

Symmetry Medical Inc.  
Form 8-K  
July 22, 2009

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UNITED STATES

SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

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FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): July 21, 2009

SYMMETRY MEDICAL INC.

(Exact name of Registrant as specified in its charter)

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Delaware  
(State or other jurisdiction  
of incorporation)

333-116038  
(Commission File Number)

35-1996126  
(IRS Employer  
Identification No.)

3724 N State Road 15, Warsaw, Indiana 46582  
(Address of Principal executive offices, including Zip Code)

(574) 268-2252  
(Registrant's telephone number, including area code)

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 8.01. Other Events

On July 21, 2009, Symmetry Medical Inc. issued a press release entitled “Symmetry Medical to Report Second Quarter 2009 Financial Results on August 6, 2009” in which it announced that it would release the results for the second fiscal quarter of 2009 financial results on August 6, 2009. A copy of the press release is being furnished as Exhibit 99.1.

Item 9.01. Financial Statements and Exhibits

(d) Exhibits

99.1 “Symmetry Medical to Report Second Quarter 2009 Financial Results on August 6, 2009” Press Release issued by Symmetry Medical Inc. dated July 21, 2009.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Symmetry Medical Inc.

/s/ Fred L. Hite

Name: Fred L. Hite

Title: Chief Financial Officer

Date: July 22, 2009

EXHIBIT INDEX

Exhibit

No. Description

99.1 “Symmetry Medical to Report Second Quarter 2009 Financial Results on August 6, 2009” Press Release issued by Symmetry Medical Inc. dated July 21, 2009.

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