/21/2020	Common Stock	4,0		
Non-Employee Director Stock Option (right--to-buy)	\$ 25.46	11/19/2012	M	392	07/01/2011	07/01/2020	Common Stock	3		
Non-Employee Director Stock Option (right--to-buy)	\$ 29.91	11/19/2012	M	869	01/03/2012	01/03/2021	Common Stock	8		
Non-Employee Director Stock Option (right--to-buy)	\$ 49.51	11/19/2012	M	4,000	04/27/2012	04/27/2021	Common Stock	4,0		
Non-Employee Director Stock Option (right--to-buy)	\$ 33.98	11/19/2012	M	589	07/01/2012	07/01/2021	Common Stock	5		

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 filed herewith.

11/20/2012

__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 transaction (exercise of stock options right-to-buy), Reporting Person holds 79,594 shares directly and 43,481 shares held indirectly by the Deed of Trust of Frank V. Cahouet.

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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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