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TRIUMPH (GROUP INC											
Form 4												
April 16, 20	12											
FORM	ΙΔ									OMB AF	PROVAL	
	UNIII	ED STATES				ND EX(D.C. 20		NGE C	OMMISSION	OMB Number:	3235-0287	
Check th										Expires:	January 31,	
subject to	if no longer subject to STATEMENT OF CHANG				GES IN BENEFICIAL OWNER				NERSHIP OF	Estimated a	2005 average	
Section 1	16.	S				SECURITIES				burden hours per		
Form 4 o Form 5			~ • •	<i>c</i> () <i>c</i>		~ .				response	0.5	
obligatio	20	-						-	e Act of 1934,			
may cont				•		•	· ·		1935 or Section	1		
See Instruction 1(b).	uction	50(II)) of the In	vestine	nt (Compan	y Ac	ι 01 194	0			
(Print or Type I	Responses)											
1. Name and Address of Reporting Person *2. IssuerFRISBY JEFFRY DSymbol				Issuer Name and Ticker or Trading ibol IUMPH GROUP INC [TGI]				-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
TRIUM]									
(Last)	(First)	(Middle)	3. Date of	Earliest	Tra	insaction			(ener		,	
				/Ionth/Day/Year)					Director 10% Owner X Officer (give title Other (specify			
899 CASSA	ATT ROAD, S	UITE 210	04/16/2	012					XOfficer (give below)	below)	r (specify	
									Pres	ident & COO		
	(Street)		4. If Ame	ndment,	Dat	e Original	l		6. Individual or Jo	int/Group Filin	g(Check	
Filed(Mo			Filed(Mor	d(Month/Day/Year)					Applicable Line) _X_ Form filed by One Reporting Person			
BERWYN,	PA 19312								Form filed by C Form filed by M Person			
(City)	(State)	(Zip)	Tabl	e I - Non	ı-De	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of	2. Transaction	Date 2A. Dee	med	3.		4. Securit	ties Ad	cquired	5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Ye		on Date, if		ctio	n(A) or Di	-		Securities	Form: Direct		
(Instr. 3)	any (Month/Day/Y			Code (Instr. 3, 4 and 5) (Year) (Instr. 8)				5)	Beneficially Owned	· · ·	Beneficial Ownership	
		(monus	Duy/Teur)	(1150.0	,,				Following	(Instr. 4)	(Instr. 4)	
							(A)		Reported			
							or		Transaction(s) (Instr. 3 and 4)			
C				Code	V	Amount	(D)	Price	(mout o and +)			
Common Stock	04/16/2012			М		4,634	А	\$ 22.46	53,534 <u>(1)</u>	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. Transactio Code (Instr. 8)	5. Number poof 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 Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 22.46	04/16/2012		М	4,634	04/19/2002	04/19/2012	Common Stock	4,634

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Reporting Owners

Reporting Owner Name / Addre	255	Relationships						
	Director	10% Owner	Officer	Other				
FRISBY JEFFRY D 899 CASSATT ROAD SUITE 210 BERWYN, PA 19312			President & COO					
Signatures								
Jeffry Frisby	04/16/2012							
<u>**</u> 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) On July 14, 2011, the common stock of Triumph Group, Inc. split 2-for-1, resulting in the reporting person's ownership of 24,450 additional shares of common stock.

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.