

AVID TECHNOLOGY INC
 Form 4
 March 10, 2006

FORM 4

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

OMB APPROVAL

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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).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
JACKS ETHAN E

(Last) (First) (Middle)

86 CONCORD STREET

(Street)

WESTON, MA 02493

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

AVID TECHNOLOGY INC [AVID]

3. Date of Earliest Transaction (Month/Day/Year)

03/08/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

VP & Chief Legal Officer

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting 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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	03/08/2006		M		2,475 A \$ 29.8125	8,996	D
Common Stock	03/08/2006		S		2,475 D \$ 46.6201	6,521	D
Common Stock	03/08/2006		M		471 A \$ 22.01	6,992	D
Common Stock	03/08/2006		S		471 D \$ 46.6201	6,521	D
Common Stock	03/08/2006		S		221 D \$ 46.6201	6,300	D

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Common Stock	03/08/2006		S	600	D	\$ 46.62	5,700	D
Common Stock	03/08/2006		S	100	D	\$ 46.6	5,600	D
Common Stock	03/08/2006		S	600	D	\$ 46.55	5,000	D
Common Stock	03/08/2006		S	100	D	\$ 46.51	4,900	D
Common Stock	03/08/2006		S	100	D	\$ 46.5	4,800	D
Common Stock	03/08/2006		S	199	D	\$ 46.44	4,601	D
Common Stock	03/08/2006		S	100	D	\$ 46.45	4,501	D
Common Stock	03/08/2006		S	100	D	\$ 46.43	4,401	D
Common Stock	03/08/2006		S	100	D	\$ 46.4	4,301	D
Common Stock	03/08/2006		S	2,100	D	\$ 46.39	2,201	D
Common Stock	03/08/2006		S	2,000	D	\$ 46.37	201	D
Common Stock	03/08/2006		S	100	D	\$ 46.35	101	D
Common Stock	03/08/2006		S	101	D	\$ 46.34	0	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.

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(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
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					Date Exercisable	Expiration Date	Title	
			Code	V	(A)	(D)		
Non-Qualified Stock Option (right to buy)	\$ 29.8125	03/08/2006	M		2,475	03/15/2000 ⁽¹⁾	03/15/2009	Common Stock
Non-Qualified Stock Option (right to buy)	\$ 22.01	03/08/2006	M		471	07/10/2003 ⁽¹⁾	01/10/2013	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JACKS ETHAN E 86 CONCORD STREET WESTON, MA 02493			VP & Chief Legal Officer	

Signatures

Ethan Jacks	03/10/2006
**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) 12.5% of the option becomes exercisable on the date listed in the "Date Exercisable" column; the remaining 87.5% becomes exercisable in 42 equal monthly installments thereafter.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.
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