THOMAS LOUIS J

Form 4 May 13, 2011

FORM 4

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

OMB APPROVAL

OMB Number:

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Expires:

January 31, 2005

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

response...

Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

subject to

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

SECURITIES

30(h) of the Investment Company Act of 1940

1(b).

\$0.10 par value

(Print or Type Responses)

1. Name and Address of Reporting Person * THOMAS LOUIS J			2. Issuer Name and Ticker or Trading Symbol ALLEGHENY TECHNOLOGIES INC [ATI]				6	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First) (X PPG PLACE	(Middle)		of Earliest T Day/Year) 2011	ransaction	1		_X_ Director Officer (give to below)		Owner or (specify
DITTCR	(Street)			endment, Donth/Day/Yea	_	al		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting		rson
FILISD	OUKOII, FA 13222							Person		
(City)	(State)	(Zip)	Tak	ole I - Non-	Derivativ	e Secu	ırities Acqu	uired, Disposed of,	or Beneficiall	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transaction Code (Instr. 8)	onor Dispo (Instr. 3,	sed of		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)
Commo Stock, \$0.10 pa value	05/11/2011			M	1,000	A	\$ 24.38	11,359.8695	D	
Commo Stock, \$0.10 pa	05/11/2011			S	290	D	\$ 68.32	11,069.8695	D	
Commo Stock, \$0.10 pa	05/11/2011			S	100	D	\$ 68.31	10,969.8695	D	

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Common

value

Stock, \$0.10 par 05/11/2011 S 610 D \$ 10,359.8695 I

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

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SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 3. Transaction Date 3A. Deemed 5. Number 6. Date Exercisable and 7. Title and Amoun Derivative Security Conversion (Month/Day/Year) Execution Date, if Transaction of Derivative Expiration Date Underlying Securiti (Instr. 3) or Exercise Code Securities (Month/Day/Year) (Instr. 3 and 4) any Price of (Month/Day/Year) (Instr. 8) Acquired Derivative (A) or Security Disposed of (D) (Instr. 3, 4, and 5) Amou or Date Expiration Title Numb Exercisable Date of Code V (A) (D) Share Non-Employee Common **Director Stock** Stock, (1) 04/22/2015 1,00 \$ 24.38 05/11/2011 M 1,000 Option, right to \$0.10 par value buy

Reporting Owners

Reporting Owner Name / Address	Relationships					
1 8	Director	10% Owner	Officer	Other		
THOMAS LOUIS J						
1000 SIX PPG PLACE	X					
PITTSBURGH, PA 15222						

Signatures

/s/ Elliot S. Davis, Attorney-in-Fact for Louis J.
Thomas 05/13/2011

**Signature of Reporting Person Date

Reporting Owners 2

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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).
- (1) The option vested on April 22, 2006.

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.