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AVID TECHNOLOGY INC Form 4 May 26, 2006								
		GEGU					-	PPROVAL
Check this box) STATES	 S SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940 					Number:	3235-0287 January 31,
Subject to Section 16. Form 4 or Form 5 Filed pu obligations may continue.	rsuant to S (a) of the I						Estimated burden hou response	2005 average urs per
<i>See</i> Instruction 1(b).	50(11)	or the h	ivestillen	i Compan	y net of f			
(Print or Type Responses)								
1. Name and Address of Reporting Moon Youngme E	2. Issuer Name and Ticker or Trading Symbol AVID TECHNOLOGY INC [AVID]			5. Relationship of Reporting Person(s) to Issuer				
(Loot) (Figst)	(Middle)				NC [AVII)] (Ch	eck all applicabl	e)
(Last) (First) 95 WELLAND ROAD	3. Date of Earliest Transaction (Month/Day/Year) 05/24/2006			XDirector10% Owner Officer (give titleOther (specify below)below)				
(Street)			endment, D onth/Day/Yea	ate Original r)		Applicable Line) _X_ Form filed by	Joint/Group Fili y One Reporting P v More than One R	erson
BROOKLINE, MA 02445						Person		
(City) (State)	(Zip)	Tab	ole I - Non-	Derivative S	Securities A	cquired, Disposed	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)		Date, if	Code (Instr. 8)	4. Securition on Acquired (Disposed of (Instr. 3, 4) Amount	A) or of (D)	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)
Reminder: Report on a separate lin	e for each cl	ass of sec	urities bene	ficially own	ed directly	or indirectly.		
				Persor inform require	ns who res ation cont ed to resp ys a curre	spond to the colle tained in this forr ond unless the fo ntly valid OMB co	n are not orm	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amour
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	orDerivative	Expiration Date	Underlying Securit
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired (A)		

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	Derivative Security				or Disposed of (D) (Instr. 3, 4, and 5)					
			C	ode	V (A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option (right to buy)	\$ 38.69	05/24/2006		A	10,000		<u>(1)</u>	05/24/2016	Common Stock	10,0

Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
Moon Youngme E 95 WELLAND ROAD BROOKLINE, MA 02445	Х							
Signatures								
John LaMountain, Attorney-in-Fact		05/25/2006						
**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).

(1) The option becomes exercisable in full on the earlier of 12 months from the date of grant or the business day prior to Avid's next annual meeting of stockholders following the date of grant.

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.