

ZINGALE LAWRENCE

Form 4

August 10, 2009

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

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

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
30(h) of the Investment Company Act of 1940

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
ZINGALE LAWRENCE

2. Issuer Name **and** Ticker or Trading
Symbol
SYKES ENTERPRISES INC
[SYKE]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)
400 N. ASHLEY DRIVE, SUITE
2800

3. Date of Earliest Transaction
(Month/Day/Year)
08/06/2009

____ Director ____ 10% Owner
X Officer (give title below) ____ Other (specify below)
Senior Vice President

(Street)
TAMPA, FL 33602

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check
Applicable Line)
X Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

(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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership Indirect Beneficial Ownership (Instr. 4)
Common Stock	08/06/2009		M	(A) or (D) 1,517 (1)	\$ 14.56 19,947	D	
Common Stock	08/06/2009		M	(A) or (D) 1,563 (2)	\$ 17.64 21,510	D	
Common Stock	08/06/2009		M	(A) or (D) 787 (3)	\$ 17.87 22,297	D	
Common Stock	08/06/2009		S	(A) or (D) 787	\$ 21.1088 21,510	D	
Common Stock	08/06/2009		S	(A) or (D) 1,563	\$ 21.41 19,947	D	

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Common Stock 08/06/2009 S 1,517 D \$ 21.53 18,430 D

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

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(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. Transaction 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 Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Appreciation Rights	\$ 14.56	08/06/2009		M	1,517	(1) (1)	Common Stock	3,201
Stock Appreciation Rights	\$ 17.64	08/06/2009		M	1,563	(2) (2)	Common Stock	7,217
Stock Appreciation Rights	\$ 17.87	08/06/2009		M	787	(3) (3)	Common Stock	3,920

Reporting Owners

Reporting Owner Name / Address	Relationships
ZINGALE LAWRENCE 400 N. ASHLEY DRIVE SUITE 2800 TAMPA, FL 33602	Director 10% Owner Officer Other Senior Vice President

Signatures

/s/ Martin A. Traber as Attorney-in-Fact for Lawrence Zingale

08/10/2009

__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) The stock appreciation rights were granted to the Reporting Person pursuant to the Issuer's 2001 Equity Incentive Plan and 1/3 vested annually on March 29, 2007, March 29, 2008 and March 29, 2009.
- (2) The stock appreciation rights were granted to the Reporting Person pursuant to the Issuer's 2001 Equity Incentive Plan and 1/3 vested annually on March 16, 2008, March 16, 2009 and March 16, 2010.
- (3) The stock appreciation rights were granted to the Reporting Person pursuant to the Issuer's 2001 Equity Incentive Plan and 1/3 vested annually on January 2, 2009, January 2, 2010 and January 2, 2011.

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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