INSTEEL INDUSTRIES INC

Form 4

December 03, 2004

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

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Check this box if no longer subject to Section 16. Form 4 or Form 5

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

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Adda WOLTZ H O I		ng Person *	2. Issuer Name and Ticker or Trading Symbol INSTEEL INDUSTRIES INC [IIIN]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				
1373 BOGGS DRIVE			(Month/Day/Year) 12/01/2004	_X_ Director 10% Owner X Officer (give title Other (specify below) President and CEO			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
MOUNT AIRY, NC 27030			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

								1 CISOII				
(City)	(State)	(Zip) 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. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				of (D)	Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)			
Common Stock	12/01/2004		M		10,206	A	<u>(1)</u>	385,771	D			
Common Stock	12/01/2004		F <u>(1)</u> V	V	4,874	D	\$ 19.24	380,897	D			
Common Stock	12/01/2004		M <u>(1)</u>		18,014	A	\$ 8.375	398,911	D			
Common Stock	12/01/2004		F(1) V	V	7,842	D	\$ 19.24	391,069	D			
Common Stock	12/01/2004		M		4,724	A	\$ 5.25	395,793	D			

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Common Stock	12/01/2004	F(1)	V	1,290	D	\$ 19.24	394,503	D	
Common Stock	12/01/2004	M		6,096	A	\$ 5.25	400,599	D	
Common Stock	12/01/2004	F(1)	V	1,664	D	\$ 19.24	398,935	D	
Common Stock							73,764	I	Custodial Account
Common Stock							67	I	Partmership
Common Stock							1,588	I	by ESOP
Common Stock							1,000	I	by Spouse (2)

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

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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. Transactio Code (Instr. 8)	5. Number of onDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secur (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	An or Nu of S
Incentive Stock Option (right to buy)	\$ 5.25	12/01/2004		M	6,096	08/08/2004	08/08/2010	Common Stock	6,
Non-Qualified Stock Option (right to buy)	\$ 5.25	12/01/2004		M	4,724	08/08/2002	08/08/2010	Common Stock	4,
Non-Qualified Stock Option (right to buy)	\$ 8.375	12/01/2004		M <u>(1)</u>	18,014	02/01/2004	02/01/2010	Common Stock	18
Non-Qualified Stock Option	<u>(3)</u>	12/01/2004		M	10,206	07/26/2002	<u>(3)</u>	Common Stock	10

(right to buy)

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

WOLTZ H O III

1373 BOGGS DRIVE X President and CEO

MOUNT AIRY, NC 27030

Signatures

By: Gary D. Kniskern For: H.O.

Woltz III

**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) Exercise of Stock Options by swapping shares
- (2) By spouse, beneficial ownership is disclaimed.
- (3) Excercise Price is \$9.1875; Expiration Date is 7/26/09

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.

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