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INTEGRA LIFESCIENCES HOLDIN Form 4 March 16, 2016	IGS CORP	
FORM 4 UNITED STATES	Number: 3235-0287	
Section 16. Form 4 or Form 5 obligations may continue. Filed pursuant to Section 17(a) of the	F CHANGES IN BENEFICIAL OV SECURITIES Section 16(a) of the Securities Exchar Public Utility Holding Company Act of the Investment Company Act of 19	Estimated average burden hours per response 0.5 ge Act of 1934, of 1935 or Section
(Print or Type Responses)		
1. Name and Address of Reporting Person <u>*</u> Burhop Kenneth	2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last) (First) (Middle) 311 ENTERPRISE DRIVE	3. Date of Earliest Transaction (Month/Day/Year) 03/14/2016	Director 10% Owner Officer (give title Other (specify below) below) below) CORPVP,CHIEFSCIENTIFIC OFFICER
(Street) PLAINSBORO, NJ 08536	4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person
(City) (State) (Zip)	Table I - Non-Derivative Securities A	equired, Disposed of, or Beneficially Owned
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Dec Executi any (Month	emed 3. 4. Securities	5. Amount of Securities6. Ownership Form: Direct7. Nature of IndirectBeneficially Owned(D) or Indirect (I)Beneficial OwnershipOwned Following Transaction(s) (Instr. 3 and 4)(Instr. 4)
Common 03/14/2016 Stock	A 522 A \$0	3,289 D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 2. 3. Transaction Date 3A. Deemed 5. Number 7. Title and Amount 4. 6. Date Exercisable and Derivative Conversion (Month/Day/Year) Execution Date, if Transaction of Derivative Expiration Date Underlying Securitie Security or Exercise any Code Securities (Month/Day/Year) (Instr. 3 and 4) (Month/Day/Year) (Instr. 3) Price of (Instr. 8) Acquired Derivative (A) or Security Disposed of (D) (Instr. 3, 4, and 5) Amou or Date Expiration Title Numb Exercisable Date of Shares Code V (A) (D) Non-Qualified Common (1) 03/14/2024 Stock Option \$65.17 03/14/2016 A 2,442 2,44Stock (right to buy)

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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Burhop Kenneth 311 ENTERPRISE DRIVE PLAINSBORO, NJ 08536			CORPVP, CHIEFSCIENTIFIC OFFICER	
Signatures				
/s/ Richard D. Gorelick; Attorney-in-Fact		03/16	/2016	
**Signature of Reporting Person		Dat	e	

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) 25% of the stock options vest every first, second, third and fourth anniversaries of the grant date of 3/14/2016.

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.