Edgar Filing: SCHWARTZ ALAN/FL - Form 4

	Z ALAN/FL								
Form 4 February 07	2011								
FORM	4 UNITED	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							PPROVAL 3235-0287
Check th if no lon subject to Section Form 4 of Form 5 obligation may con <i>See</i> Instri 1(b).	ger o 16. or Filed put ons stinue.	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						Estimated burden hou response	urs per
(Print or Type	Responses)								
1. Name and Address of Reporting Person <u>*</u> SCHWARTZ ALAN/FL			2. Issuer Name and Ticker or Trading Symbol SUPERIOR UNIFORM GROUP INC [SGC]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) (RIOR UNIFORM IC, 10055 SEMIN			of Earliest T Day/Year) 2011	ransaction		X Director X Officer (giv below)		% Owner her (specify
			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 			
SEMINOL	E, FL 33772						Person	wore than one R	eporting
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Securities A	Acquired, Disposed o	of, or Beneficia	lly Owned
1.Title of Security2. Transaction Date (Month/Day/Year)2A. Deems Execution any (Month/Da(Instr. 3)any (Month/Da		Date, if	ate, if TransactionAcquired (A) or Code Disposed of (D) /Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or		Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
DILD		C 1 1	C	Code V		(D) Price			
Reminder: Re	port on a separate line	e for each cl	ass of sec	urities benef	ficially ow	ned directly	or indirectly.		

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amor or Numl of Sh
Stock Appreciation Rights (1)	\$ 11.24	02/04/2011		А	21,104	02/07/2011	02/04/2016	Common Stock	21,1
Common Stock (2)	\$ 11.24	02/04/2011		А	8,896	02/07/2011	02/04/2016	Common Stock	8,8

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
SCHWARTZ ALAN/FL C/O SUPERIOR UNIFORM GROUP INC 10055 SEMINOLE BLVD SEMINOLE, FL 33772	Х		President		
Signatures					

Joan Petronella, 02/07/2011 POA **Signature of Date

<u>**</u>Signature of Reporting Person

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) To list SARS granted on 2/4/11.

(2) To list options granted 2/4/11.

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.