

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
	2004-01-02	

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 0001039894	x9sdwa#w	Charles H. Noski	12333 W. Olympic Blvd.		Los Angeles	CA	90064		Y				
2													
3													
4													
5													
6													
7													
8													
9													
10													

Signatures of Reporting Persons		Signature Date
1	Charles H. Noski by Melanie S. Cibik pursuant to Power of Attorney previously filed with SEC.	2004-01-05
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10		

General Remarks:

No. Footnotes:

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- 1 Represents shares issued to the Reporting Person under the Teledyne Technologies Incorporated 1999 Non-Employee Director Stock Compensation Plan.
- 2 Reporting Person holds 159 shares directly and 2,034 shares held indirectly by the Charles H. Noski and Lisa J. Noski Living Trust, Charles H. Noski and Lisa J. Noski, Trustees.
- 3 The shares of phantom stock become payable in cash upon the reporting person's termination of service as a director.