SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no long Section 16. Form 4 or Fo obligations may continue Instruction 1(b).	orm 5
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden 0.5

			or Section So(n) of the investment Company Act of 1940			
1. Name and Addre Burditt Frede	ss of Reporting Pers eric <u>M.</u>	on*	2. Issuer Name and Ticker or Trading Symbol <u>CIRCOR INTERNATIONAL INC</u> [CIR]		tionship of Reporting Per all applicable) Director	son(s) to Issuer 10% Owner
	(First) NTERNATIONA E DRIVE STE 13		3. Date of Earliest Transaction (Month/Day/Year) 03/01/2010	x	Officer (give title below) VP CFO & Tre	Other (specify below) easurer
(Street) BURLINGTON	MA (State)	01803 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line) X	vidual or Joint/Group Filing Form filed by One Rep Form filed by More that Person	orting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	(D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(instr. 4)

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		5. Num of Deriva Securi Acquir (A) or Dispos of (D) (Instr. 3 and 5)	tive ties ed sed 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock Units	(1)	03/01/2010		A		6,552		(1)	(1)	Common Stock	6,552	(1)	6,552	D	
Stock Option Right to Buy	\$30.91	03/01/2010		A		4,754		(2)	03/01/2020	Common Stock	4,754	(2)	4,754	D	

Explanation of Responses:

1. 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 awards for the 2010 Fiscal Year. These RSUs, which represent 75% of the long-term incentive awards for the 2010 Fiscal Year. These RSUs, which represent 75% of the long-term incentive awards 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.

2. The options vest 100% on 3/1/2013. The options convert into shares of common stock on a one-for-one basis.

/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.

03/03/2010

Date

hours per response: