

Symmetry Medical Inc.
Form 4
September 19, 2005

FORM 4

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
Martin D Darin

(Last) (First) (Middle)

C/O SYMMETRY MEDICAL,
INC., 220 W. MARKET STREET

(Street)

WARSAW, IN 46580

(City) (State) (Zip)

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

3. Date of Earliest Transaction
(Month/Day/Year)
09/15/2005

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

Sr. VP, QA/Reg. Aff. & CCO

6. Individual or Joint/Group Filing(Check
Applicable Line)
X 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 Ownership (Instr. 4)
			Code	V	Amount (A) or (D)	Price	
Common Stock	09/15/2005		S		514	D \$ 22.5	70,048 D
Common Stock	09/15/2005		S		128	D \$ 22.89	69,920 D
Common Stock	09/15/2005		S		86	D \$ 22.94	69,834 D
Common Stock	09/15/2005		S		43	D \$ 22.95	69,791 D
Common Stock	09/15/2005		S		43	D \$ 22.98	69,748 D

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Common Stock	09/15/2005	S	171	D	\$ 22.99	69,577	D
Common Stock	09/15/2005	S	814	D	\$ 23.05	68,763	D
Common Stock	09/15/2005	S	1,413	D	\$ 23.07	67,350	D
Common Stock	09/15/2005	S	385	D	\$ 23.1	66,965	D
Common Stock	09/15/2005	S	86	D	\$ 23.11	66,879	D
Common Stock	09/15/2005	S	171	D	\$ 23.14	66,708	D
Common Stock	09/15/2005	S	1,028	D	\$ 23.15	65,680	D
Common Stock	09/15/2005	S	86	D	\$ 23.16	65,594	D
Common Stock	09/15/2005	S	2,312	D	\$ 23.2	63,282	D
Common Stock	09/15/2005	S	128	D	\$ 23.22	63,154	D
Common Stock	09/15/2005	S	171	D	\$ 23.25	62,983	D
Common Stock	09/15/2005	S	171	D	\$ 23.28	62,812	D
Common Stock	09/15/2005	S	2,869	D	\$ 23.3	59,943	D
Common Stock	09/15/2005	S	86	D	\$ 23.34	59,857	D
Common Stock	09/15/2005	S	301	D	\$ 23.9	59,556	D
Common Stock	09/15/2005	S	1,584	D	\$ 23.91	57,972	D
Common Stock	09/15/2005	S	43	D	\$ 23.95	57,929	D
Common Stock	09/15/2005	S	2,055	D	\$ 23.99	55,874	D
Common Stock	09/15/2005	S	303	D	\$ 24.15	55,571	D

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

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(9-02)

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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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 10)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
Martin D Darin C/O SYMMETRY MEDICAL, INC. 220 W. MARKET STREET WARSAW, IN 46580	Sr. VP, QA/Reg. Aff. & CCO

Signatures

/s/ D. Darin
Martin 09/19/2005

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).

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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