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ALLEGHENY TECHNOLOGIES INC

Form 4

November 22, 2005

NOVCIIIOCI 22	2, 2003								
FORM	4 UNITED STA	OMB AF	PPROVAL 3235-0287						
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Washington, D.C. 20549 Number: Expires: Estimated ave burden hours presponse 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									
(Print or Type F	Responses)								
CREEL DIANE C Symbol			and Ticker or			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (Middle ON, EASTGATE O SQUARE DRIVE,	3. Date of Earliest (Month/Day/Year 11/18/2005				_X_ Director Officer (give below)		Owner er (specify	
VICTOR, N	(Street) Y 14564	4. If Amendment, Filed(Month/Day/Y	_	1		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 - Noi	n-Derivative	Securi	ties Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	any	Deemed 3. cution Date, if Transa Code nth/Day/Year) (Instr.	Transaction(A) or Disposed of (D)					7. Nature of	
Common Stock, \$0.120 par value	11/18/2005	M		, í	\$ 15.88	8,293	D		
Common Stock, \$0.120 par value	11/18/2005	S	1,460	D	\$ 30.59	6,833	D		

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 on 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Director stock option right to buy	\$ 15.88	11/18/2005		M	2,802	<u>(1)</u>	01/02/2006	Common Stock, \$0.10 par value	2 802

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

CREEL DIANE C ECOVATION, EASTGATE SQUARE 50 SQUARE DRIVE, SUITE 200 VICTOR, NY 14564



Signatures

Diane C. Creel 11/22/2005

**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 options vested in three equal installments on January 2, 1997, 1998 and 1999.

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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