

CARRIERE STEPHEN J
Form 4
August 15, 2005

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
CARRIERE STEPHEN J

2. Issuer Name and Ticker or Trading Symbol
CIRCOR INTERNATIONAL INC
[CIR]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
08/11/2005

____ Director
 Officer (give title below) _____ Other (specify below)
VP, Controller&Asst. Treasurer

CIRCOR INTERNATIONAL, INC., 25 CORPORATE DRIVE SUITE 130

(Street)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

BURLINGTON, MA 01880

(City) (State) (Zip)

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock ⁽¹⁾	08/11/2005		M		1,100 A \$ 7.5	6,945.2	D
Common Stock ⁽²⁾	08/11/2005		S		1,100 D \$ 25.5036	5,845.2	D
Common Stock ⁽¹⁾	08/15/2005		M		900 A \$ 7.5	6,745.2	D
Common Stock ⁽²⁾	08/15/2005		S		900 D \$ 25.5	5,845.2	D
	08/15/2005		M		400 A \$ 23.8	6,245.2	D

BURLINGTON, MA 01880

Signatures

Stephen J.
Carriere

08/15/2005

__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).
The stock options exercised herein are a portion of the grant of 10,000 options by the issuer to the reporting person on August 2, 2000.
 - (1) These options are a portion of the 2,000 options that became exercisable on August 2, 2005. These options convert into shares of the issuer's common stock on a one-for-one basis.
 - (2) The transactions reported herein reflect the cashless exercise by the reporting person of stock options previously granted to the reporting person by the issuer.
The stock options exercised herein are a portion of the grant of 2,000 options by the issuer to the reporting person on January 6, 2004.
 - (3) The 400 options became exercisable on January 6, 2005. These options convert into shares of the issuer's common stock on a one-to-one basis.

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.