#### Edgar Filing: SCHWARTZ ALAN/FL - Form 4

SCHWART	Z ALAN/FL									
Form 4										
February 08	, 2010									
FORM	FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION							OMB APPROVAL		
	<b>UNITED STATES SECURITIES AND EXCHANGE COMMISSION</b> Washington, D.C. 20549						NOMB Number:	3235-0287		
Check th				0	·			Expires:	January 31,	
if no longer subject to Section 16. Form 4 or					ICIAL O	Estimated burden ho	Expires. 2005 Estimated average burden hours per response 0.5			
may con	Form 5 obligations may continue. See Instruction 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									
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> SCHWARTZ ALAN/FL			2. Issuer Name <b>and</b> Ticker or Trading Symbol SUPERIOR UNIFORM GROUP			5. Relationship of Reporting Person(s) to Issuer				
			INC [SGC]				(Check all applicable)			
	(First) ( RIOR UNIFORM IC, 10055 SEMIN			of Earliest T Day/Year) 2010	ransaction		X Director X Officer (giv below)		% Owner her (specify	
DLVD	(Streat)		4 TC A			1				
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
SEMINOL	E, FL 33772						Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Securities .	Acquired, Disposed of	of, or Beneficia	illy Owned	
1.Title of Security (Instr. 3)		nsaction Date 2A. Deeme h/Day/Year) Execution any (Month/Da		Date, if TransactionAcquired (A) or Code Disposed of (D)		Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
				Code V	Amount	(D) Price	(Instr. 3 and 4)			
Reminder: Re	port on a separate line	e for each cl	ass of sec	urities benet	ficially ow	ned 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)

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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)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
Stock Appreciation Rights (1)	\$ 9.8	02/05/2010		А	6,796	02/08/2010	02/04/2015	Common Stock	6,7
Common Shares $(2)$	\$ 9.8	02/05/2010		А	10,204	02/08/2010	02/04/2015	Common Stock	10,2

# **Reporting Owners**

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
SCHWARTZ ALAN/FL C/O SUPERIOR UNIFORM GROUP INC 10055 SEMINOLE BLVD SEMINOLE, FL 33772	Х		President		
Signatures					

# ıy

/s/ Joan 02/08/2010 Petronella, POA

\*\*Signature of Reporting Person

### **Explanation of Responses:**

If the form is filed by more than one reporting person, see Instruction 4(b)(v). \*

Date

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) To list SARS granted 2/5/10.

(2) To list options granted 2/5/10.

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.