

Symmetry Medical Inc.
Form 4
July 26, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
Conroy James A

(Last) (First) (Middle)

C/O OLYMPUS PARTNERS,
METRO CENTER, ONE STATION
PLACE

(Street)

STAMFORD, CT 06902

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
Symmetry Medical Inc. [SMA]

3. Date of Earliest Transaction
(Month/Day/Year)
07/21/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
			Code	V	Amount	(A) or (D)	Price			
Common Stock	07/21/2005		X		21,702	A	\$ 0.01	21,702	I (1) (2) (5)	See Footnote (1) (2) (5)
Common Stock	07/21/2005		X		47,974	A	(10)	69,676	I (1) (2) (5)	See Footnote (1) (2) (5)
Common Stock	07/22/2005		S		8,093,280	D	\$ 21.2487	11,804,695	I (1) (2) (6)	See Footnote (1) (2) (6)
Common	07/22/2005		J(3)		11,804,695	D	(3)	0	I (1) (2) (6)	See

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Stock								Footnote (1) (2) (6)
Common Stock	07/22/2005	S	69,676	D	\$ 21.2487	10,666,300	I (1) (2) (5)	See Footnote (1) (2) (5)
Common Stock	07/22/2005	J ⁽⁴⁾	798,947	D	(4)	0	I (1) (2) (7)	See Footnote (1) (2) (7)
Common Stock						77,893	I (1) (2) (8)	See Footnote (1) (2) (8)
Common Stock						52,828	I (1) (2) (11)	See Footnote (1) (2) (11)

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

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(9-02)

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. Transaction Code (Instr. 8)	5. Number of 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)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Common Stock (Warrant right to buy)	\$ 0.01	07/21/2005		X	21,702	(9) 06/11/2013	Common Stock	21,702
Common Stock (Warrant right to buy)	(10)	07/21/2005		X	47,974	(9) 06/11/2013	Common Stock	47,974
Common Stock	\$ 0.01					(9) 06/11/2013	Common Stock	19,043

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General Partner; by RSM, LLC, a General Partner of OEF, L.P.; and by Mr. Morris, the Managing Partner of OEF, L.P. through his capacity as Managing Member of RSM, LLC. Mr. James A. Conroy, a member of our board of directors, is a partner of the Olympus funds and has a pecuniary interest in certain of those shares. Mr. Conroy disclaims beneficial ownership of the common stock owned by the above entities, except to the extent of his proportionate pecuniary interest therein.

- (3) On July 22, 2005, Olympus/Symmetry Holdings LLC made a pro-rata distribution of common stock, without consideration, to its members, which include Olympus Growth Fund III, L.P., which received 10,666,300 shares, Olympus Growth Co-Investment Fund III, which received 798,947 shares, and Olympus Executive Fund, L.P., which received 77,893 shares.

- (4) On July 22, 2005, Olympus Growth Co-Investment Fund III, L.P. made a pro-rata distribution of common stock, without consideration, to its partners, which include OGP III, L.L.C., which received 52,828 shares. OGP III, LLC is the general partner of Olympus Co-Investment Fund III, L.P. and is also the general partner of Olympus Growth Fund III, L.P., which is the managing member of Olympus/Symmetry Holdings LLC. The receipt of such shares by OGP III, LLC represents a change in the form of beneficial ownership.

- (5) Represents shares or warrants, as applicable, directly owned by Olympus Growth Fund III, L.P.
- (6) Represents shares directly owned by Olympus/Symmetry Holdings LLC.
- (7) Represents shares directly owned by Olympus Growth Co-Investment Fund III, L.P.
- (8) Represents shares directly owned by Olympus Executive Fund, L.P.
- (9) Currently exercisable.
- (10) Exercise price of \$.000128 per share.
- (11) Represents shares directly owned by OGP III, LLC.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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