Edgar Filing: Symmetry Medical Inc. - Form 4

Symmetry N Form 4 April 04, 20											
FORM 4 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. FORM 4 STATEMENT OF CHAN Filed pursuant to Section 1 Section 17(a) of the Public Ut				RITIES AND EXCHANGE COMMISSION shington, D.C. 20549 IGES IN BENEFICIAL OWNERSHIP OF SECURITIES 6(a) of the Securities Exchange Act of 1934, tility Holding Company Act of 1935 or Sectio avestment Company Act of 1940					OMB APPROVAL OMB Number: 3235-0287 January 31, 2005 Estimated average burden hours per response 0.5		
(Print or Type Responses)											
Sullivan Thomas Joseph Symbol				er Name and Ticker or Trading etry Medical Inc. [SMA]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(3. Date of Earliest Transaction(Month/Day/Year)04/03/2014				-	X_ Director 10% Owner X_ Officer (give title Other (specify below) below) President & CEO			
			endment, Date Original onth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Secur		Person ired, Disposed of,	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	ed Date, if	3.	4. Securit ord Dispos (Instr. 3, 4 Amount	ies Ac ed of (quired (A) (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	
Common Stock	04/03/2014			S <u>(1)</u>	35,000 (1)	D	φ 9.6882 (2)	291,206	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 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. Transacti Code (Instr. 8)	of	tive ties red ed 3,		te	7. Title and A Underlying S (Instr. 3 and	Securities	8. P Der Sec (Ins
				Code V	(A) (I	D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Option	\$ 7.69						07/27/2017	07/27/2018	Common Stock	300,000	

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Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Sullivan Thomas Joseph 3724 N. ST. RD. 15 WARSAW, IN 46582	Х		President & CEO					
Signatures								
David C. Milne - Attorney in fact	C	04/04/2014						

**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).
- These shares were sold pursuant to a 10b5=1 plan that Mr. Sullivan put in place with his broker some time ago to provide investment (1) diversification.
- (2) The sales occurred in many lots; the noted price is the average price for all sales, and all sales occurred on April 3, 2014.

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.