

Edgar Filing: INSTEEL INDUSTRIES INC - Form 4

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 Security (Instr. 3 and 4)	8. Amount or Number of Shares		
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option	\$ 3.28	01/16/2009	01/16/2009	M		4,000		02/09/1999	02/09/2009	Common Stock	4,000
Non-Qualified Stock Option	\$ 0.18							02/19/2002	02/19/2012	Common Stock	4,000
Non-Qualified Stock Option	\$ 0.36							02/25/2003	02/25/2013	Common Stock	7,200
Non-Qualified Stock Option	\$ 1.06							02/16/2001	02/16/2011	Common Stock	4,000
Non-Qualified Stock Option	\$ 4.19							02/01/2000	02/01/2010	Common Stock	4,000
Non-Qualified Stock Option	\$ 5.43							07/20/2004	07/20/2014	Common Stock	7,200

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NEWSOME CHARLES B 1373 BOGGS DRIVE MOUNT AIRY, NC 27030		X		

Signatures

James F. Petelle for Charles B. Newsome
Date: 01/20/2009

__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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Edgar Filing: INSTEEL INDUSTRIES INC - Form 4

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.