

Edgar Filing: HS3 TECHNOLOGIES INC. - Form 8-K

HS3 TECHNOLOGIES INC.  
Form 8-K  
November 10, 2005

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UNITED STATES SECURITIES AND  
EXCHANGE COMMISSION  
Washington, D.C. 20549  
FORM 8-K

CURRENT REPORT  
Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) November 9, 2005

HST TECHNOLOGIES INC.

-----  
(Exact name of registrant as specified in its charter)

Nevada  
(State or other jurisdiction of incorporation)

333-117874  
(Commission File Number)

20-3598613  
(IRS Employer Identification No.)

1800 Boulder Street - Suite 600, Denver, Colorado, USA 80211 (Address of  
principal executive offices and Zip Code)

Registrant's telephone number, including area code (303) 455-2550

220 DeCourcy Drive, RR1, Gabriola Island, BC. Canada VOR 1X1  
(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to  
simultaneously satisfy the filing obligation of the registrant under any of the  
following provisions:

Written communications pursuant to Rule 425 under the Securities Act (17 CFR  
23 0.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR  
240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange  
Act (17 CFR 240.14d-2(b))  Pre-commencement communications pursuant to Rule  
13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c)) Item 7.01 Regulation FD  
Disclosure.

On November 9, 2005, we adopted a stock option plan (the "2005 Option Plan") for  
our directors and employees, reserving a total of 10,000,000 shares of our  
common stock for issuance pursuant to grants made under the 2005 Option Plan.

Item 9.01 Financial Statements and Exhibits.

10.1 2005 Stock Option Plan.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

HS3 TECHNOLOGIES INC.

Frank  
McGill  
President

Date: November 10, 2005