COLE STEPHEN

Form 4 March 17, 2011

FORM 4

Check this box

if no longer

Section 16.

Form 4 or

subject to

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

OMB Number:

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

Form 5 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 Address of Reporting Person * **COLE STEPHEN**

2. Issuer Name and Ticker or Trading

Issuer

Symbol **FARO TECHNOLOGIES INC**

(Check all applicable)

5. Relationship of Reporting Person(s) to

6. Individual or Joint/Group Filing(Check

[FARO]

(Last) (First) (Middle)

(Street)

3. Date of Earliest Transaction

_X__ Director Officer (give title

10% Owner Other (specify

(Month/Day/Year) 03/15/2011

C/O FARO TECHNOLOGIES INC., 250 TECHNOLOGY PARK

4. If Amendment, Date Original

Applicable Line)

Filed(Month/Day/Year) _X_ Form filed by One Reporting Person Form filed by More than One Reporting

LAKE MARY, FL 32746

(City)	(State) (Zi	p) Table 1	I - Non-Dei	rivative Se	ecuriti	ies Acqu	ired, Disposed of	f, or Beneficial	ly 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)	on(A) or D (D)	r Disposed of Secur Bene . 3, 4 and 5) Own- Follo Repo		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)
COMMON STOCK	03/15/2011		Code V M	Amount 1,000		Price \$ 2.57	(Instr. 3 and 4) 18,634	D	
COMMON STOCK	03/15/2011		M	2,000	A	\$ 2.57	20,634	D	
COMMON STOCK	03/15/2011		M	3,000	A	\$ 4.42	23,634 (1)	D	
COMMON STOCK							490	I	See Footnote (2)

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

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SEC 1474 (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. Transactic 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 Amou Underlying Securi (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Nun of Shar
Non-Employee Director Stock Option (right to buy)	\$ 2.57	03/15/2011		M	1,000	05/02/2002	05/02/2011	Common Stock	1,0
Non-Employee Director Stock Option (right to buy)	\$ 2.57	03/15/2011		M	2,000	04/26/2003	04/26/2012	Common Stock	2,0
Non-Employee Director Stock Option (right to buy)	\$ 4.42	03/15/2011		M	3,000	04/29/2004	04/29/2013	Common Stock	3,0

Reporting Owners

Reporting Owner Name / Address	Relationships					
-	Director	10% Owner	Officer	Other		
COLE STEPHEN C/O FARO TECHNOLOGIES INC. 250 TECHNOLOGY PARK LAKE MARY, FL 32746	X					
Signatures						

Signatures

/s/ Keith Bair, as Attorney-in-Fact 03/16/2011

**Signature of Reporting Person Date

Reporting Owners 2

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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) Includes 3,956 shares subject to restricted stock units.
- (2) Held by Shanklin Investments in trust for the reporting person, who holds shares in trust from Snow Powder Ridge Limited, a company owned by the reporting person's wife.

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.