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INTEGRA LIFESCIENCES HOLDINGS CORP

Form 4

September 05, 2008

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005

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OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

burden hours per response...

Form filed by More than One Reporting

Person

Estimated average

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading **OGRADY JUDITH** Issuer Symbol **INTEGRA LIFESCIENCES** (Check all applicable) **HOLDINGS CORP [IART]** (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner Other (specify _X__ Officer (give title) (Month/Day/Year) below) 311 C ENTERPRISE DRIVE 09/03/2008 Sr.VP Regulatory, Quality Assr (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person

PLAINSBORO, NJ 08536

(Ctata)

(7:-

(City)	(State)	Tabl	e I - Non-D	erivative	Secur	ities Acqu	uired, Disposed of	f, or Beneficial	y 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 on(A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common stock	09/03/2008		M	500	A	\$ 17.6	22,974	D	
Common Stock	09/03/2008		S	150	D	\$ 48.58	22,824	D	
Common Stock	09/03/2008		S	100	D	\$ 48.73	22,724	D	

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

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number.

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. Transactic Code (Instr. 8)		Expiration D	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Incentive Stock Option (right to buy)	\$ 17.6	09/03/2008		M	250	<u>(1)</u>	12/16/2008	Common Stock	250	:
Non Qualified Stock Option (right to buy)	\$ 17.6	09/03/2008		M	250	<u>(1)</u>	12/16/2008	Common Stock	250	Ş

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

OGRADY JUDITH

311 C ENTERPRISE DRIVE Sr.VP Regulatory, Quality Assr

PLAINSBORO, NJ 08536

Signatures

/s/ Kathryn Lamping, Attorney-in-fact 09/05/2008

**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) 25% of the option vested one year after 12/16/2002 and the remaining 75% vested monthly thereafer over 36 months

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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