KILROY REALTY CORP

Form 4 July 29, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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obligations

may continue.

Check this box

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

See Instruction 1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person *

2. Issuer Name and Ticker or Trading

5. Relationship of Reporting Person(s) to

Issuer

KILROY JOHN B SR Symbol

(Middle)

KILROY REALTY CORP [NYSE:

(Check all applicable)

KRC]

3. Date of Earliest Transaction

_X__ Director 10% Owner

(Month/Day/Year)

07/28/2005

Officer (give title _ Other (specify

12200 W. OLYMPIC **BOULEVARD, SUITE 200**

(Street)

07/28/2005

(First)

4. If Amendment, Date Original

Applicable Line)

Filed(Month/Day/Year)

X Form filed by One Reporting Person Form filed by More than One Reporting

D

6. Individual or Joint/Group Filing(Check

Person

17,952

LOS ANGELES, CA 90064

(City)	(State)	(Zip) Tab	le I - Non-I	Derivative S	Securit	ies Acq	uired, Disposed o	f, or Beneficial	lly 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. Securiti on(A) or Dis (Instr. 3, 4)	posed o	of (D)	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 Indirect Beneficial Ownership (Instr. 4)
Common									

14,565 A

\$ 23

\$0.01 per	
share	
Common	
Common	

stock, par value

stock, par 07/28/2005 M 5,000 22,952 D 26.51 \$0.01 per

M

share

value

07/28/2005 M 5,000 27,952 D

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Common stock, par value \$0.01 per share					\$ 25.77			
Common stock, par value \$0.01 per share	07/28/2005	S	11,000	D	\$ 51.5	16,952	D	
Common stock, par value \$0.01 per share	07/28/2005	S	585	D	\$ 51.75	16,367	D	
Common stock, par value \$0.01 per share						364,200	I	By Kilroy Industries

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 on Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shar
Common Stock Option (right to buy)	\$ 23	07/28/2005		M	14,565	01/31/2000(1)	01/31/2007	Common Stock	14,56
Common Stock	\$ 26.51	07/28/2005		M	5,000	02/18/2004(2)	02/18/2011	Common Stock	5,000

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Option (right to buy)

Common

Stock

buy)

Option \$ 25.77 07/28/2005 (right to

M

02/19/2005(3) 02/19/2012

5,00

Stock

Reporting Owners

Relationships Reporting Owner Name / Address Director 10% Owner Officer

KILROY JOHN B SR 12200 W. OLYMPIC BOULEVARD **SUITE 200** LOS ANGELES, CA 90064



Signatures

/s/ Tyler H. Rose, as attorney-in-fact for John B. Kilroy, Sr.

07/28/2005

**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) The initial option grant vested in three equal installments on January 31, 1998, 1999 and 2000.
- (2) The initial option grant vested in three equal installments on February 18, 2002, 2003 and 2004.
- (3) The initial option grant vested in three equal installments on February 19, 2003, 2004 and 2005.

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.

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