

FORM 4

U.S. SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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

Issuer Information		
Trading Symbol	CIK	Name
TDY	0001094285	Teledyne Technologies Incorporated

Not subject to Section 16	Date of Earliest Transaction	If Amendment, Date Original Filed
	2008-07-22	

Reporting Person(s) Information													
CIK	CCC	Name	Address (Line 1)	Address (Line 2)	City	State	Zip	Relationship				Officer Title	Other
								10% Owner	Director	Officer	Other		
1 0001200576	zdvxii\$2	Frank V. Cahouet	1049 Camino Dos Rios		Thousand Oaks	CA	91360		Y				
2													
3													
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8													
9													
10													

Signatures of Reporting Persons		Signature Date
1	Frank V. Cahouet by Melanie S. Cibik pursuant to Power of Attorney previously filed with SEC.	2008-07-23
2		
3		
4		
5		
6		
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8		
9		
10		

General Remarks:



Transaction or Holding	1. Title of Security (Instr. 3)	2. Transaction Date (YYYY-MM-DD)	2a. Deemed Execution Date, if any. (YYYY-MM-DD)	3. Transaction Code (Instr. 8)			Form 5 Transaction Reported Early	4. Securities Acquired (A) or Disposed (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)
				Form Type	Code	Equity Swap		Shares	Price (Per Share)	Acquired / Disposed	Securities	US Dollars	

Footnotes

7. Nature of Indirect
Beneficial Ownership
(Instr. 4)

No. Footnotes:

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1 Represents shares of phantom stock issued to Reporting Person as meeting fees under the Teledyne Technologies Incorporated 2008 Incentive Award Plan - Non-Employee Director Administrative Rules and Executive Deferred Compensation Plan.

2

Represents shares of phantom stock issued to Reporting Person as an increased retainer fee for serving as a committee chair under the Teledyne Technologies Incorporated 2008 Incentive Award Plan - Non-Employee Director Administrative Rules and Executive Deferred Compensation Plan.

3 Represents options issued to Reporting Person as an increased retainer fee for serving as a committee chair under the Teledyne Technologies Incorporated 2008 Incentive Award Plan - Non-Employee Director Administrative Rules.