MOOG INC. Form 4 November 22, 2016

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

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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

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 * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading ATHOE MAUREEN MARY Issuer Symbol MOOG INC. [MOGA/MOGB] (Check all applicable) (First) (Middle) (Last) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner X_ Officer (give title __ Other (specify SENECA ST AND JAMISON RD 11/18/2016 below) Vice President (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 Form filed by More than One Reporting EAST AURORA, NY 14052 Person

(City)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owner								
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acq Transaction(A) or Disposed of Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D)			of (D)	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 Indirect Beneficial Ownership (Instr. 4)
Class A Common	11/18/2016		M	1,254	A	\$ 69.95	2,773	D	
Class B Common							351	I	401 (k)

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. Transactic Code (Instr. 8)	5. Number on f Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exerc Expiration D (Month/Day/	ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. De Se (In
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
SAR (2)	\$ 35.12	11/18/2016		M		4,000	(3)	10/31/2018	Class A Common	4,000	\$
SAR (2)	\$ 36.86						(3)	11/30/2020	Class A Common	4,000	
SAR (2)	\$ 41.82						(3)	11/30/2021	Class A Common	4,000	
SAR (2)	\$ 36.41						<u>(3)</u>	11/27/2022	Class A Common	4,000	
SAR (2)	\$ 61.69						(3)	11/11/2023	Class A Common	2,000	
SAR (2)	\$ 74.38						(3)	11/11/2024	Class A Common	2,000	
SAR (4)	\$ 63.04						(3)	11/17/2025	Class A Common	3,333	
SAR (4)	\$ 65.9						(3)	11/17/2025	Class B Common	6,667	
SAR (4)	\$ 71.65						(3)	11/15/2026	Class B Common	10,000	

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ATHOE MAUREEN MARY SENECA ST AND JAMISON RD EAST AURORA, NY 14052

Vice President

Signatures

Timothy P. Balkin, as Power of Attorney for Maureen Mary Athoe

Reporting Owners 2

**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) Reflects equivalent shares held in Moog Inc. Retirement Savings Plan as of the most recent statement.
- (2) Stock Appreciation Right (SAR) granted under the 2008 Appreciation Rights Plan.
- (3) SARs become exercisable ratably over three years beginning on the first anniversary from the date of grant.
- (4) Stock Appreciation Rights (SAR) granted under the Moog Inc. 2014 Long Term Incentive Plan.

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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