FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPRO	JVAL							
	OMB Number:	3235-0287							
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

					01 3	Section	11 30(11) (JI 1116	invesiment	Com	pariy Act	01 1940						
1. Name ar	2. Issuer Name and Ticker or Trading Symbol CIRCOR INTERNATIONAL INC [CIR]									heck all ap Dire	licable)	ng Per	son(s) to Iss 10% Ow Other (s	/ner				
(Last) C/O CIR		3. Date of Earliest Transaction (Month/Day/Year) 03/01/2010								Group President								
25 CORPORATE DRIVE (Street) BURLINGTON MA 01803 (City) (State) (Zip)					4. If	4. If Amendment, Date of 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)	(3			-Deriv	ative	Sec	uritie	<u> </u>	quired, D)ien	nsed r	of or Re	neficia	Ily Own	74			
1. Title of Security (Instr. 3) 2. Trans. Date (Month/I					action	A. Deemonixecutions any Month/Da	ed Date	3. 4. 5 Transaction Dis		4. Securi	Securities Acquired (A) posed Of (D) (Instr. 3,		5. Am d Secur Benef Owne	5. Amount of Securities Beneficially Owned Following		n: Direct r Indirect istr. 4)	7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount	(A) o (D)	r Price	Repor Trans (Instr.	ed ction(s) 3 and 4)		1	(Instr. 4)	
		Т							uired, Di s, options					y Owne		,		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	e (Month/Day/Year)	3A. Deeme Execution if any (Month/Day	Date, T	1. Transac Code (II				6. Date Exerciss Expiration Date (Month/Day/Yea			7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)		e S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership ct (Instr. 4)
					Code V		(A)	(D)	Date Exercisable		piration te	Title	Amount or Number of Shares					
Restricted Stock Units	(1)	03/01/2010			A		879		03/01/2013		(1)	Common Stock	879	(1)	879		D	
Restricted Stock Units	(2)	03/01/2010			A		4,755		(2)		(2)	Common Stock	4,755	(2)	4,755	5	D	
Restricted Stock Units	\$30.91	03/01/2010			A		3,451		(3)	03/	/01/2020	Common Stock	3,451	(3)	3,451		D	

Explanation of Responses:

- 1. Restricted Stock Units (RSUs) convert into Common Stock on a one-for-one basis. These RSUs issued under the issuer's Management Stock Purchase Plan (MSPP) pursuant to which certain executives may make an advance election to receive RSUs in lieu of a specified percentage or dollar amount of such executive's annual incentive cash bonus plan applicable to the executive. The RSUs are issued in whole units on the basis of a 33% discount from the fair market value of the issuer's common stock on the date that the underlying bonus is determined and generally vest 3 years from the date of grant at which time they convert into shares of common stock unless the executive previously has selected a longer deferral period.
- 2. The Restricted Stock Units (RSUs) granted herein are in connection with the Company's grant of long-term incentive awards for the 2010 Fiscal Year. These RSUs, which represent 75% of the long-term incentive awarded to the executive, vest in three equal installments on April 1, 2011, March 1, 2012 and March 1, 2013 and convert into shares of common stock on a one-for-one basis unless the executive previously has selected a longer deferral period.
- 3. The options vest 100% on 3/1/2013. The options convert into shares of common stock on a one-for-one basis.

03/03/2010 /s/ Alan J. Glass

** Signature of Reporting Person

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

- * 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.

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 Number.