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Sims John I Form 4											
March 01, 2									OMB AP	PROVAL	
FORM	/1 4 UNITED	STATES					ANGE C	OMMISSION	OMB	3235-0287	
Check t	his box		VV a	asningtoi	n, D.C. 20	J549			Number:	January 31,	
if no lor subject Section Form 4	F CHANGES IN BENEFICIAL OWN SECURITIES					ERSHIP OF	Expires: ²¹ Estimated average burden hours per response				
Form 5 obligation may con <i>See</i> Inst 1(b).	ons Section 17(ruction	(a) of the l	Public U	Jtility Ho		mpan	y Act of	Act of 1934, 1935 or Section 0	·		
(Print or Type	Responses)										
1. Name and Sims John	Address of Reporting D	Person [*]	2. Issuer Name and Ticker or Trading Symbol					5. Relationship of Reporting Person(s) to Issuer			
		ALLEGHENY TECHNOLOGIES INC [ATI]				GIES	(Check all applicable)				
(Last) 1000 SIX H	(First) (PPG PLACE	Middle)		Day/Year)	Transaction			Director X Officer (give t below) EVP, H		Owner r (specify t	
	(Street)			nendment, I onth/Day/Ye	Date Origina ear)	al		6. Individual or Join Applicable Line) _X_ Form filed by Or Form filed by Mo	e Reporting Per	son	
PITTSBUF	RGH, PA 15222							Person	ie unui one ree	Jorung	
(City)	(State)	(Zip)	Tal	ble I - Non	-Derivative	Secu	rities Acqu	iired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemo Execution any (Month/Da	Date, if	Code	otor Dispos (Instr. 3, 4	ed of	(D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount	(D)	Price	(Instr. 3 and 4)	(Instr. 4)		
Common Stock, par value \$0.10 per share	02/27/2019			А	19,740 (1)	A	\$ 29.255 (2)	134,372.2071	D		
Common Stock, par value \$0.10 per share	02/27/2019			F	2,823 (<u>3</u>)	D	\$ 29.255 (2)	131,549.2071	D		
Common Stock, par	02/28/2019			М	23,678 (4)	А	\$ 28.92 (5)	155,227.2071	D		

value \$0.10 per share								
Common Stock, par value 02/28/2019 \$0.10 per share	F <u>(6)</u>	D $\frac{$28.92}{(5)}$ 144,697.2071 D						
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control								

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

number.

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amou	int of	Derivative	Deriv
Security	or Exercise	· · · ·	any	Code	of	(Month/Day/		Under	lving	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	· ·	1000)	Secur		(Instr. 5)	Bene
(111su. 5)			(wonth/Day/Tear)	(Insu. 8)						(111su. 5)	
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
											(III5ti
					(Instr. 3,						
					4, and 5)						
									Amount		
									Amount		
						Date	Expiration		or		
							•	Title	Number		
						Exercisable	Date		of		

Code V (A) (D)

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director 10% Owner Officer							
Sims John D 1000 SIX PPG PLACE PITTSBURGH, PA 15222			EVP, HPMC Segment					
Signatures								
/s/ Elliot S. Davis, Attorney-in- Sims	lohn D.	03/01/2019						
<u>**</u> Signature of Reporting I	Person		Date					

of

Shares

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) Award of restricted stock units granted on February 27, 2019, which are settled in shares of stock upon vesting. The award vests in three equal annual installments on each of the first three anniversaries of the grant date.
- (2) Represents the average of the high and low trading prices for one share of the Issuer's common stock on the New York Stock Exchange on February 27, 2019.
- (3) Shares withheld for payment of taxes on performance/restricted stock granted in 2014 that vested on February 27, 2019.

Settlement of performance-vested restricted stock units that were granted in 2016, the vesting of which was contingent upon the Issuer's achievement of specified performance criteria during the period from January 1, 2016 through December 31, 2018 (the "2016-2018

- (4) achievement of specified performance criteria during the period from sandary 1, 2010 through December 51, 2018 (the 2010-2018 PSUs"). The Issuer's partial achievement of such performance criteria was certified, and a corresponding portion of the shares underlying the 2016-2018 PSUs became payable, as of February 28, 2019.
- (5) Represents the average of the high and low trading prices for one share of the Issuer's common stock on the New York Stock Exchange on February 28, 2019.
- (6) Shares withheld for payment of taxes in connection with the February 28, 2019 settlement of the 2016-2018 PSUs.

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.